

**PSYCHOLOGICAL CONSEQUENCES OF LEFT OUT
PLAYER DURING SELECTION TRAIL IN STATE AND
NATIONAL LEVEL**

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By

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DECLARATION

I declare that the dissertation entitled Psychological Consequences of LeftoOut Player During Selection Trail in State and National Level has been prepared by me under the guidance of Dr. V. Kaul Assistant Professor, Physical Education, Lovely Professional University. No part of this thesis has formed the basis for the award of any degree or fellowship previously.

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CERTIFICATE

This is to certify that Mr. Amandeep Singh has completed M.Phil dissertation on psychological consequences of left out players during selection trial in state and national level under my guidance and supervision. To the best of my knowledge, the present work is the result of his original investigation and study. No part of the dissertation has ever been submitted for another degree or diploma at any university. The dissertation is fit for the submission and the partial fulfillment of the condition for the award of M.Phil degree.

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TABLE OF CONTENT

Chapter	Description	Page No.
	<i>Declaration</i>	<i>i</i>
	<i>Certificate</i>	<i>ii</i>
	<i>Abstract</i>	<i>iii</i>
	<i>Acknowledgement</i>	<i>iv</i>
	<i>Table of Content</i>	<i>v</i>
I	Introduction of the Problem	6-19
	Significance of the problem	17
	Definition/explanation of the terms	17
	Significance of the study	18
	Objective	18
	Hypotheses	19
	Delimitations	19
	Limitations	19
II	Review of related literature	20-26
III	Method and Procedure	27-29
	Sampling Design	
	Selection of subject	
	Research design	
	Data collection tool	
	Data recording	
IV	Results, and Discussion	30-33
V	Summary, Conclusions, and Recommendations	34-35
	Bibliography	
	Appendices	

CHAPTER I

INTRODUCTION

The purpose of this study is to justify the need for this particular research area and why this field was chosen. The research area and research questions will be briefly discussed and the chapter will also introduce the methodology being employed, in addition to providing an overview of the thesis layout. This study aims to investigate players who previously participated in tryouts and were left out, and the increased number of left out players during selection tryouts and the psychological consequences they are suffering with justifies the selection of this topic area. The rising publicity and popularity of sports at National and international arena, the world of research have recognised the importance of environmental, psychological, Physiological, social issues in sport, which have subsequently led to a greater focus on participants and their performance. One such area is left out during selection trials at State and national level.

In the present day scenario, the number of participants is increasing day by day and the level of competition is also increasing as new techniques and scientific methods of coaching are introduced and number of competitions too have increased. Every athlete wants to represent his Club, School, College, State, and Nation so on and so forth. Athletes' auspicious moments in the career are when they get selected for the sports events. Every athlete attempts and gives his best performance during the tryout. This is the time when the mental condition of most of the players is not very stable. The one who gets selected enters into the state of happiness and mental excitement mode. On the contrary, the others who are not selected become nervous and depressed, instantly and spontaneously. Thus, the psychological impact of the selection event, positive or negative, strikes the mental balance of the sports person and his/her performance too. Moreover, a sportsperson gets demotivated or loses his/her confidence in the game after not being selected. All the sportsperson put his/her total efforts that lead in achieving their ultimate dream of participation at a particular level of a game. Since, a bit of aggression and emotions are involved in the struggle of a sportsperson, one can find their emotions burst out in a game. The ultimate option, a sportsperson is left with after his/her series of failure, is to quit from the dreams towards, and, the game.

Tryouts

Tryouts can bring out all the good. We know players who have gone through a tough time during tryout season, and perhaps even left sport because of it. Tryouts can be mentally and physically challenging for young athletes. Players feel anxious, worried, distress and feel pressure to perform well. This anxiety and distress and pressure can have adverse effects on an athlete's performance. Many players fear of failure or humiliation. Players evaluate their performance with their peers, which isn't healthy for an individual's self-esteem. The process of tryouts puts most players under a significant amount of stress and further feeds their sense of uncertainty and isolation. Most players who are left out do not know how to handle this failure/rejection. They do not know how to put this kind of experience into a healthy perspective. They need help under such situation. We owe them courtesy, respect and, most of all, sensitivity. They need help in management their failure and to boost their chances of having a more successful tryout in future. They are disappointed for a very good reason. They had their heart set on a goal and they failed to make it. Anxiety, stress, depression, disappointment, discouragement, sadness, anger, and other feelings all come with this package. In fact, a player needs to experience these uncomfortable feelings in order to learn how to overcome and put better efforts next time to face the trials and get selected to represent the state and national in their respective sports.

When a player is left put from a team is to respond with anger, hurt and blame both coach and selection committee. They are blind as a bat, terribly biased. While some or all of these accusations may actually be true in player's case, agreeing with player is not helpful and will teach him the wrong lessons about their failure. Most coaches and selection committee members are human; they have their strengths and weaknesses. Vast majority of committee members are not trained. A player has to ignore this all to excel in life an in their sports carrier. These kinds of emotions can be setback and will affect their life in later. The must be taught and made aware what their weaknesses are and how to overcome these weaknesses, they need work on how to increase their chances of making the team the next time

Psychological Problems and Disorders:

Stress

When player faced with the threat of left out during selection trials or rejection which are threatening or very difficult to deal with, players experience stress? Psychological symptoms of stress include Anxiety, Depression, Self-esteem, Aggression and Frustration

Neurosis

A neurosis is sort of anxiety, which include internal tensions and conflicts, uncontrollable prevention of threatening situations, and ineffective coping. Examples include panic, phobia and stress.

Hypochondriasis

It is a neurotic disorder in which people channelize their anxieties, worries, thinking they are suffering with a specific illness. They are preoccupied with having an illness. even medical tests indicate that they are not having any illness.

Schizophrenia

A set of severe psychological symptoms which make it very hard to work, play, and be with other people. "Positive" symptoms include irrational beliefs, sensory experiences in the absence of stimuli, incoherent thought and speech, intense and uncontrollable anxiety, and strange behavior. "Negative" symptoms include loss of both emotional experiences and emotional expressiveness, loss of willpower and initiative, inability to experience pleasure or interest in things, and withdrawal from contact with others.

Paranoia

It refers to high levels of suspicion and mistrust, usually seen in the person's belief that he is the target of other people's hate, jealousy, and resentment. The person has feels that he is being persecuted by "others" often because the person is someone special such as "the messiah. The person appears normal, but is actually suspicious,

mistrustful, hostile but guarded, controlling, and quick to develop resentment (grudges) and jealousy. Some men who batter their wives or girlfriends have this disorder.

Depression

A severe emotional problem in which the person feels constantly helpless, hopeless and cannot stop feeling sad or "down" or "empty," They always struggle with anxiety and irritability. They always have lack of motivation and loss pleasure in the things they do or interested to do. They face problem with sleeping, eating talking. They also experience aches and pain and develop suicide thoughts and suicide tendency and 10-15% will eventually take their own lives.

Delirium

Rapid onset brain syndromes, associated with acute physical Symptoms, are confusion and disorientation, lapsing in and out consciousness, agitation, apathy, and "illusions.

Narcissism

Characteristic of this personality are feeling important, successful, and admired by other people. They act as if they are unique and entitled to special favors. They never care about how other people are feeling and dislike other people's activities.

In the opinion of entire psychological community, the sports psychology consists of a significantly large number of topics. The psychological binding assists the athlete and coach to optimize their mutual efforts. Improving the human skill, enhancing group efforts and understanding the reduction of stress are some of the common topic areas of interest to both the psychologists focussing on athletic fetes and those working on different aspects. Anxiety plays an important role in catering the motor skills and athletic performance. Depending on the prevailing situation, anxiety can have a positive or a negative impact on an individual sportsperson. In general, a sportsperson with low trait of anxiety performs better in a particular motor skill as compared to those having a high trait level of anxiety. This is also reflected from a positive correlation between the anxiety level of participants and their level of

performance. The moderate level of anxiety is in general considered as the best mental situation for the acquisition and performance of a motor skill. In contrast, either too high or low levels of anxiety tend to decrease both the learning and performance activity of a sportsperson.

Anxiety is a ubiquitous component of any competition. Importantly, in case of beginners, their anxiety can lead to a severe impact on their performance. Mostly an individual's desire to achieve success is stronger over failure. In this case he/she tries to opt for an activity in which the probability of success is large. Anxiety strikes prior to initiating an activity plausibly due to fear of failure. It further could result into the loss of emotional control and his/her unusual behaviour patterns. During competitive sports activities, one has to take an immediate and appropriate decision. Towards this, the inability to take a suitable decision also creates conflicts and lead to anxiety. Importantly, several times one has to take the decision under the situation of conflict and state of anxiety.

The ability to deliver effectively under the state of anxiety is one of the prime considerations in sports participation and competition. A coach or a physical education teacher must be able to motivate the students under anxiety during the competition to perform better. A sportsperson should also be aware of his/her level of anxiety and its possible effects on his team members during the competition. Thus, it is imperative to state that in general, the anxiety works as a reinforcing tool in achieving goals. Furthermore, the controlled anxiety can help in sports performance whereas the uncontrolled anxiety creates hindrance. Keeping in view of all these facts, the present study attempts to assess the anxiety level of players during pre- and post-competition stage.

During the selection procedure, most of the player experiences stress, the symptoms of which are near similar to anxiety disorder characteristic. The anxiety disorder often gets amplified under stress and is widely referred to as mental tension and pressure, impacting tremendously in our society. In fact, we all feel stress, more or the less. The symptoms of stress can be both physiological and/or psychological. This can have affect on one or more among sleep, meals, relationship, academics and athletic performance. A student athlete may feel stress owing to the reasons for being away from home, living in a dormitory, academic performance etc. It is also possible that one of the reasons for their stress could be the expectation, of own and others who are closely related. Soon after the selection procedure, few players experiences

depression stage; signs and symptoms of which include low mood, perturbation in resting hours and meals, low level energy and less physical activity, loss in focussing and motivation along with but not limited to suicidal attempt. Consequently, there may be few personality changes associated with a variety of psychiatric symptoms, those include high frequency of anger and aggression. In turn, the overall impact of these physical/medical signs can range from improper functioning of the reproductive system to those of liver and cardiovascular system.

Many times, people approach to a student athlete, on his failure/in struggling period, with non-liking statements. This very reason also creates the situation of depression for an athlete. On the contrary, a student athlete under depression and anxiety expects rather deserves more respect, assistance in keeping motivation and guidance for a ray of hope and positive thinking. The impact due to approach of a substance to an athlete, under depression or anxiety, could be developing a negative attitude. This would resist an athlete in accepting the real scenario and admitting the actual problem. Assessment of psychometric status of a non-responder, with and without parental information, suggests the impact of missing information. There are significant differences between the early responders and initial non-responders, suggesting that the extended recruitment attempts reduce the non-response bias. The significant differences include almost all indices of psychopathology, exception being the somatic disorder, anxiety, depression and thought process. In sharp contrast, the psychopathology showed insignificant differences between the early and late responders and final non-responders. Thus, it can be summarized from here that if the extended efforts are not taken into account then the prevalence of psychopathology is more likely to be underestimated in the sample.

Most of the youth suffering from paediatric inflammatory bowel disease (IBD) are psychologically healthy. Nevertheless, it can be risky to assess a group of these patients for psychosocial function. Considering the medical, social, and psychological complexities of this illness, the factors that influence psychical risk can be both diverse and numerous. The main objectives of this study are to: (1) assess the psychosocial function of children and adolescents with IBD and, (2) notify factors that contribute to psychosocial function among youth with crown disease (CD) and ulcerative colitis (UC).The studies assessing the cause of mental health problem based on longitudinal population is widely followed. However, many factors have suggested the drawbacks of such studies. Most studies but not all have reported that the non-

responders have less favourable relations with peers, a lower socioeconomic status, a less favourable lifestyle different psychology and higher levels of psychopathology when compared with those from the characteristics of responders.

The anxiety disorder, eating disorder and substance related disorders are the problems associated with the mental health and need a proper care and appropriate treatment. Thus, it is important to highlight that disorder is an illness. It is possible that an individual with mental health problem is not weak. However, their health issues should not be ignored and it is also important to realize that their recovery is also not very simple. They need assistance. It can be very difficult for them to admit their status. Being an ideal, their coach can interact with them and provide mental support. A student athlete is likely to realize self disorder and feel bad about his/her circumstances. Arguments, critical opinion and negative response from a senior person like coach may likely reinforce their bad feeling. On the contrary, a positive suggestion, motivation and concerned response to his/her query could be a good remedy.

There are various types of depression and their causes. A thorough discussion on the plausible causes of depression is beyond the scope of this study. Furthermore, understanding the relationship among disorders is important. It is not surprising that an individual has more than one mental disorder. In some cases the disorders may be inter-related with each other. These relationships depend on several factors that include disorders of genetically linked or propagation of an effect or consequence of another. One may develop to cope with another and worsen it. Most often it has been observed that the depressed people also suffer from anxiety disorder too. Several people experiencing an eating disorder are influenced by mood disorder(depression).It is important to mention here that one or more anxiety disorders stimulant drugs for the purpose of appetite suppression and weight loss.

Adolescence is transitional between childhood and young adulthood. It is usually characterized by youthful exuberance as its change. Biological and hormonal changes occurred during this stage results psychological, behavioural and sexual maturation between the age of 10 to 19 year in an individual. The definition of adolescence is highly contextual and nation specific. this age is being recognized differently across globe, and there is no consensus and general agreement among experts.

Sharma,(1996) adolescence is often described as a phase of life that begins in biology ends in means that physical and biological change are universal and take place due to maturation but the psychological and behavioural manifestation are determined by the meaning give to these change with cultural system.

The most crucial thing in all these aspects is the risk to an individual. In order to illustrate this aspect, consider a case of a depressed individual with an eating disorder. In this case, the depression can complicate the treatment of eating disorder, if that person's health is greatly compromised by the eating disorder. The primary focus should be on the eating symptoms rather than the depression. On the contrary, if in case an individual is so depressed that suicidal thoughts occur into his/her mind then the focus of the treatment should be on depression.

An individual with anxiety disorder experiences symptoms of anxiety from time-to-time. However, these symptoms tend to bothersome people daily, whereas the consequences become worse in conjugation with pressure or stress. According to the National Institute of Mental Health, anxiety disorder is the most common type of mental illness in the US; a rough estimate is about 40 million people. Most of the anxiety disorders are probably due to the genetic factors or life schedule. Anxiety symptoms can be general or very specific to particular situation/circumstances. They may or may not have an apparent cause. Symptoms can include any of the followings:

- Exertive worry or fear
- Sleep disturbances
- Tremendous sweating
- Impaired concentration
- Feeling out of control
- A perturbation in mode of living

Current research suggests that some individuals with severe mental illnesses, who drop out of treatment, are of the opinion that they will not get any benefit out of the services. The data also suggest that some consumers often complaint the treatment to be unhelpful. Although the limitations of this research prevent from knowing whether some or all of the treatments received by individuals were indeed beneficial, these data do point to the importance of patients' perceptions in taking decision for treatment. Furthermore, some of the adverse outcomes associated with dropout from

treatment suggest that many individuals are of the opinion that they can modify their way of living to get rid of the treatment.

Among children and adolescents with IBD, the psychosocial function is often associated with symptoms of traumatic stress. This information is of utmost importance in its diagnosis. The role and significance of these symptoms are noteworthy, given their presence and intensity within the patient population. In this study, about one third of the patients sample has conspicuous symptoms of traumatic stress related to their IBD diagnosis. This information has been retrieved from clinic report. The moderate effect of post-traumatic symptoms suggests that psychological adjustment to illness may play a crucial role in the psychosocial functioning among children and adolescents with IBD. Clinicians should be aware that psychosocial wellbeing might be dependent on factors related to the child's experience of illness rather than simply illness itself.

In recent years, adults with serious mental illnesses (SMI) and children with severe emotional disturbances (SED) have been noticed to involving in the criminal and juvenile justice systems. One of the reasons behind these could be their behaviour arising due to untreated mental illnesses. However, this is exactly the role in Florida's jails, detention centres and prisons wherein it was forced to assume an increasing number of individuals from a community that needs care critically. Due to failure in appropriate response against the need of people suffering with SMI or SED has resulted into a various accidents. Towards this, the justice system is helpless to take decisions in some of these cases as a measure of safety in the society.

Human aggression is defined as the behaviour directed towards an individual with an immediate intent to cause harm (Singh 2012). Currently, aggression among adolescents is a growing problem. The envy and aggressiveness not only affects the suspect and victims but also perturbs by and large the development of a society. Thus, it is very important to understand the specific dynamics of aggression and arrange for intervention plans against this activity so that the deterioration in the society can be avoided. Research in field of psychology provides plausible explanations for psychological mechanisms of aggression. Furthermore, it has shown that the aggression is a phenomenon of highly complex behaviour with multiple triggers and inhibitory factors. In the past couple of decades, there has been an increasingly interest in assessing the role that cognitions play in negative social interactions. Thus, it is less likely to determine whether the athletes with a better psychological profile at

home also perform better at home. In this study, the psychological states and performance of an individual sport-athlete have been conducted prior to competition at their home and away. Specifically, the anxiety, confidence and performance of athletes have been assessed at home and away. After the selection trail some players experience fear and/or anxiety that could lead in orientating towards attempting for suicide. However, the fear of death is indeed a universal fear in all the human beings.

Before assessing the rates, correlations, and reasons for an individual, suffering with severe mental illness that drops out from the mental health treatment, we initiated with what is already known about individuals. It is important here to state that our knowledge is limited about the probability of extent to which an individual with serious psychiatric illness, associated with conspicuous symptoms, undertake the treatment. Clinicians and researchers interact with their patients and other researchers involved in the mental health treatment settings. They are of the opinion that due to the often distressing nature of psychotic symptoms, everyone with a serious mental illness eventually comes to the attention of mental health providers. The results from this research add new information to the research carried out in the previous couple of decades utilizing a variety of data: community-based, face-to-face household surveys such as the Epidemiologic Catchment Area (ECA) survey and the National Comorbidity Survey (NCS).

Using the Diagnostic Interview Schedule, the ECA survey conducted in the 1980s revealed that nearly 35–50% of the individuals experiencing with severe mental illness did not received the concerned treatment in the last 12 months. Later on, the NCS based on the World Health Organization Composite International Diagnostic Interview, conducted between 1990 and 1992, it has been shown that nearly 50% of the individuals with severe mental illnesses did not received any concerned treatment in the last one year. This further suggests that lack of treatment engagement has remained a consistent problem since the ECA study. Although the outcomes from the ECA survey and the NCS may not be 1-to-1 comparable, owing to the differences in methodologies employed. Nevertheless, results from both the studies suggest that a relatively large proportion of individuals with serious mental illness do not seek for mental health treatment. In the NCS, it was noticed that the younger ones and urban residents are not engaged in the treatment. As far as reasons for not seeking mental health services are concerned, more than half of the sample reported that they do not believe they require any sort of treatment. Furthermore this category of patients, not

seeking for treatment, is either of the opinion that they would recover spontaneously may be steadily or they want to solve the problem by themselves. Also there are cases where the individuals have feelings that the treatment would be ineffective.

The first necessity in carrying out the present study is to analyze the impact of perceived social isolation and helplessness on the quality of life of patients, experiencing mild or severe degree of hearing impairment in the age group of 40 to 55 years. There is hardly any study mentioning the gender difference in context to social isolation and learned helplessness; this is the second necessity of present study. This information is of utmost importance from the counselling point of view to improve the quality of life of hearing impaired individuals. Thus, the present investigation was undertaken to examine the quality of life in relation to perceived social isolation and learned helplessness in hearing impaired individuals and provide suggestions to improve their quality of life. It is affected by different factors like personality and action, socio-cultural factors like work stress, interpersonal factors like interpersonal support, health related problems like hearing impairment, blindness, physical and physiological problems. Hearing impairment is a disability to hear sound, a hearing level that is greater than 25dB. Hearing impairment can affect any creature that hears. Hearing impairment is of several types depending on its severity and type. In this study we have assessed individuals with mild and severe neural hearing impairment. When an individual's desire to achieve success is stronger over failure, he/she attempts in activities where the rate of success is significantly high and which is easy to learn/manage. Anxiety strikes just before the initiation of an activity plausibly due to fear of failure. It can result into the loss of control over his/her emotions and departure from routine behaviour pattern. During competitive, many times there are cases that one has to take immediate and correct decision. The inability to take decisions also gives rise to conflicts and anxiety. A person under such conflicts becomes anxious and under this stage he/she has to take decision which is of utmost advantage and privilege for him/her.

1.1 Statement of Problem

The problem is stated as “psychological consequences of left out player during selection trail in state and national level”

1.2 Operational definition of the terms used

Psychology

Psychology studies the human mind behavior. Research in psychology seeks to understand and explain how we think, act and feel. Large part of psychology is deals with the diagnosis and treatment of mental health issues. but that's just the tip of the iceberg In addition to mental health psychology can be applied to a number of issues that impact daily life including performance enhancement, self-help, productivity, ergonomics, motivation, and much more. Today, psychologists prefer to use scientific methods to understand, explain, and predict human behavior. Psychological studies are highly structured, beginning with a hypothesis that is being tested. The discipline has two major areas of focus: academic psychology and applied psychology. Academic psychology focuses on the study of different sub-topics within psychology including personality, social behavior and human development. These psychologists conduct basic research that seeks to expand our theoretical knowledge, while other researchers conduct applied research that seeks to solve everyday problems. Applied research focuses on the use of different psychological principles to solve real world problems. Examples of applied areas of psychology include forensic psychology, ergonomics, and industrial organizational psychology. Many other psychologist work as therapists, helping people overcome mental, behavioral, and emotional disorders.

Consequence

A consequence is a "result" or "conclusion," and the Latin *sequi*, "to follow," is part of its history. Every actions and acts have a cretin consequence that follows as a result. When people do something wrong, like rob a house, the consequence will be that the person will be behind the bars. When something occurs in nature, like a flood, destruction might be the consequence.

Left out

Left out sportsmen refers to the non-selected player in the selection trail.

1.3 Significance

We know players go through a tough time during tryout season, and perhaps even left sport because of rejection. Tryouts can be mentally and physically challenging for

athletes. Players feel anxious, worried, distress and feel pressure to perform well. This anxiety and distress and pressure can have adverse effects on an athlete's performance. Many players fear of failure or humiliation. Players evaluate their performance with their peers, which isn't healthy for an individual's self-esteem. The process of tryouts puts most players under a significant amount of stress and further feeds their sense of uncertainty and isolation. Most players who are left out do not know how to handle this failure/rejection. They do not know how to put this kind of experience into a healthy perspective. They need help under such situation. We owe them courtesy, respect and, most of all, sensitivity. They need help in management their failure and to boost their chances of having a more successful tryout in future. This study aims to investigate players who previously participated in tryouts and were left out, and the increased number of left out player during selection try outs and the psychological consequences they are suffering with justifies the selection of this topic area. The rising publicity and popularity of sports at National and international arena, the world of research has seen recent enhanced recognition of the environmental, psychological and social issues in sport, which have subsequently led to a greater focus on the participatory aspects. One such area is left out, which has received increased research interest. The study aims to assess psychological consequences of left out sportsperson during National and State selection trials. However, this study discusses the case when a sportsperson quits from the field after not being selected. Thus, the present study can be considered as a reference to identify the psychological consequences faced by left out players during selection trials. Also, this assesses the sportsperson behaviour like how and why depression strikes, role of anxiety and stress and the impact of feeling helpless as a left out player post to selection trail. Therefore, this study is of utmost importance in the field of sports.

1.4 Objectives of the study

1.4.1 To identify left out sportsperson during National and State selection trials.

1.4.2 To assess psychological consequences of left out sportsperson during National and State selection trials.

1.4.3 To assess the behaviour of sportsperson like how and why depression strikes, role of anxiety and stress and the impact of feeling helpless

1.5 Hypothesis:

It is assumed the left out sportsperson during National and State selection trials face severe psychological consequences, like Stress, anxiety, frustration, aggression, depression and self esteem.

1.6 Delimitation

1. The Study area is delimited to National and State left out players only.
2. The study area is delimited to psychological consequences faced by left out players during selection trials.

1.7 Limitation

1. The behaviour of the subject is not under the control of the researcher.
2. The Researcher cannot authenticity the response of the subjects pertaining to the psychological consequences faced by players.

CHAPTER II

LITERATURE REVIEW

Kuar, M. Kumar, V. et al (2014) Anxiety Level of Basketball Players - Pre, During and Post Competition This studied the concern level of a basketball player. Their study assesses the anxiety of a basketball player under varying scenarios of compaction. They have selected 30 male inter-collegiate basketball players from S.G.B. Amravati University for their study. The age of the participants was ranging between 18 and 23 years. The comeback from the participants during different stages of the competition has been obtained through the sports competitive anxiety test (SCAT). It was found that the average anxiety level among the basketball players differs significantly. The mean difference value between pre-competition and during competition is 1.34, pre-competition and post-competition is 1.36 and competition and post-competition is 1.36. These values are greater than the critical difference value of 0.043. Thus, on the basis of results found, they concluded that the judicious level of anxiety appears to be the best stage for both attainment and performance of motor skill. Furthermore, too high or too low level of anxiety tends to reduce the feat of a player.

A book by Goss (2014) provides important direction to avoid undue dropout by a player. The book identifies measurable indicators which are critical for assessing the chance of dropout and offers evidence based practice to reduce it at both the elementary and higher level. One of the few resources on failure prevention that thoroughly examines how to organize the evidence based system within a multi tiered system of support. That integrates the depth of scholarship with practical application. The book focuses on implementing academic intrusion and social behaviour that increase student's engagement

Few empirical studies like (Yang et al., 2014) have examined the impact of social support from athletic trainers (ATs) on buffering the mental status of a sportsperson. Their objectives include examining the effect of social support received from ATs during injury recovery by an athlete under depression and anxiety with other colleagues. A total of 594 injuries are sustained by 387 collegiate athletes (397 injuries to 256 males and 197 injuries to 131 females) in 9 sports teams, as per their study. In their study, the data were collected between 2007 and 2011, and the social

support was measured using a 6-item Social Support Questionnaire. In about 84% (n = 501) of the injury events, an injured athlete receives a social support from ATs during his/her recovery. Of these, nearly 53% athletes are satisfied with social support. Importantly, the social support from ATs during recovery did not affect the symptoms of depression or anxiety. However, unlike athletes who are not satisfied with the social support received from the ATs, the athletes who are very satisfied or satisfied with the social support were 87% (95% confidence interval = 0.06, 0.30) and 70% (95% confidence interval = 0.13, 0.70), respectively. It is less likely that these satisfied athletes report symptoms of depression after the game. Similar results were observed in case of anxiety.

In general, social support from ATs acts as a buffering effect and has important implications to successful recovery in both the physical and psychological aspects of injured athletes. Rising evidences also suggest that epigenetic-based mechanisms contribute to various aspects of sex differences in brain and behaviour. The major barrier in understanding and establishing this relation lies in identification of the traits that are most susceptible to epigenetic modification as well as analysis of extensive interviews of 52 students from the same study site. The results exhibit growing dropout across all windows of secondary education, as high as 63%. Waster cases are significantly correlated with low academic performance, low socio-economic status and poor mental health. A model is developed to suggest that rural dropout is first and foremost driven by two mechanisms: rational cost-benefit analysis or hasty and stress-induced decision-making.

The consequences of aggressiveness continue to be a problem not only on the perpetrators and sufferers but also on the development of society on a broader scale. Thus, it is the need of the hour to understand the specific dynamics of aggression and prepare intrusion plans for this behavioural problem so that the decline of society can be prevented. Research in psychological fields is providing plausible explanations of psychological mechanisms of aggression. This research has shown that aggression is a highly complex behavioural phenomenon with multiple triggers and inhibitory factors. During the past few decades, there has been an increased interest in the role that cognitions play in negative social interactions and problem behaviour. Aggression depends on how an individual perceives and interprets his or her environment and the people therein, outlooks regarding the likelihood of various outcomes, knowledge and beliefs about how people typically respond in certain

situations and how much people believe they have the abilities to respond to a variety of events.

Ward et al (2012)studied the inter-relationship between degree programme, parent's occupation and future career choice in UAE. The research suggests that parental influence on choice of their children career is conspicuous. However, the correlation between parent's occupation and their children career choice is poor, particularly for international students who may have unrealistic occupational plans. A correlation strategy was adopted in their study where chi-square and one way ANOVA were determined to examine the hypotheses. The occupations were subdivided into categories using Holland's RIASEC classification. There were no statistically significant associations between the career option of student and parent's occupation and between the parent's profession and their degree programmes. Furthermore, results exposed a non-significant difference in career choice with regards to the professed influence of their parents.

Quardri (2012) studied stress and mental health conditions of athlete. A correlation approach was utilized in their study to find out inter-relationship between stress and mental health of athlete. In their study about 200 samples were selected from Jalna city of Maharashtra State. The age range of subject was between 18 and 25 years. Singh personal stress source inventory (SPSSI) has been utilized to study anxiety/stress in 35 items. Deshpande mental health test was used for measuring mental health in all the 50 items of the scale and presented in a simple and brisk style. The results related to the hypothesis have been recorded. Arithmetic average of stress score of the athletes is 61.09 and mental health of the athletes is 49.85. Summing up, low stress athletes have significantly good mental health than high stress athletes. A positive correlation has been observed between the stress and mental health of athletes.

Abdalla(2012) have assessed mental health problems and compassion satisfaction amongst care takers in the UAE. Different manifestations of oral behaviour have typically attributed to adaptive mechanisms within the framework of strategies related to stress. Interestingly, nail biting is one of the seemingly most prevalent forms of oral behaviour that has received comparatively little attention as a correlate of psychological concepts till date. But it has been mainly investigated in concern to medically relevant research questions. In their study, they provide evidence for effects of self-reported smoking and nail biting behaviour on stress

coping mechanisms in a sample of 838 (Mean age = 32.0, SD = 13.5) in European volunteers. Their results show differential effects of smoking status and nail biting on three distinct types of stress coping. Whilst smokers yielded higher scores for task-oriented coping, nail biters reported higher use of avoidance coping. Finally, smoking nail biters showed higher scores for emotion-oriented coping than smoking non-biters. However, non-smoking biters and non-biters showed virtually identical scores.

Sanjwan(2011) performed a comparative study on mental health of teenage boys and girls. The objective of their study was to assess depression and aggression in teenage boys and girls. It further aims to find out whether teenage boys and girls exhibit same level of mental health or there are differences. This explorative study was carried out in an urban area of Haryana with a sample of 100 teenagers, from middle socio-economic group in the age range of 17 to 19 years. Correlation analysis revealed highly significant positive inter-relation between life satisfaction and well being aggression and depression.

Shweta (2011) studied the role of temperament, parenting styles and stress on social competence and subjective well being among children. It is widely known that the childhood involves rapid growth and development of biological, cognitive, social and emotional processes. Recent studies have highlighted the role of various factors in social and emotional development of children. Among these numerous factors the temperament, parenting style and stress appears to attract the interest of psychologists. However, not much research has been conducted on these issues in India, at the best of my knowledge. Considering the importance of these constructs in the overall development of children and the paucity of such research in India, their study was carried out. It endeavoured to assess the relationship between temperament, parenting style and stress with social competence and subjective well being, and also, attempted to determine their relative contribution in social competence and subjective well being.

Bhasin et al. (2010) have studied depression, anxiety and stress (DAS) among adolescent school students belonging to affluent families and the factors associated with high levels of depression, anxiety and stress. Two hundred and forty two adolescent students belonging to class 9th to 12th were selected for their study. Depression, anxiety and stress scale questionnaire was used for assessing depression, anxiety and stress. The scores in the three domains (DAS) were found to be remarkably correlated. Depression was significantly more among the females than in

the males. Depression, anxiety and stress were all significantly higher among the 'board classes' i.e., 10th and 12th as compared to those in classes 9th and 11th. All the three parameters, depression, anxiety and stress were found to have an inverse relationship with the academic performance of the students. Depression and Stress were found to be significantly associated with the number of adverse events in the student's life that occurred in the last one year.

Huang and Tang (2010) discuss the symptoms of age related hearing impairment. According to them aging is unnatural consequence of a society developing process. Although many adults retain good hearing with age, the hearing loss related with age can vary significantly among elder persons. There are a number of pathways through which physiological processes impact the auditory system as well as in the central nervous system with the varying age. Several studies have focussed on the illustration of risk factors accumulating pres by us is (age-related hearing loss) such as heritability, environment factors, medical conditions, free radical and damage of mitochondrial DNA. Left untreated, pres by cusic can not only lead sufferers to reduce quality of life, isolation, dependence and frustration, but also affect the healthy people around. These can be partly corrected using hearing aids. However, many more strategies for treatment, based on the findings associated with the pres by cusic should be added using a single hearing aid. So by adding other strategies in counselling, quality of life of these individuals can be improved. Though there is not enough literature which shows a direct relationship between hearing impairment and physical domain of quality of life, still certain studies indicate activity limitations and participation restrictions in hearing impaired people.

Gold beg (2010) investigated inter-relationship between the mental toughness and competition stress among cricketers. For the assessment purpose, mental toughness questionnaire and sports anxiety competition anxiety test (1990) were used. Pearson product moment correlation and two-way analysis of variance (ANOVA) were performed to analyze the data. Results revealed that there is no significant relationship between the mental toughness and competition stress among cricketers. Results further showed that national player Description have relatively high level of re-bond ability than that of international players. It was also emphasized that middle order player and all-rounder have ability to tackle pressure during match in comparison to those by the openers and bowlers. They suggested that their research

would be helpful for Pakistan Cricket Board and National cricket Academy to initiate mental toughness training programs for cricketers to enhance their performance by eliminating negativities in their minds and educational courses for academy players to improve players' psychological abilities along with physical fitness.

Bray (2002) studied the effect of competition location on individual athlete performance and psychological states. It was hypothesized that skiers would perform better when competing at home owing to high level of self-confidence as compared to that in a competition held away. Ramirez et al., 1992 studied the state of helplessness in academic settings. This might set children behind, in their academic career and damper their social development. The learned helpless children are not so much motivated intrinsically because of their failures on different academic tasks. They try to use learned helplessness as an excuse or a shield to provide self-justification for failure in academics. Indeed, describing someone as having learned to be helpless can serve as a reason to avoid blaming him or her for the misfortunes experienced. In turn, these fellows give up gaining respect through academic performance.

Kohut (1972) wrote about narcissism (excessive self-affection) and believe that detrimental expressions of the importance self develop, when individuals fail to integrate ideas with practical views of their failure and shortcomings. Moreover, sometimes the ego of adult could lead to self-overestimation and sometimes lowliness composite. As a result, narcissists would lose much energy in seeking assertion from nearby people and being overly susceptible to criticism and denial. Kohut 1972 laid the foundation of a theory of self-absorbed aggression. Cooper 1976 reviewed the literature concerning the relationship between deafness and psychiatric disorder. His study publicized the differences in the prototype of illness depending on the sternness of deafness and the age. He discussed the psychological and social consequences of deafness, the feasible contribution of sensory rejection phenomena, and the interference of hearing impair mention attention, perception and communication. A introspective acquired hearing disfigurement (i.e. depending upon the harshness of hearing) can also be associated with major changes in various aspects of one's life.

Green and Green (1977) studied Indian yoga practitioners and discovered they were able to control various physiological functions voluntarily including brain waves, body temperature and blood pressure. It was also relatively simple to teach

others how to control their physiological feelings too. The study was able to demonstrate how the mind and body are linked which brings us to the next technique. Performing a simple exercise such as breathing effectively can enable an athlete to relax and prepare for competition as more oxygen gets carried in the blood which in turn facilitates the working muscle. Diaphragmatic breathing involves a muscle in the abdomen called the diaphragm. A simple way to learn this technique is to place your left hand on your abdomen and the right on your upper chest. As you breathe in your left hand should move out and your right hand should remain relatively still. This is a sign you are breathing effectively using your full lung capacity. Try to exhale for twice as long as you have inhaled. This helps to slow the heart rate and in turn aids relaxation. By performing these simple techniques during training or when you have some free time can help to calm those nerves and also view them in a different way so that they do not interfere with your performance.

Light (2006) agrees that participating in sports clubs for prolonged periods is crucial in the social, moral and personal development of young individuals, and being socialized in that atmosphere may lead those who cease participation to desire it once it is no longer there, although similar atmospheres may be hard to recreate immediately in new surroundings. This relates to the concept of habitus (e.g. Bourdieu, 1978) as individuals feel a need to hold some level of social position amongst others, which occurs through the social structures of the group becoming embodied in individuals, resulting in the structures and habits being replicated and established (Bourdieu, 1978). What is also apparent from the chosen new activities of the participants is that apart from Carl, whose new physical activity had become his job, the activities of the others evidently required less commitment than two or more rugby training sessions and a match every week. Bailey et al (2010) support this, finding that once the socio-economic surroundings of the young adult themselves take effect without the support of the family, their participation time may be decreased due to increased life commitments and responsibilities. Therefore this puts into question whether the individuals returning to participation in rugby would even be possible.

CHAPTER III

RESEARCH METHODS

Interviews were the preferred research method to extract data from the participants, as it is known as the pivotal source of data in social research. The individual participants are required to judge, reflect, and interpret experiences retrospectively. An advantage of using interviews was to gain the trust of participants and create a bond with them, which is essential for success of interview. In addition, the researcher's experience of being a National player helped gain participant trust further, as participants appreciate that the researcher himself has undergone similar experiences or situations to those they have endured. Using interviews places the onus on the participant, enabling them to speak freely, frankly, and allows the participants to express themselves using their own words, and even non-verbal cues may give messages which help in understanding the verbal response.

On the other hand, interviews consume lot of time and needs careful, detail and specific preparation in terms of data recording and analysis.

Semi-structured interviews were chosen; as it is flexible and permit the researcher to investigate more information with supplementary questions. It allows researcher to broaden and extend the data they obtain from the participants, if they are sharp enough to act on specific answers arising from the individuals. In other sport research, semi-structured interviews were used where the interviewers had their initial topics organized but could be guided to some extent by the participant responses as to how the order of topics continued, and to how much attention is paid to different areas.

Researcher's part in the interview process cannot be forgotten, as knowledge is exchanged equally between interviewee and interviewer, ensuing in worth production, not data yielding. The researcher plays active role has an active role and data are consequently transformed twice, through the researcher's choice of questions and the ways in which the participants extract the significant parts of their original experiences to modify the experiences for the research.

3.1 Sampling design

Purposive sampling was used to select participants, It is difficult to gain access to all left out players during National and State trials. As they are no longer on the radar. This eliminates the scope of other sampling methods. A relatively small sample was used, for the purpose of gaining detailed data, to unearth thorough descriptions, and to uncover the psychological consequences faced by left out players.

3.2 Selection of subject

A clear criterion for selection was established. This sample criteria including players who had participated in particular sports for a minimum of five years and left out during National and state selection trials. The individuals, previously known to the researcher as a result of their earlier participation in the sport, were identified as they matched the research criteria, all individuals were contacted by the researcher on the basis of record available with Federation and association. There is an argument for bias in the selection of the ten participants, but they were selected on the researcher's knowledge of their previous left out, and it is not easy and time consuming to contact ex-players for such studies, as they do not socialise with the same individuals any more.

3.2 Research Design

The purpose of the study was to understand the psychological consequences of left out players during selection trials. It was felt that more data would emerge from players high in performance, so a high level tournament (National and state) was selected as the research setting. Permission was to be obtaining from official of Federation and Association personnel, who could grant access to the facilities for interviews. The Federation and Association personnel were identified for this study initially contacted by telephone and communicated with in person the week before the study. The researcher then made contact with the participants, and received a healthy response about interviews. All interviews were conducted during within two months. Participants were contacted through telephone after seeking their contact numbers and address from the federation and association office respectively. The researcher informed participants about the interview and finalized the dates and venue for the interview. On the scheduled day the interview was conducted. Interviews were therefore taken at different times and at different locations, although it was deemed

important that the participants, lives were disrupted as little as possible. Once players arrived for interview, they were greeted by the researcher.

3.3 Data Collection/Tools

Interviews were semi-structured, which allowed a modification and created scope of interpretation from the researcher. The interview guide was established with the researchers experience and knowledge, based upon relevance to previous research results, under the guidance Semi-structure interview approach enables flexibility in order of questions and time consumed on each question. It allows researcher to add and introduce new questions too. Participant responses were recorded and detailed, Participants providing rich data instead uncomplicated answers. The participants were more comfortable from very beginning this allowed participants to talk continuously and easily. The interview process was also constructed to take the interviewees through the various psychological consequences, early experiences related to team, practice session, coaching, until left out during selection trials. Advantages of this included providing a structured and rational order for the questions, in addition to allowing the left out players to follow a chain of thought in their minds, where thinking back to one scenario could lead them in stages through their development. Dates and times during the interview week were arranged prior to meeting with participants, so there were no problems with timings and all interviews went according to plan.

3.4 Data Recording

The researcher in his introductory statements clarified the nature of the interview and purpose of the study to interviewees. The participants were asked for their consent and convened that the can withdraw at any time. They were told that their data will be kept confidential and their identity anonymous. They were asked to communicate any questions or reservation they feel. On the completion of this stage participants were comfortable and willing to continue the process. The duration of the interview varied from 40 minutes to 50 minutes. The majority of the interviews went according to the plan

CHAPTER IV

RESULT AND DISCUSSIONS

Interviews were transcribed accurately, it was ensured that correct interpretation in made, time was not constrain. Once transcribed, interviews were stored safely, numbered and dated. Thematic analysis was conducted. Themes were generated after analysing the raw data, and after each record and every interview was verified for information. These themes were constantly altered and modified, new answers and information were often being formed. Using ten participants made comparison of players and their experiences easier. The small sample allowed a detailed analysis and cross-referencing of each participant and their experiences, which allowed themes to be constructed.

This chapter will investigate and explore the emergent themes from the interviews. On analysing the interview data, a number of apparent themes emerged which led the findings to be divided into two areas, causes of left out and psychological consequences of left out. Causes of left out included injury, social cause, Team mates ,Parents and coach, while psychological consequences of left out included Stress, anxiety, frustration, aggression, depression and self esteem.

Causes of left out

The three dominant themes emerging from the interview data began with injury, whether permanent, mild, or simply players concerned about risk of injury. The other themes included changes in squad personnel, in terms of coaches or players, and enthusiasm amongst the individuals, whereby low enthusiasm often contributed to drop out.

Psychological consequences of left out players.

You would be hard pressed to find an athlete who doesn't react in some way to imminent competition. Focuses is on the psychological consequences that some left out athletes encounter during selection trials and how different sports people react to it. The six dominant themes emerging from the interview data began with Stress, anxiety, frustration, aggression, depression and self esteem.

For a lot of athlete's anxiety can be a very unpleasant feeling with physiological symptoms including a racing heartbeat, sweaty palms and muscle tension. In fact Ray and Weise-Bjornstal (1999) outlined seven possible categories in which an athlete can experience stress including affective, cognitive and behavioural.

+“I performed better than other participants, but they were selected”

Concentrating on your opponent and obsessing about winning will do a lot of things for you. It will get you overly nervous. It will erode your self-confidence. It will psych you out. It will GUARANTEE that you play poorly. It will contribute to your losing to this particular opponent. It will always leave you frustrated and disappointed after the game. However, what it will never do for you is increase your chances of performing to your potential.

+“I was not provided sufficient time to exhibit my skills and couldn't made for the team”

Generally speaking sufficient time should be give to player and favourable atmosphere must be provided to exhibit his skills. Without providing sufficient time and to Judge ones performance and decide future course of action by debarring him from the team. This definitely initiates and injects situation that creates feelings of stress, anxiety and fear among left out players. The feeling becomes so apparent that a player feels surrounded by negativity and loses affiliation to sports.

+A key issue that a number of participants mentioned seemed to unsettle some of the participants with Amritpal,Raj kumar ,Yugraj, Lakhwinder and Gurpreet all mentioned some level of discomfort with results of selection trials, was that discomfort because of changes in personnel, whether in terms of selection committee or coach. Three sub-themes comprising lack of concentration, lack of self-confidence and unable to handle pressure.

Even the fastest, strongest, and most skilled will underachieve if they concentrate on the wrong things, are unable to quickly let go of mistakes or bad breaks, lack self-confidence or motivation, or can't handle the pressure of competition. If you leave the mental side of performance to chance, then you're more

vulnerable to performance problems such as excessive nervousness, psych-outs, choking, slumps, fears and performance blocks.

+The ex-players were also asked questions concerning their current activity levels, what they missed about the game and how they felt when left out during selection. The two themes that emerged include.

Unfair means.

The overriding consequence of left out was the absence of a Fair selection, which was clearly vital in maintaining their previous participation. The selection committee always select best playing squared and rest are all on recommendation of influential people and Politian that is why coach feels helpless during competition.

Seniority

Senior players are preferred as compared to new players and budding stars. They also suffered conflict and difficult relationships with a number of senior teammates, which they described as friction, and that the felt a lack of support from them, supporting Keegan et al (2010) and Mays et al (2010), who stated that team members can affect whether their team mates continue to participate. They stated,

This was extremely unacceptable that the selection committee give way to incompetent players at the cast of the deserving players who could have performed better during tournament and at the same time coach would have multiple choices left for substitution when required during the match. On the other side the junior players deprived of selection in the presence of senior player. This resulted in lack of opportunity and confidence among junior players. senior players were in that they had become used to acting and behaving in a certain way with their junior players as a result of their habitus, and no longer have those individuals to communicate with, stripping them of the embodied understandings.

+Ramesh who has played in the tame for a number of years left the sports. He describes how he was informed during the national trials that he had been dropped for a player two year his junior and that coach describe his previous week's performance as the worst he had ever seen player in his position playing. Ramesh states now,

“It shatters your confidence really and i never really came back after that”

This one movement results in Ramesh's left out, highlighting the importance that single negative incident can have on an individual's participation, as Ramesh admitted his confidence was destroyed.

CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATION

Recommendations for Future Research

1. The findings of this study provide a retrospective look; future research could also focus more on both coaches and players to ascertain and develop healthy communication modes to decrease levels of conflict.
2. Finally, it may be of use for future research to undertake a qualitative approach to produce detailed and rich data would be useful to determine other causes of left out and whether new structures or initiatives are to be put in place to solace players from various psychological consequences faced during trials.

This data could be distributed to the sports Federations, Associations, Universities, clubs and coaches to decide whether new strategies need to be employed in order to rehabilitate left out players to decreasing the possibility of left out during trials.

Conclusion

This chapter reviewed the research area concerning this study, and provided a full summary of the findings. In addition, possible limitations of the methodology employed and the study as a whole have been suggested. Implications of the research have been noted as well as recommendations for future research, to provide potential directions for other researchers in this field.

This Dissertation set out to discover the reasons that led to the left out of players during trials at State and National level. The findings proved that regardless of the overall positive words and feelings the individuals had for the sports/Game, issues, poor relationships the coach or teammates could override this and leave long-lasting social, psychological and emotional effects on certain participants.

Lastly, the findings showed that a variety of factors contributed to the interviewees ceasing participation, ranging from uncontrollable issues such as injury to quite simply a loss of enthusiasm

The significance of this finding and others should demonstrate to sports Federations, Associations, Universities, clubs and coaches the nationwide that team and community values need to be given paramount importance, promoted and stringently adhered to by coaches, to provide a continued positive, thriving, social environment for all.

Even the fastest, strongest, and most skilled will underachieve if they concentrate on the wrong things, are unable to quickly let go of mistakes or bad breaks, lack self-confidence or motivation, or can't handle the pressure of competition. If you leave the mental side of performance to chance, then you're more vulnerable to performance problems such as excessive nervousness, psych-outs, choking, slumps, fears and performance blocks.

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