

**TEMPORAL PATTERNING OF SELECTED  
PSYCHOLOGICAL PARAMETERS  
AMONG UNIVERSITY LEVEL BASKETBALL  
PLAYERS**

**A**

**Dissertation**

*Submitted to the*

*Department of Physical Education*

**for the partial fulfillment of the Degree of  
MASTER OF PHYSICAL EDUCATION**

**Investigator**

**Supervisor**

**Ajay Kumar**

**Ms. Aruna Rani**

**LOVELY SCHOOL OF PHYSICAL EDUCATION  
LOVELY PROFESSIONAL UNIVERSITY  
PHAGWARA**

**2015**

## DECLARATION

I declare that the dissertation entitled “*Temporal patterning of selected psychological parameters among university level basketball players*” had been prepared by me under the guidance of Ms. Aruna Rani 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.

Date: .....

**Mr. Ajay Kumar**

**Department of Physical Education  
Lovely Faculty of Business and Arts  
Lovely Professional University  
Phagwara (Punjab)  
India**

## CERTIFICATE

This is to certify that Mr. Ajay Kumar has completed M.P.Ed dissertation entitled “*Temporal patterning of selected psychological parameters among university level basketball players*” 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 any other 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.P.Ed. degree.

**Supervisor**

**Ms. Aruna Rani**  
**Department of Physical Education**  
**Lovely Professional University (Punjab)**

**Date:**

**PREFACE**

I express my deep sense of gratitude to the almighty God who enabled me to complete this study successfully. Words may not express the immense pleasure and deepest sense of gratitude of the research scholar to esteemed supervisor. I own my sincere thanks to Dr. Pravin Sharma, Assistant Professor, (COD) Department of Physical Education, Lovely Professional University, Phagwara, Punjab for providing me an opportunity to work on this study and for the facilities extended to me in carrying out the same successfully. I am sincerely thankful to all the faculty members of the Lovely School of Physical Education for their affectionate guidance and motivation at every step during my study.

To work on my positive and constructive lines, I need an enlightened guidance which I received from my worthy and respected guide Ms. Aruna Rani, Assistant Professor Department of Physical Education, Lovely Professional University Phagwara (Punjab), during the various stages of this dissertation. I feel proud to have work under her supervision. It was impossible for me to complete this work without her cooperation and valuable guidance. Her construct encouragement and suggestions worked a lot in bringing room at my best efforts towards this work. In spite of his busy schedule and enormous occupations, she has devoted more than sufficient time which escaped me all rigorous.

I am very thankful to my all subjects for their cooperation, without them the valid and useful data for this study could not have been completed. I am equally indebted and grateful to Librarians of Lovely Professional University, Phagwara and other staff members of Department of physical education. I wish to express my gratitude to my parents for their constant inspiration to get things done and their pride in my accomplishments which has always been a source of inspiration and motivation for me. Very much thanks to my parents who have confidence in me irrespective of the fact what I do, has been constant source of encouragement to me. Last but not the least I feel obliged to all those who have helped me directly or indirectly in my research work at various stages.

INVESTIGATOR

Ajay Kumar

### **ABSTRACT**

The purpose of the study was to compare temporal patterning selected psychological parameters among different time durations prior to competition. Two psychological variables namely self-efficacy and aggression used in this study. The data was collected through the help of questionnaires to measure self-efficacy, Self efficacy Scale By Dr Arun Kumar Singh and Dr. Shruti Narain, (2014) and to measure the level of aggression, Aggression scale by Dr. R.L. Bhardwaj, (2008) was used among basketball players. 24 basketball players of inter- varsity level aged 18-28 from Lovely Professional University, Phagwara (12) and Guru Nanak Dev University,

Amritsar(24), was used as subjects for the study. The samples was selected through purposive sampling technique for administering questionnaire to the basketball players, the researcher visited Lovely Professional University, Punjab and Guru Nanak Dev University, Punjab teams 4 days and 2 days prior to the competition at their respective university campus. The questionnaire was again administrated on the same subjects before 1 day and 2 hours to the competition. Trend analysis was done to find out temporal patterning of self efficacy and aggression among basketball players prior to competition. To see the significance difference in self efficacy and aggression at different time durations prior to competition, the analysis of variance was employed at 0.05 level of significance. It is concluded that there is gradual increase in the level of aggression as the players approaches close to the competition and It is evident from table that there is gradual reduction in the level of self-efficacy as the player's approaches close to the competition.

## **TABLE OF CONTENTS**

<b>Chapter No.</b>	<b>Content</b>	<b>Page No</b>
	Declaration	I
	Certificate	Ii
	Acknowledgement	Iii
	Abstract	Iv
	Table of contents	V
	List of Tables	Vi

	List of Graphs	Vii
	List of Abbreviations	viii
<b>Chapter-I</b>	<b>Introduction of the Problem</b>	<b>1-11</b>
	Significance of the Problem	9-10
	Statement of the Problem	10
	Operational definitions of the term used	10
	Objective of the study	10-11
	Hypotheses	11
	Delimitations	11
<b>Chapter-II</b>	<b>Reviews of Related Literature</b>	<b>12-20</b>
<b>Chapter-III</b>	<b>Methodology</b>	<b>21-22</b>
	Procedure of Data Collection	21
	Statistical techniques	22
<b>Chapter-IV</b>	<b>Analysis and Interpretation</b>	<b>23-32</b>
<b>Chapter-V</b>	<b>Summary ,conclusion and Recommendations</b>	<b>33-34</b>
	<b>References</b>	<b>35-37</b>

## LIST OF TABLES

<b>Table no.</b>	<b>Description of Table</b>	<b>Page no.</b>
4.1	Mean And Standard Deviation Of Self- Efficacy At Different Time Durations Prior To Competition Among Basketball Players	23
4.2	Mean And Standard Deviation Of Aggression At Different Time	24

	Durations Prior To Competition Among Basketball Players	
4.3	Means Differences of Self Efficacy At Different Time	25
	Duration Prior To The Competition Of Basketball Players	
4.4	Means Differences Of Aggression At Different Time	27
	Duration Prior To The Competition Of Basketball Players	
4.5	Significance of difference of self efficacy of basketball players at different time durations prior to competition	28
4.6	Significance of difference of aggression of basketball players at different time durations prior to competition	30

### LIST OF GRAPHS

<b>Graph no.</b>	<b>Description of Graph</b>	<b>Page no.</b>
4.1	Means of Self-Efficacy Scores of Basketball Players At Different Time Durations Prior to Competition.	24
4.2	Means of Aggression Scores of Basketball Players At Different Time Durations Prior to Competition.	25
4.3	Means Differences of Self Efficacy at Different Time Duration Prior to the Competition of Basketball Players	26
4.4	Means Differences of Aggression at Different Time Duration Prior to the Competition of Basketball Players	28
4.5	Significance of difference of self efficacy of basketball players at different time durations prior to competition	29
4.6	Significance of difference of aggression of basketball	31

players at different time durations prior to competition

### **LIST OF ABBREVIATIONS**

<b>Abbreviations used</b>	<b>Extended meaning</b>
<b>AIU</b>	<b>All India University</b>
<b>ANOVA</b>	<b>Analysis of variance</b>
<b>SD</b>	<b>Standard Deviation</b>
<b>SE</b>	<b>Self Efficacy</b>
<b>US</b>	<b>United States</b>
<b>USA</b>	<b>United States of America</b>



## CHAPTER I

### INTRODUCTION

With the improvement in sports participation of sports in the recent years, the performance standard has also increased, which led to the sports scientists to think on the various possible ways to further improve the performance. In competitive sports the difference between the winner and the loser can be a matter of not more than a fraction of second. Therefore, at all levels sports scientists tries to “leave nothing to chance”. However sports performance depends on many factors e.g. physical, physiological, technical, tactical, psychological and environmental factors. The percentage contribution of various performance factors are complex combination. This supersedes each other depending upon the nature of activity.

The modern competitive sports have become an extremely complex behavioral phenomenon. The emphasis on healthy body and fair play, by the youth, in sports has been weak by the attitude of winning at all costs. In other words, a sport competition is becoming nothing but violence of a cultured man, whereas he is supposed to have intellectual quests. This keep struggle for the excellence has made researchers to explore and emphasize more and more on the psychological makeup, as these variables plays an important role in shaping the athlete’s performance. So, it is very necessary to know that, what is psychology and how it puts effect on any sportsperson’s performance.

This era is the era of competition, which plays a very important role in the mental skills for success. Various factors like physical, physiological, sociological and psychological influence the participation in the sports. In the world of competition, the psychological preparation of a team is as important as knowing the different skills of a game on the scientific lines. Team trainings are not just for taking part in games but to show the might win the events and for the triumph in the game, The spirit of the players is more essential then the effectiveness in the skills to win the game and give adequate performance in the competition. Now the coaches have been became aware to the social and psychological factors which are great contributors to performance in activities in the higher competitive sports. It is newly concept that sports administrators and coaches have feel the importance of the psychological preparation and training of player to enable them to tolerate the strain and stress inherent in sports participation. So, now the sports trainers and coaches have begin to

give more value to the psychological conditioning or building the mental makeup of the players before their contacts in the competitions. The application of psychological principles to the improvements of performance in sports has received greater attention in these days. There are certain established psychological principles which have to be applied, so that the athletes and players are able to perform their best. There is a zest in coaches, physical educationists and sports scientists to know more about those psychological factors, which helps in improving the motor skills of the players. It is important to know about emotional phenomena like sports performance, anxiety and some personality traits like psychotics, neuroticism, extroversion and locus of control of the players during training as well as competitive situations. (Agyajit Singh, 1992)

The word 'sport' is made from two words 'dis' and 'portere' meaning 'carrying away from work'. Regarding sports, we point to such recreative activities which are relaxing in nature and it is for the sake of seeing 'pleasure' only. Basically sports are individual activities born out of natural urge for movement. Sports are part and parcel of human as well as animal life. (Gangopadhyay, S.R., 2008)

Sports are an 'activity oriented field'. In the sports we deals with movement and gradually encompasses mental, intellectual and social aspects of the child's personality. Much of the magnetism of sport comes from the variety of experience and feeling that result from participation such as success, failure, exhaustion, pain, relief and feeling of belonging. Sports can bring money, glory, fame, status and goodwill; however, it can also bring tragedy grief and even death. Psychology is a study of human behavior. The word 'psychology' was derived from the Greek word 'psyche' meaning 'soul' and the 'logos' meaning 'study'. Consequently, the definite importance of psychology is the science or investigation of the soul. (Ajmer Singh et.al., 2000) Greek scholars accept that the spirit was mindful for various mental exercises, for example, learning; considering; feeling and so forth .It was accepted that the spirit was centre organism, the reason and the standard of life. As the connection of the spirit to the body and elements of the spirit couldn't be clarified, a few scholars attempted to characterized brain sciences as an 'exploration of psyche and bit by bit it has been known as the investigation of cognizance lastly as an investigation of conduct. Today, it is considered as an exploration of conduct, conduct action and experience of every living life form.

There are two general classes of aggression. Which are threatening, emotional, or retaliatory aggression and instrumental, savage, or objective situated aggression.

Empirical examination demonstrates that there is a basic contrast between the two, both mentally and physiologically. Some examination demonstrates that individuals with inclinations toward emotional aggression have lower IQs than those with propensities toward savage animosity. Crosswise over various human societies, men are more probable than ladies to express animosity by method for direct physical viciousness. Ladies are more prone to rather express aggression through a mixture of roundabout or nonphysical means. There are games where the guidelines must be policed by the players in place for the amusement to survive. The way of animosity in high aggression games obliges that there is an outlet for the disappointments of players. Somebody needs to "establish a meaningful boundary" in respect to what is satisfactory to the extent animosity without disregarding it and giving it a chance to rot inside individuals until they find themselves able to discover an outlet for it. Particular parts of the impacts of aggression in game can be seen by viewing ice hockey and watching how animosity is acknowledged and approved inside the limitations the game. Ice hockey endeavors to keep up a harmony between the forceful way of the game and the thoughtfulness of the individuals who play it.

It is perceived that a certain level of aggression is important to play the diversion. Likewise with any round of this nature, heads and players are confronted with the issue of keeping aggression levels at or under an adequate standard. Aggression has long been a piece of the game space as of late, in any case, brutality in game, has come seen as a social issue. For example, commissions have been named in Canada, England and Australia to examine savagery in the athletic setting (National Committee on Violence, Pipe,). In the United States, Canada, Germany, England and Australia, court cases have been heard concerning the game related victimized people or culprits of forceful acts.

Spectators additionally display antagonistic aggression when they verbally in use or toss object at competitors or group. On the off chance that the plan is to physically or mentally harm the competitors, observer are being unfriendly. In the event that their expectation is to pick up leeway for their group by diverting the contradicting player(s), then is viewed as instrumental aggression. Context oriented variables come into play and how an individual deciphers the situational prompts worst case scenario predicts whether this competitor or observer will display aggression. fundamentally aggression is basically a scholarly conduct which is the

after effect of a singular's cooperation's with his/her social surroundings after sometime.

Aggression happen in games where competitors some up anticipations for fortification find where the price quality exceed discipline esteem situation related hopes the season of diveitor as for as whether this is esteemed a proper time to display aggression. Hopes of reward or punishment for forceful act may be found out by past support of punishment or by displaying impersonation of huge others, for example, mentors, folks, and game legends in the game setting have a tendency to be lower than what is a scene in other life areas. Score resistance, the consolation of the group likewise impact the competitor forceful conduct are high. It has been proposed that being aggression can prompt a decrease in ensuring forceful acts.

The spectators at the acrobatic meet demonstrated no such increment. Arms, Russell, and Sandilands 1979 re-conducted the study with spectators watching ice hockey, wrestling, or swimming. Their outcomes were matched with Goldstein and Arms' study in that aggression fundamentally expanded as an after effect of watching the expert wrestling and ice hockey occasions. Conversely, observers watching the swimming meet did not show expended level of aggression.

Various lab studies have elevated levels of aggression from the viewer when watching forceful or fierce conduct in a film. Competition sports are a situation where forceful acts can frequently be watched. Illustrations incorporate the cold, computing endeavor of a soccer player to harm a key individual from the opposition ice hockey player lashing out furiously at an adversary taking after a vigorous test, or a tennis player verbally scolding an authority. The sum and kind of aggression does obviously vary crosswise over games. Yet, in spite of the fact that animosity is all the more effortlessly connected with games in which competitors are in physical contact, and accomplishing physical strength can contribute significantly to the probability of achievement, even games that have no physical contact between contenders may contain demonstrations of aggression. For instance, a sprinter might verbally misuse his rival trying to unsettle him. Since aggression happens in focused games (e.g., Kirker, Tenenbaum, & Mattson, 2000), and in light of the fact that it may have results for the exploited person (e.g., harm), the assailant (e.g., being punished) and to the game (e.g., diminish investment rate), understanding why competitors carry on forcefully in game is unmistakably of premium.

Before examining the part of aggression in games it is imperative to characterize animosity. In any territory of brain science obviously characterizing the sensation, conduct or build to be mulled over is vital to propel learning. On the off chance that specialists use diverse definitions it gets to be difficult to contrast discoveries crosswise over distinctive studies and with fabricate a cognizant assortment of information. It is additionally especially urgent to characterize animosity as it is regularly utilized as a part of ordinary dialect to portray a wide mixture of practices. To delineate, one soccer mentor may portray a player as forceful in the event that she tries to rule her rivals when physically trying for the ball. Interestingly an alternate soccer mentor may portray a player as forceful if the player makes planned endeavors to harm adversaries. One definition that incorporates the regularly acknowledged segments of animosity is given by Baron and Richardson (1994) who characterize aggression as "... any manifestation of conduct coordinated toward the objective of hurting or harming another living being why should spurred dodge such treatment" (1994). Four parts of this definition merit considering in connection to the investigation of animosity in focused game.

First and foremost, aggression is a conduct, and not a craving to, or dream of, hurting somebody. Second, there must be aim to mischief the exploited person either mentally or physically. Deciding purpose can unmistakably be troublesome as indistinguishable practices may have diverse expectations. Since animosity can fuse mental damage, "waste talking" and "sledging" an adversary can be forceful conduct. Diverse sorts of animosity can be recognized relying upon the attacker. Threatening (sooner or later called enthusiastic, or responsive) aggression happens when the essential objective of the assailant is to damage or make an individual endure (Baron & Richardson, 1994).

Unfriendly aggression is frequently joined by annoyance, for example, a hockey mentor verbally criticizing a player taking after a slip-up. At the point when the essential objective of an individual is to accomplish a referred to forceful objective, for example, helping his ball group win, and the player intentionally harms the star player on the contradicting group keeping in mind the end goal to improve his group's possibilities of achievement, it is called instrumental animosity (Husman & Silva, 1984). There are three noteworthy clarifications of why an individual may carry on forcefully. In the first place, animosity can be viewed as instinctual and an intrinsic piece of human instinct (Freud, 1920; Lorenz, 1981).

Consequently, animosity is certain. On the other hand, this methodology has been reprimanded as depending on information from creatures that are not subject to the same social controls as people and overlooking that a human's organic legacy gives the possibility to a wide mixture of practices, for example, generosity, which recommend that animosity is not certain (Baron & Richardson, 1994). The remaining clarifications consider in more detail the mental courses of action that may lead an individual to act forcefully. The disappointment aggression theory (Dollard, Miller, Doob, Mowrer, & Sears, 1939) proposed that each forceful activity could be followed to a past disappointing occurrence and that dissatisfaction dependably prompted animosity. Be that as it may, the connection in the middle of disappointment and animosity is less sure than proposed – for instance, dissatisfaction may prompt different results, for example, discouragement or withdrawal (Seligman, 1975). Likewise, Berkowitz (1989) reconsidered the disappointment aggression theory and suggested that dissatisfaction can deliver an availability to react forcefully if neglecting to accomplish an expected prize (dissatisfaction) is joined by negative influence. It is the negative influence that is the basic goad to forceful conduct (Berkowitz, 1993). Berkowitz's overhauled dissatisfaction aggression theory does give a component to explaining antagonistic animosity, however in may not clarify instrumental aggression (Widmeyer, Bray, Dorsch, & McGuire, 2002). The last clarification for animosity is given by Bandura's (1977) social learning hypothesis. In spite of the fact that Bandura does consider the part of organic, passionate, and ecological figures aggression he additionally stresses the part of learning (Baron & Richardson, 1994). He recommended that numerous forceful reactions are found out through demonstrating and whether an individual acts forcefully relies on upon the example of disciplines and prizes regarded likely for forceful conduct.

There are numerous delicate and human competitors and mentors who are included in game at all levels. Endeavor ought to be made to present these people in a positive light and issue them more noteworthy media scope. Winning has turned into a key piece of game and expanded demonstrable skill breeds an environment of "winning no matter what". The customary reasons for game engagement, for example, fun and reasonable play seem to have diminished considerably. Exploration has demonstrated that when competitors put a solid accentuation on beating others (as opposed to concentrating on individual change and their own execution) they are more inclined to embrace swindling and see purposefully damaging goes about as

more satisfactory. Some mentors and competitors take this situation to the amazing and recommend that the utilization of animosity is essential to win. Albeit there is some proposal in the writing that animosity in circumstances in which the affinity for aggression as of now exists. Different elements that have over and over been connected with demonstrations of onlooker vandalism and hooliganism overall incorporate liquor ill-use, the vicinity of opponent fans who are individuals from gatherings that are inconsistent in the bigger society, and past events of competitor animosity in the opposition itself. Coalter (1985) recommended that seating, the isolation of opponent fans, and boycott of liquor are compelling in decreasing observer savagery just when offered in mix instead of independently. Conduct that causes hurt upon another, either physical or mental, and bears no direct. Relationship to the focused objectives of game is unsatisfactory. Whether named threatening or instrumental, if these deliberately hurtful acts lead to wounds which rise above the aggressive occasion essentially, then such practices ought to be considered improper too. Interestingly, self-assured conduct that falls inside the standards ought to be considered piece of game. Aggression similar to an essential human rationale and constitutes a critical section of identity. Threatening vibe is a worldwide wonder. As per Freudian origination it is an interpretation of Than's. Freud holds that threatening vibe animosity is instinctual instead of Eros. Aggression has been man's common conduct in all the ages. To live in peace and let others live in peace has turned into a sensation of history alone. Nobleman (1983) has reported that just 10 out of 185 eras in the previous 5000 years have live in peace. Freud has rightly watched. Man is the pronounced foe of man.

Aggression is regularly shown in game and infrequently bubbles over into unmitigated presentations of roughness. Regularly certainly or expressly pushed by onlookers, mentors and so on and refer to sensible incitement or support. Much media consideration puts on showcases of animosity, generally with high good ground. Why do players resort to animosity and savage behavior when they know they will be punished. Why do mentors safeguard their players when they can plainly see that such aggression is counter-beneficial What part do the media play in sustaining such animosity Coaches frequently need players to show more aggression in their play what they really mean, in mental terms, is they need to see more self-assured practices. Decisive practices reflect practices that are physically vociferous, yet don't contradict rules nor do they have the purpose to damage; rather they are gone for

forcing impact and strength. Practices that are fierce however are neither emphatic nor forceful are not endured e.g., awful dialect, gear misuse. Taylor, Paplau and Sears (2006) characterize aggression as any activity that is proposed to hurt others. Animosity is identified with the deliberate curse of some type of mischief on other. Meanwhile, Baron and Byrne (2000) characterize aggression as a conduct coordinated toward the objective of hurting another living being why should propelled stay away from such treatment. Then, the idea of female aggression is for the most part alluded to the wives' forceful conduct towards their spouses. It is considered as a feature of as close accomplice savagery (IPV). Cunradi, Bersamin and Ames (2009) termed this idea as female-to-male accomplice roughness (FMPV) in which alluded to the demonstration of wives in harming or hurting their accomplices (spouses) deliberately. Basket ball is a five aside ball game which originated in the U.S.A but is now played worldwide.

The objective of the sport is to secure possession of the ball and to throw it into the opponents basket, whereas making an attempt to stop the opposite team from securing the ball or evaluation. A goal is scored when the ball enters the basket from above and remains in or passes through the feet, credit for the invention of the game basket ball as played today, however must go to Canadian born Dr. Naismith, a leader at the international young men christen association training school at Springfield, mass team game from a group a students working Y.M.C.A., Secretarial qualifications who had become disenchanted with compulsory formal gymnastics. Dr. Naismith formulated his first rules in December 1891 and on 20<sup>th</sup> January 1892 organized the first game of basket ball at the Y.M.C.A. gymnasium in spring field. The first into collegiate conference was organized in 1901 and in same year the game was featured in the Pan American exposition at Buffalo New York. A campaign to have basket ball included in the Olympic games was soon launched in 1904 at the Saint Louis games. Basket ball accepted for the program of the Olympiad in Berlin in 1936 where with 22 Nationals campaigned. Meanwhile the sports had throughout the world principally through the Y.M.C.A. leader from Springfield and by the U.S. servicemen established in many parts of the world. Fundamental skills in basketball, offensive and defensive skills. Offensive skill there are shooting, passing, pass receiving, defensive, sagging positions, screening out, defensive rebounding. The habitual training schedules, winning in competitions, encouragements and incentives for basketball players



definitely mould the characters and behaviors of the basketball players. And the psychological preparation of the basketball players is high as of other players.

### **Significance of the study**

Modern competitive sports of today demands more emphasis on the training of psychological aspects of sports. The high level performers seen in competitive sports is nothing but perfect optimum harmonious relationships between one's psychological preparedness and technical preparation. Many coaches and psychologist concluded records can be broken by giving more attention to the psychological variables of the human personality. Understanding of the psychological and behavioral aspects of the athletes will provide useful information and guidelines which may be helpful to coaches and athletes. Sports and athletics provide great means of research.. Albert Bandura refers to situation-specific self-confidence as "self-efficacy" which is the strength of an individual's belief that he or she can successfully perform a given activity. Sports anxiety in sports refers to the feelings of an athlete has prior and during a competition that includes nervousness, fear and intense excitement. The tendency of inadequate pre competition aggression is harmful to an athlete. High level of aggression usually results in poor performance. Therefore the present study was significant in following ways:-

- The results of the study will be helpful for the coaches and trainers for understanding the rate of increase of aggression level prior to competition.

- The results may be helpful to understand the rate of decrease or increase in self efficacy prior to competition.
- It may help the coaches, trainers and psychologist to measure and control the psychological factors affecting performance.
- It will increase the knowledge regarding temporal pattern of self efficacy and aggression level.
- The results may help an athlete to cope with the higher level of aggression.
- The study may helpful to the coaches and sports psychologist for the implementations of appropriate mental preparation strategies during the pre competition period to reduce the level of aggression and increase self efficacy.

### **Statement of the Problem**

The purpose of the study was to find out the rate of changes in self efficacy and aggression of A.I.U level basketball players. So to fulfill this purpose study stated as Temporal Patterning of Selected Psychological Parameters Among University Level Basketball Players.

### **Operational definitions of terms used**

#### **Self Efficacy**

Self Efficacy refers to situation-specific self-confidence as “self-efficacy” which is the strength of an individual’s belief that he or she can successfully perform a given activity.

#### **Aggression**

Aggression refers to a physical or verbal behavior intended to hurt someone.

#### **Temporal patterning**

For the purpose of this study the meaning of temporal patterning is “Performance recorded at different time of the day or on different days.”

### **Objectives of the study**

- To study the temporal patterning of Self Efficacy among national level basketball players prior to competition.
- To ascertain the temporal patterning of aggression among national level basketball players prior to competition.

### **Hypotheses**

- There would be a significant difference in temporal patterning of self efficacy at different time durations prior to competition.
- A significant difference would exist in temporal patterning of aggression at different time durations prior to competition

### **Delimitation**

1. The study was delimited to university level male-female basket ball players.
2. The study was delimited to following variables and scales:
  - b. Aggression was measured through Aggression scale by Dr. R.L. Bhardwaj, 2008.
  - c. Self efficacy will be measured through Self efficacy Scale By Dr. (Arun Kumar Singh and Dr. Shruti Narian, 2014).
3. The study was also delimited to the following day as well as timing, to see the temporal patterning of self efficacy and aggression
  - a. 4 Days prior to competition.
  - b. 2 Days prior to competition.
  - c. 1 Day prior to competition.
  - d. S2 Hours prior to competition

## CHAPTER II

### REVIEW OF RELATED LITERATURE

**Yadav And Sisodiya (2014)** evaluated the sports aggression between basketball players during the competition and also to investigate any possible differences between men and women players. Struggle for supremacy, dominance and excellence in sports obviously involve aggression. The sample of the study consisted of 100 basketball players of colligate and inter-university level. Aggression has been assessed using Smith's Aggression questioner . Results of the study was analyzed through "t" test and significant difference was found ("t" ratio) of aggression between men and women in colligate basketball players.

**Kanthack et.al. (2014)** investigated the result of one mental coaching session on the charity shot performance and self-efficacy of young athletes. Eleven young basketball players from the Federacao Paulista Delaware Basquete junior league were listed on the study. Players were either allotted to Associate in Nursing IMA cluster and watched a one minute video before a 3-minute motor imaging session or to an impression cluster and were invigorated for four minutes, before taking ten charity shot shots in each cases. All participants completed a self-efficacy form before and once the intervention. applied mathematics analysis was conducted mistreatment the Mann-Whitney U check and therefore the Wilcoxon check, and measures of Smallest worthy modification (SWC). there have been no vital distinction between median results for the 2 teams, however the SWC data point indicated eighty four probability that mental coaching had a useful result on performance within the 1st 2 free throws.

it's over that motor imaging employed in advance has Associate in Nursing eighty four probability of getting a useful result on performance in up to 2 free throws.

**Ghosh et.al. (2014)** conducted a study on the confidence level of North geographical area University soccer, Kho-Kho and Kabaddi players before attending the lay to rest university tournament. the aim of this study was to check the confidence level between soccer, Kho-Kho and Kabaddi players. Eighteen every male University level soccer, Kho-Kho and Kabaddi players from North University (Mean Age 23) were volunteered during this study. Hardy and full admiral (1992) form was wont to measured the self-worth level of the themes. a way analysis of variance (ANOVA) was wont to realize the general mean significance distinction of 3 teams. List significance distinction (LSD) post-hoc check was wont to live the paired mean significance distinction. The result indicated there was a mean significance distinction in confidence level between soccer, Kho-Kho and Kabaddi players of North geographical area University. The man of science was terminated that Kho-Kho players ar a lot of assured than the soccer and Kabaddi players before attending the individual lay to rest university tournaments.

**Thakur and Ghosh (2013)** find out pre-competitive aggression and post-competitive aggression in national level male and feminine yoga performers. Total sixty (N=60) national level Hindooism performers .e. thirty male performers and thirty feminine performers were at random chosen from National level faculty Yogasanas Competition, control at city, 2012. information were collected from performers employing a Sports Aggression Inventory (SAI) consists of twenty five things that embody thirteen keyed square measure 'Yes' and twelve keyed square measure 'No'. The t-test was accustomed take a look at the impact of aggression between pre and post competition. the importance level made up our minds as  $p < 0.05$ . The results of the study reveals that there was vital distinction in zero.05 levels of pre-competitive aggression and post-competitive aggression among the male and feminine national level Hindooism performers and vital distinction was conjointly ascertained among male and feminine of national level performers in pre-competition aggression and post-competition aggression.

**Mukulo (2013)** examined individual and cluster behavior among the sporting context . In finding out behavior, the game context permits for a somewhat structured and controlled setting while not the necessity of a laboratory. In tries to clarify and

predict phenomena in sport, a preferred space of analysis for the study of each athletes and coaches has been centered on varied personal attributes. One attribute that has been found in several settings to influence behavior is self-efficacy. it'll be useful to grasp for coaches the importance of sport work and self-efficacy in sport. This empirical review literature argue self-efficacy theory, measure of self-efficacy, analysis on athletes, groups and coaches and collective efficaciousness analysis on sport.

**Morteza at el (2013)** compared temporal patterns of pre-competition mood states between individual and team sport among UiTM university students. The participants comprised of male and female athletes age ranged 18 to 26years old (N=214). Mood states were measured by the Profile of Mood States (POMS) questionnaire that includes six sub-scales, anger, confusion, depression, fatigue, tension and vigour. The questionnaire was distributed to the participants within three time frames (one week, one day and an hour) prior to competition. In order to analyze data, descriptive statistics (mean, standard deviation), and repeated measure ANOVA were utilized. The alpha ( $\alpha$ ) level was set at 0.05. The result indicated that the team sport participants perceived slightly higher level of POMS (mean=2.156) in compared with the individual participants (mean=2.145). However, in subscales of POMS, there is a significant difference in depression, confusion, tension and vigour at different time-to event. The results show that there is not any significance in individual and team sports in one week before competition. However, in one day the only sub-scales with no significance is just tension. In comparing with results in a day before, temporal patterns results indicate that a significant difference were noted in tension and vigour at one day before the competition.

**Anton and Rodriguez (2011)** determined the impact of anabolic steroids on the self-efficacy of basketball and soccer adolescent players. A survey has been conducted in national capital, Spain, with a sample of 216 soccer and basketball players (60.19% males and thirty-nine.81% females) with a mean age of sixteen.2. The form had 5 easy queries, and therefore the results show that even while not having used steroids, the players rated terribly high the doable impact they'd wear their performance (confidence to play higher against the other team seven.3, confidence to contribute completely to the team finish seven.0), even beyond AN applicable technical or physical coaching. These results counsel that, anabolic steroids ar a very important downside among adolescents, and academic programs to extend

the data of anabolic steroids are required for this cohort that's in clear risk. info ought to return not solely from the govt and media, however conjointly from coaches, teachers, trainers and oldsters.

**M. Kathleen Ryan et.al (2010)** examined the steadiness of athletes' legitimacy judgments and behavioral intentions over the course of a season and therefore the relationship between these factors to actual behavior. The forty nine feminine basketball players undergone a form that was derived from Bredemeier (1985) time of Injurious Acts. The season legitimacy rating of aggressive actions created by freshman basketball players were considerably more than those created by responded to players, however by the tip of the season the freshman participants' ratings had born to A level resembling their responded to teammates. season legitimacy judgments were found to predict player aggression throughout the season. Interpretation of the findings and proposals for future direction during this space are mentioned.

**Singh et.al (2009)** investigated the result of the psychological attribute self-efficacy on the sports performance of the male and feminine athletes within the cohort of thirteen to nineteen yrs from the colleges of geographic area and Chandigarh. the themes comprised of two hundred athletes from the disciplines of Cricket, Kho-Kho, Volleyball, Softball and Athletics. Out of them one hundred belonged to Inter-School level and one hundred to high school National level. the information was collected victimization Self-efficacy form developed by Bandura (1977). The results were drawn victimization 2x2 multivariate analysis that showed that faculty National Level athletes were considerably higher on perceived ability and self-efficacy than the varsity District Level athletes.

**Saraswat P (2008)** conducted a study on temporal patterning of self confidence, somatic and cognitive anxiety among Indian Athletes. Data was analysed with the help of ANOVA. Result showed a gradual reduction in the level of self confidence, an increase in the level of somatic and cognitive anxiety as athletes approaches closer to the competition in all selected games.

**Martin JJ. (2008)** made a study on variables grounded in social psychological feature theory with athletes with disabilities were examined. Performance, training, resiliency, and thought management self-efficacy, and positive (PA) and negative

(NA) have an effect on were examined with chair basketball athletes (N = 79). in line with social psychological feature theory, weak to sturdy vital relationships among the four styles of self-efficacy ( $r_s = .22-.78$ ) and among self-efficacy and have an effect on ( $r_s = -.40-.29$ ) were found. Basketball players World Health Organization were efficacious in their ability to beat coaching barriers were conjointly assured in their basketball skills and efficacious in their ability to beat ruminating distressing thoughts whereas at the same time cultivating positive thoughts. Athletes with sturdy resiliency and thought management efficaciousness conjointly rumored a lot of PA and fewer metallic element. multivariate analysis analysis indicated that the four efficacies predicted ten and twenty second of the variance in PA and metallic element, severally.

**Hirschfeld RR, and Bernerth JB. (2008)** demarcated mental effectuality and physical effectuality at the team level, and that they explored these two factors as outcomes of four potential inputs and as predictors of three outcomes among one hundred ten fresh fashioned action groups in a very military setting. each kinds of team effectuality benefited from bigger team size AND an initial expertise of enactive mastery, however they weren't influenced by teams' feminine illustration or data pool. In terms of prognosticative contributions, each mental and physical effectuality expedited internal social cohesion, however solely mental effectuality promoted downside resolution and determined cooperation effectiveness.

**Ling-Ling Lee et al (2008)** examined the ways that during which self-efficacy theory may be utilized in intervention programmes designed to beat psychological barriers for increasing physical activity among older individuals. variety of studies have incontestible that exercise self-efficacy is powerfully related to the quantity of physical activity undertaken. proof from some trials supports the read that incorporating the speculation of self-efficacy into the planning of a physical activity intervention is helpful. Physical activity interventions geared toward rising the self perception of exercise self-efficacy will have positive effects on confidence and therefore the ability to initiate and maintain physical activity behaviour. There ar variety of how for nurses to facilitate older individuals to draw on the four data sources of self-efficacy: performance accomplishments,

**Haney and Long (2006)** examined a model of cope effectiveness supported Lazarus and Folkman's (1984) stress and cope theory and Bandura's (1986) social psychological feature theory. feminine athletes (n= 178) aged sixteen to twenty-eight



were studied over 2 rounds of a sport event. Path analysis (LISREL VI) discovered that higher levels of self-efficacy and management appraisals were related to higher performance. For sure, performance and performance satisfaction in spherical one influenced appraisals and cope throughout the second performance. Additionally, management appraisal was related to disengagement cope, and each engagement and disengagement cope were associated with performance and performance satisfaction. Self-efficacy mediates the performance/control relationship for spherical one, however not the performance satisfaction relationship.

**Tal and Erez (2005)** examined task interdependency as a structural issue, that influences the emergence of collective-efficacy versus self-efficacy as a team-level construct. It tested for the differential effects of self- and collective-efficacy on team performance and also the effects of initial perceptions of self- and collective-efficacy and record of past performance on the event of their resulting perceptions. Results of a laboratory study incontestable that collective-efficacy coagulated as a meaningful team construct and influenced team performance only if a extremely dependent task needed team members to closely act and coordinate their efforts. Below conditions of low task interdependency, collective-efficacy had no basis from that to emerge as the next level team characteristic and no significance in what's, in essence, individual performances. In distinction, self-efficacy emerged as a meaningful construct that explained individual performance below low task interdependency conditions..

**Hagger et al (2001)** conducted a study on Measures of aggression and mood changes in male weightlifters with and without steroid use. Supraphysiologic doses of androgen are related to increased aggression that's hypothesized to be a function of androgen blood serum concentrations, mood, and temperament. The study tried to characterize this relationship among weightlifters. United Nations agency were users (n = 10) and nonusers (n = 18) of anabolic steroids. Participants were interviewed using the Mania Rating Scale and Hamilton Rating Scale for Depression to assess mood, the Buss-Durkee Hostility Inventory (BDHI) and purpose Subtraction Aggression Paradigm (PSAP) to assess aggression, and therefore the psychological disorder form (PDQ-R) to assess temperament. Blood samples were obtained for the determination of total, free, and infirm certain androgen. Comparisons of continuous variables between androgen users and non-users were performed with a constant (unpaired t-test) or non-parametric (Mann-Whitney) check

wherever applicable. Correlations with androgen were examined severally for androgen users and non-users, victimization Spearman rank correlation..

**Vancouver et al (2001)** questioned the common interpretation of the direct correlation among self-efficacy, personal goals, and performance. exploitation self-efficacy theory (A. Bandura, 1977), it absolutely was foreseen that cross-sectional reciprocity results were a perform of past performance's influence on self-efficacy, and exploitation management theory (W. T. Powers, 1973), it absolutely was foreseen that self-efficacy may negatively influence consequent performance. These predictions were supported with fifty six college boy participants, employing a within-person procedure. Personal goals were additionally absolutely influenced by self-efficacy and performance however negatively associated with consequent performance. A 2d study involving 185 undergraduates found that manipulated goal level absolutely foreseen performance and self-efficacy absolutely foreseen performance within the difficult-goal condition. The discussion focuses on conditions probably to have an effect on the sign of the connection among self-efficacy, goals, and performance.

**Eys and Carron (2001)** examined the link between role ambiguity and each task cohesion (group integration-task and attractions to the group-task) and task efficaciousness (for offence and defense) in basketball. Ambiguity was operationalized as a flat construct comprising a scarcity of clear understanding concerning (a) scope of role responsibilities, (b) behaviors to hold out role responsibilities, (c) however role performance are evaluated, and (d) the results of a failure to discharge role responsibilities. The results showed a high degree of relationship among the four manifestations of role ambiguity. Also, ambiguity regarding scope of responsibilities was reciprocally associated with each measures of task cohesion likewise as task efficaciousness for defense. Task efficaciousness for offence was expected for feminine athletes by ambiguity related to analysis of performance and for male athletes by ambiguity related to analysis of performance and consequences of not fulfilling responsibilities. Implications of findings and future analysis area unit mentioned

**Kirker, Tenenbaum and Mattson (2000)** conducted a study to research of the dynamics of aggression: direct observations in hockey and basketball. There are vital

issues within the study of sports aggression, and that they square measure coupled to however aggression has been outlined, measured, and analyzed. Following a review of the total domain, this study aimed to construct a in theory coherent and ecologically valid framework for analysis on processes underlying sports aggression and to contribute to the advancement of data within the space. An explorative technique victimisation pc data-based analysis because the primary analysis technique, along side complementary questionnaires and private reflections, thought of aggression in 2 comparison sports: hockey and basketball. information were compiled and classified by concerned and freelance consultants relative to factors and behaviours related to sports aggression derived from a comprehensive review of the literature. Among the 36study's findings was that: (a) aggression was instrumental in nature simple fraction of the time; (b) aggressive acts usually occurred in clusters and varied in frequency in keeping with game circumstances; and (c) multiple variables and aggression theories were associated with severely aggressive acts. The complicated dynamics of sports aggressionvia similar representational methodologies is mentioned.

**McCarthy and Kelly (1998)** conducted a study on Aggression, performance variables, and anger self-report in contact sport players. This study part replicated a former one showing a relationship between aggression and performance among hockey players. With sure penalties used as a live of aggression, 2 teams of male faculty contact sport players were compared for variations in goals and assists. Those rated high in aggression scored considerably additional goals than those low in aggression. The direction of variations in assists was a similar however didn't reach significance. once a similar teams were compared for shots on goals, important variations were found, favouring the high aggressive cluster. This findings was mentioned in lightweight of energy output and potency. makes an attempt to relate performance and temperament lives weren't palmy once comparisons on a self-report measure of anger were analyzed.

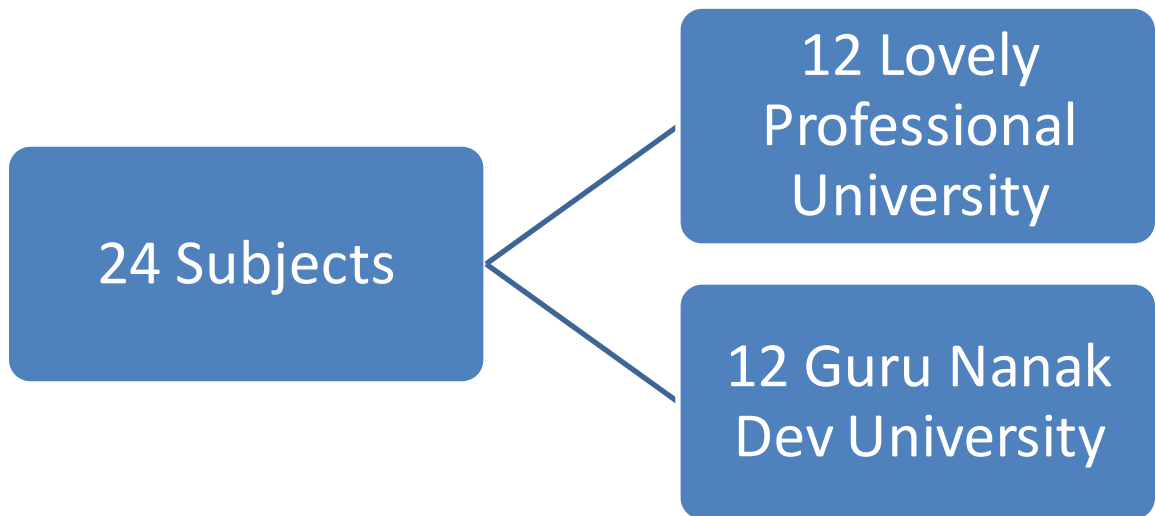
## **CHAPTER-III**

### **METHOD AND PROCEDURE**

In this chapter the selection of subjects, instrumentation, procedure for administration of questionnaire and collection of data, design of the study and statistical procedure has been described.

#### **DESIGN OF THE STUDY**

A descriptive method was adopted for carrying out the current research work. Total sample was comprising of 24 AIU Level players from two universities of Punjab namely, Lovely Professional University, Punjab (12), and Guru Nanak Dev University, Punjab (12). The age range was between 18-28 years. Sample was selected with purposive sampling technique.



### **Tools**

**Aggression:** Aggression scale by Dr. R.L. Bhardwaj, (2008).

**Self efficacy:** Self efficacy Scale By Dr.(Mrs) G.P. Mathur and Dr. (Mrs) Rajkumari Bhatnagar, (2012).

### **COLLECTION OF DATA**

The researcher scholar approached various universities for the collection of data at different time duration prior to the competition.

For administering questionnaire to the basket ball players, the researcher visited Lovely Professional University, Punjab and Guru Nanak Dev University, Punjab teams 4 days and 2 days prior to the competition at their respective university campus.

The questionnaire were again administrated on the same subjects before 1 day and 2 hours to the competition

## **STATISTICAL PROCEDURE**

To find out the significant difference of self efficacy and aggression of AIU level basketball players at different time durations prior to competition, trend analysis was done by employing one way analysis of variance. The analysis was done through SPSS package (over.16) at level of significance.

## **CHAPTER IV**

### **ANALYSIS AND INTERPRETATION OF THE RESULTS**

The previous chapters covered the introduction of the problem, review of the related literature, hypotheses, method, procedure and statistical techniques employed etc. In this chapter the analysis of data, findings, and discussion of findings has been described.

#### **Analysis of Data**

The data consist of self-efficacy and aggression have been analyzed by One way ANOVA (F ratio), to assess the significant differences between group means. F value thus obtained were tested for significance at 0.05 level of significance . Further, the significant F-ratio were examined with the LSD post hoc test.

#### **Findings**

Findings of the study on self-efficacy and aggression among basketball players at different time durations prior to competition have been presented below.

#### **Table.4.1**

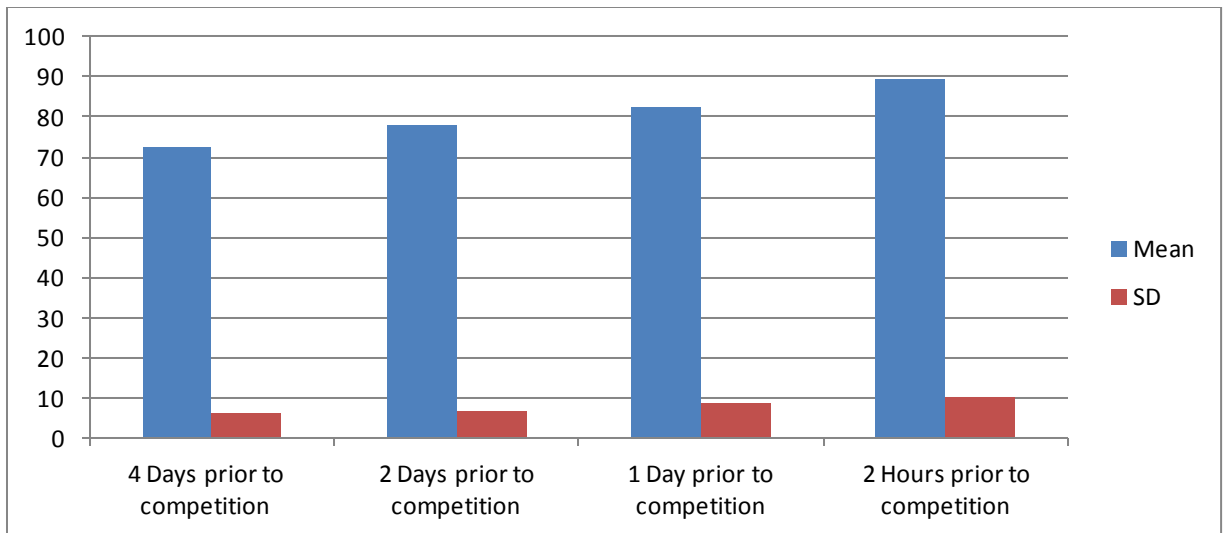
**Mean And Standard Deviation Of Self- Efficacy At Different Time Durations Prior To Competition Among Basketball Players**

Table.4.1 shows the mean and standard deviation of basketball players at different time durations prior to the competition in respect to self-efficacy. Highest mean value 80.37 observed at 4 days prior to the competition and lowest value 65.62 at 2 hours prior to the competition.

It is evident from table 4.1 that there is gradual reduction in the level of self-efficacy as the player's approaches close to the competition.

The graphical representation of self-efficacy of basketball players at different time durations prior to the competition have been present in fig.4.1

	<b>4 Days prior to competition</b>	<b>2 Days prior to competition</b>	<b>1 Day prior to competition</b>	<b>2 Hours prior to competition</b>
<b>Mean</b>	<b>80.37</b>	<b>74.33</b>	<b>71.12</b>	<b>65.62</b>
<b>SD</b>	<b>6.26</b>	<b>6.97</b>	<b>8.91</b>	<b>10.08</b>



**Graph.4.1 Means of self-efficacy scores of basketball players at different time durations prior to competition.**

**Table.4.2**

**Mean And Standard Deviation Of Aggression At Different Time Durations Prior To Competition Among Basketball Players**

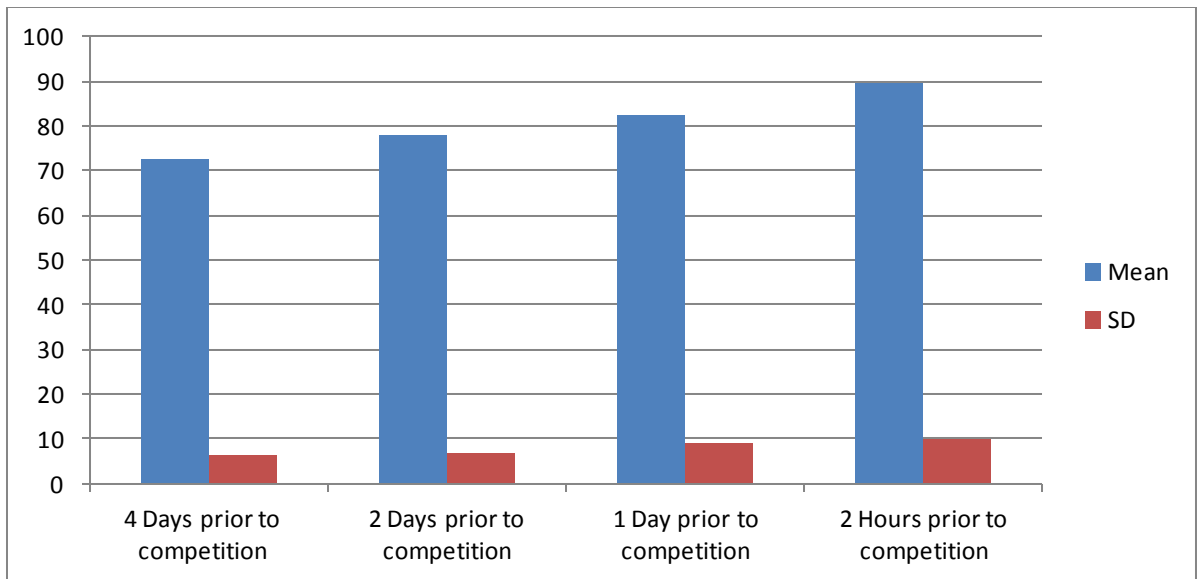
Table.4.2 shows the mean and standard deviation of basketball players at different time durations prior to the competition in respect to aggression. Highest mean value 89.58 observed at 2 hours prior to the competition and lowest value 72.54 at 4 days prior to the competition.

It is evident from table 4.1 that there is gradual increase in the level of aggression as the players approach close to the competition.

The graphical representation of self-efficacy of basketball players at different time durations prior to the competition have been present in fig.4.2

	4 Days prior to competition	2 Days prior to competition	1 Day prior to competition	2 Hours prior to competition
<b>Mean</b>	<b>72.54</b>	<b>78.16</b>	<b>82.54</b>	<b>89.58</b>
<b>SD</b>	<b>6.26</b>	<b>6.97</b>	<b>8.91</b>	<b>10.08</b>





**Graph.4.2 Means of aggression scores of basketball players at different time durations prior to competition.**

**Table.4.3**

**Differences of Means of Self Efficacy At Different Time Duration Prior To The Competition Of Basketball Players**

.4.3 revealed that there is significant difference between the paired means of self efficacy of basketball players, at four days prior to the competition and two days prior to the competition (6.04) and one day prior to the competition and two hours prior to the competition (5.5).

The highest self efficacy was observed four days prior to the competition (80.37), where the lowest self efficacy was observed two hours prior to the

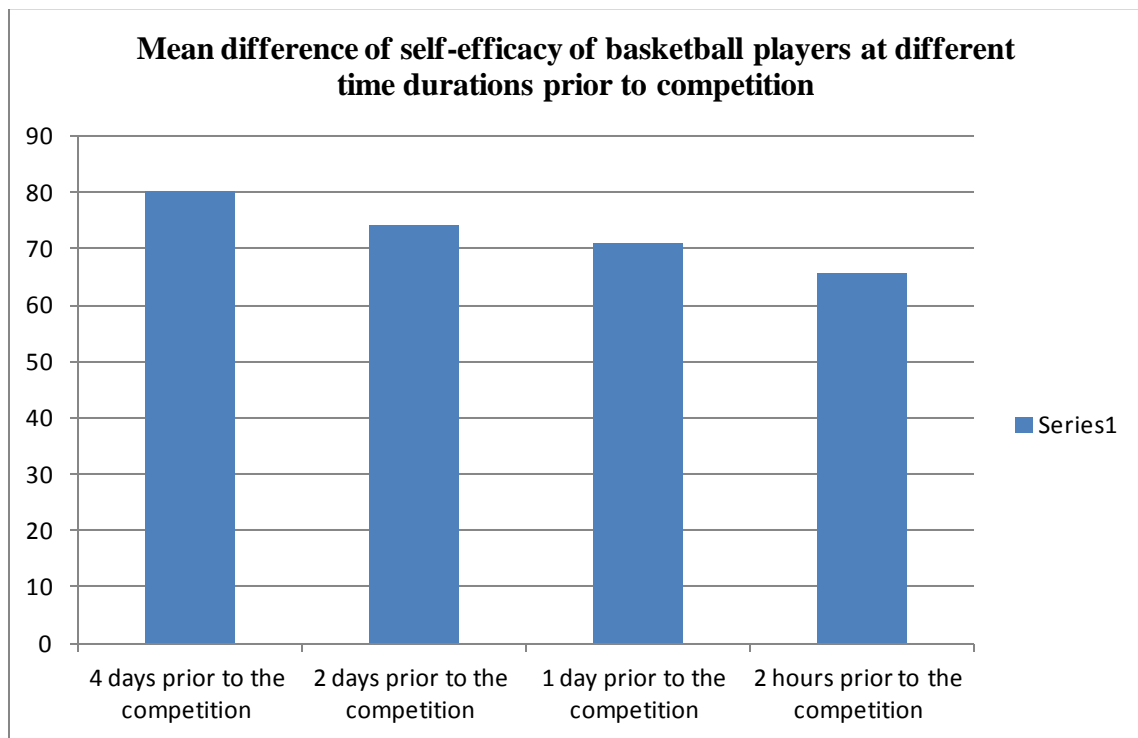
4 days prior to the competition	2 days prior to the competition	1 days prior to the competition	2 hours prior to the competition	Mean difference
80.37	74.33			6.04
80.37		71.12		9.25
80.37			65.62	14.7
	74.33	71.12		3.2
	74.33		65.62	8.21
		71.12	65.62	5.5

competition(65.62).

The highest significant paired mean difference was recorded between the performance of self efficacy at four days prior to the competition and two hours prior

to the competition(14.75).The lowest significant paired mean difference was recorded between the performance of self efficacy at two days prior to the competition and one day prior to the competition(3.81).

It can be seen from the table 4.3 that self efficacy of the basketball players gradually reducing as the player approaches near to the time of competition.



**Graph. 4.3**

**Table.4.4**

**Differences Of means Aggression At Different Time Duration Prior To The Competition Of Basketball Players**

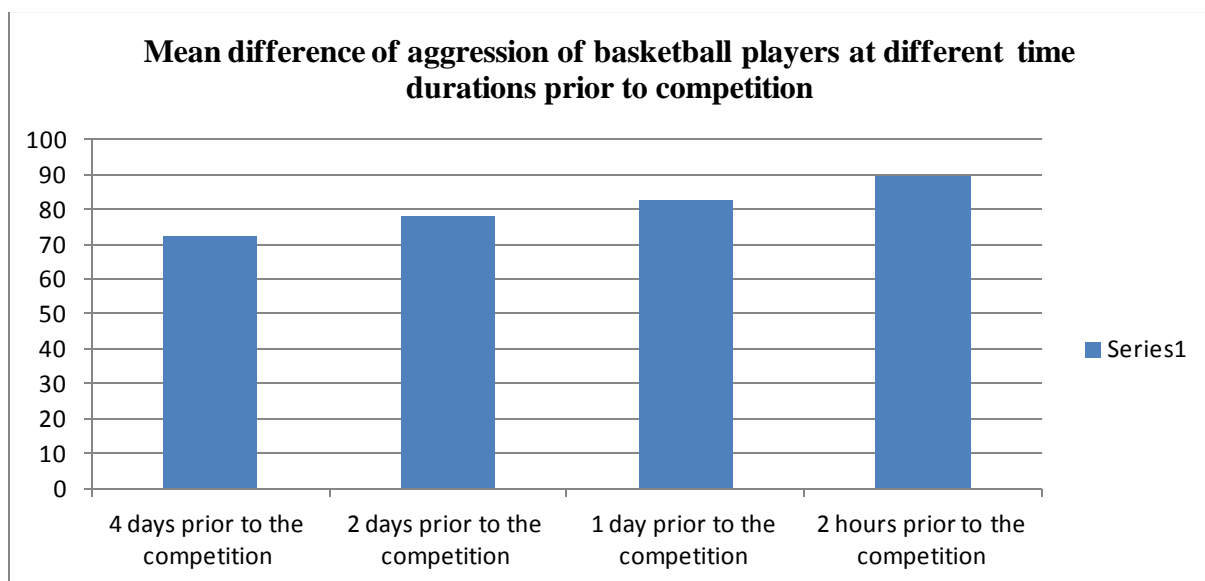
4 days prior to the competition	2 days prior to the competition	1 days prior to the competition	2 hours prior to the competition	Mean difference
72.54	78.16			3.62
72.54		82.54		10
72.54			89.58	17.04
	78.16	82.54		4.38
	78.16		89.58	11.42
		82.54	89.58	7.46

Table.4.4 revealed that there is significant difference between the paired means of aggression of basketball players, at four days prior to the competition and two days prior to the competition (3.62) and one day prior to the competition and two hours prior to the competition (7.46).

The highest aggression was observed two hours prior to the competition (89.58), where the lowest aggression was observed four days prior to the competition (72.54).

The highest significant paired mean difference was recorded between the performance of aggression at four days prior to the competition and two hours prior to the competition (17.04). The lowest significant paired mean difference was recorded between the performance of aggression at four days prior to the competition and two days prior to the competition (3.81).

It can be seen from the table 4.4 that aggression level of the basketball players gradually increasing as the player approaches near to the time of competition.



**Graph.4.4**

**Table.4.5**

**Significance Of Difference Of Self Efficacy Of Basketball Players At Different Time Durations Prior To Competition**

Sources of variations	Degree of freedom	Sum of squares	Mean sum of squares	F ratio

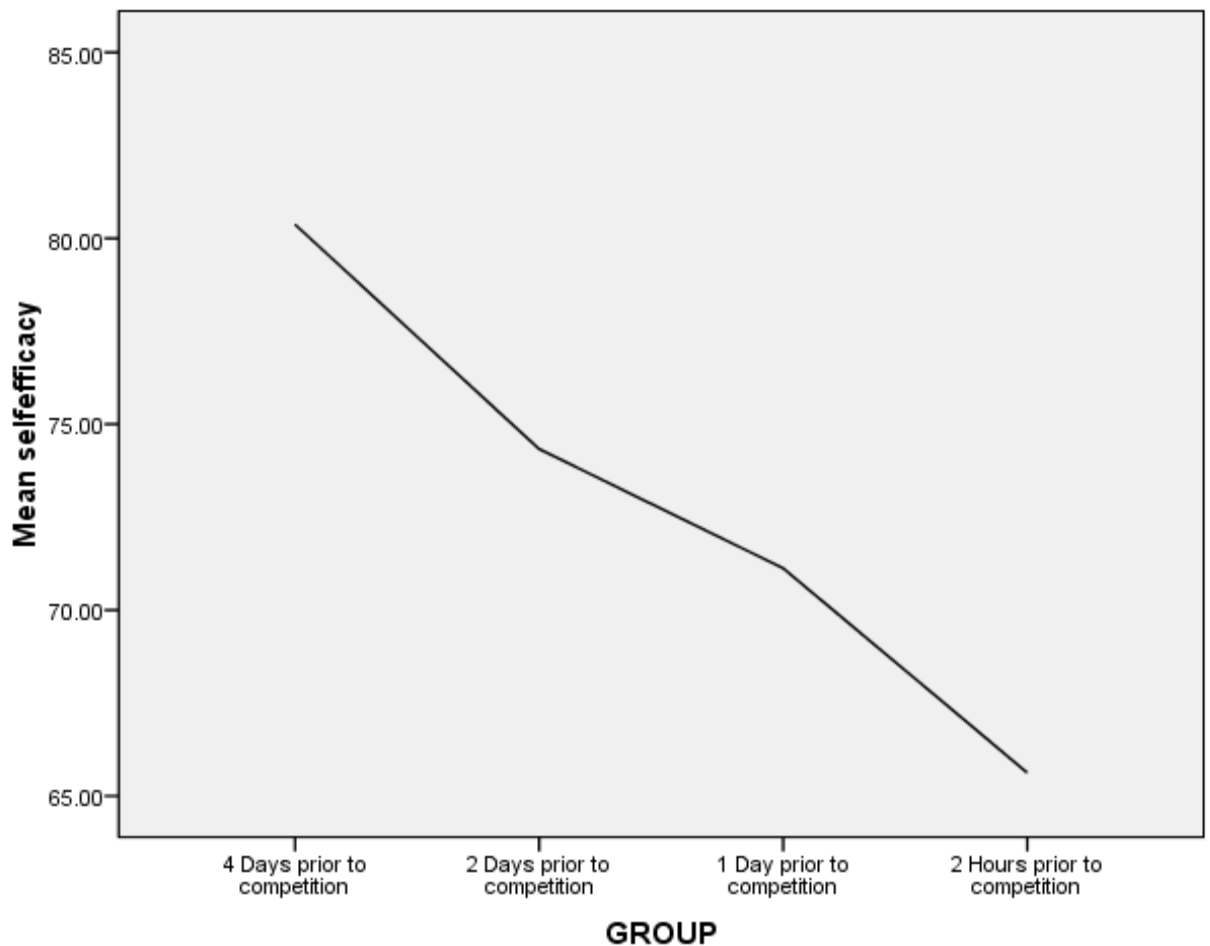
<b>Among Means</b>	<b>3</b>	<b>2736.03</b>	<b>912.01</b>	
<b>Within Means</b>	<b>92</b>	<b>6191.20</b>	<b>67.29</b>	<b>13.55</b>

**F ratio at significance level 0.05(3, 92) =2.71**

It appears from the table.4.5 that the computed value of F ratio is 13.55 in relation to self-efficacy, which is higher than the tabulated value (2.71) at 0.05 level of significance with (3,92) degree of freedom. It shows that there is significant difference between mean values of self-efficacy obtained at different time durations prior to competition.

To find out the mean difference, LSD post hoc test was used and the finding pertaining to

this has been presented in table 4.5



**Graph.4.5**

**Table.4.6**  
**Significance Of Difference Of Aggression Of Basketball Players At Different**  
**Time Durations Prior To Competition**

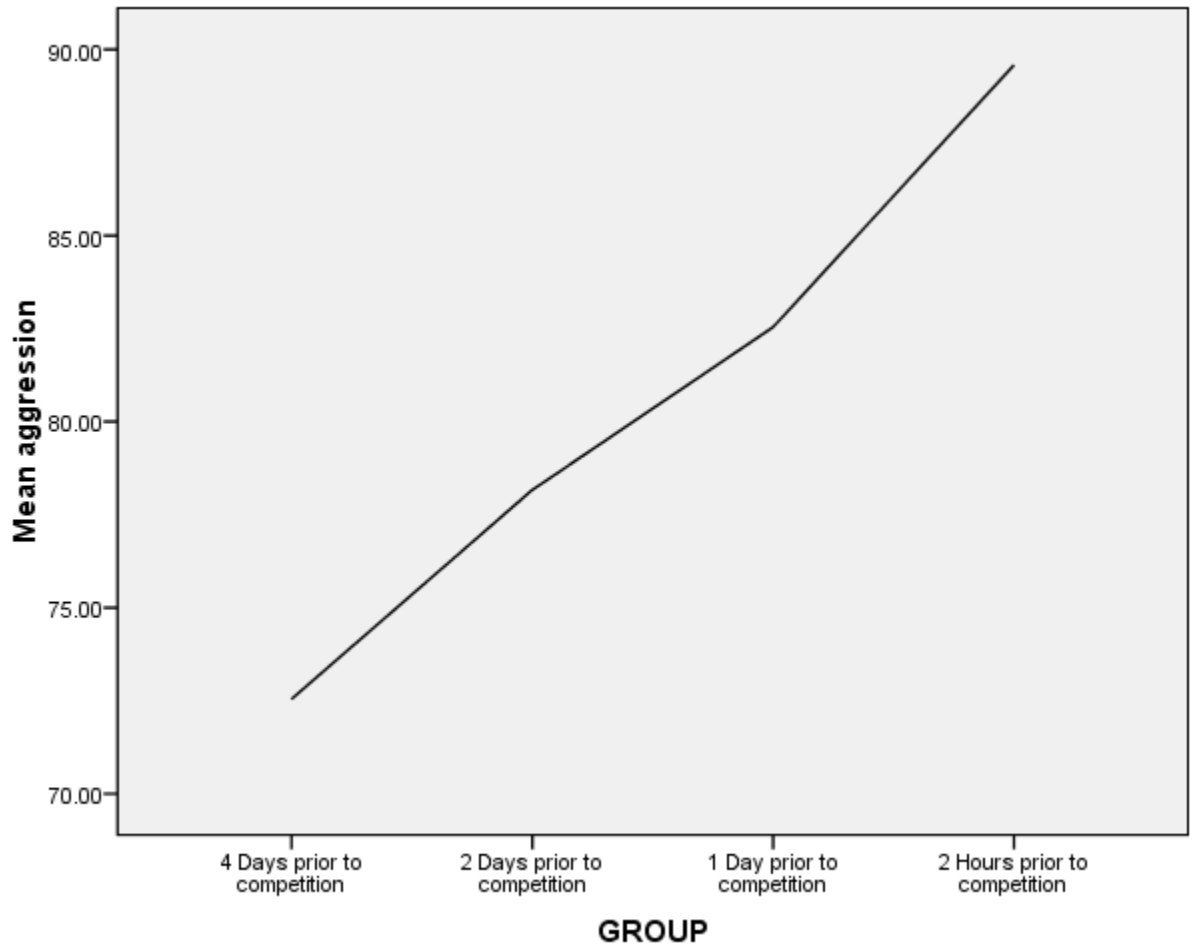
Sources of variations	Degree of freedom	Sum of squares	Mean sum of squares	F ratio
Among Means	3	3726	1242.25	35.279
Within Means	92	9639	104.77	

**F ratio at significance level 0.05(3, 92) =2.71**

It appears from the table.4.6 that the computed value of F ratio is 3 in 35.279 relation to aggression, which is higher than the tabulated value (2.71) at 0.05 level of significance with (3,92) degree of freedom. It shows that there is significant difference between mean values of aggression obtained at different time durations prior to competition.

To find out the mean difference, LSD post hoc test was used and the finding pertaining to

this has been presented in table 4.6



**Graph.4.6**

## **DISCUSSION OF FINDINGS**

Researcher has taken up this study to explore how temporal patterning of self-efficacy and aggression occur prior to the competition among basketball players at different time durations. Since, self-aggression and self efficacy both are prime factors which affect the performance in mega events thus these parameters were selected as dependent variables for this study.

Researcher had justify the objective and the purpose on which the study was based the results of the study revealed a definite rate of change in self efficacy and aggression of basket ball players at different time durations prior to competition. The assessment of self efficacy and aggression was done four times within a span of one week prior to competition and the results revealed important facts about self efficacy fluctuation.

The statistical findings related to self efficacy and aggression with in duration of a week showed a clear rate of change and it showed a continuous decrease in self efficacy parameter throughout the week, whereas the level of aggression was found to be continuously and significantly increasing from 4 days to 2 hours prior to competition.

The rate of change in terms of fluctuation in self efficacy and aggression level before competition is considered to be important phenomena which cannot be avoided.

### **Discussion of the Hypothesis**

Based on the results of the study the hypothesis formulated earlier that there shall be significant difference in self efficacy and aggression at different duration of time prior to competition among basket ball players is accepted.

## **CHAPTER V**

## SUMMARY, CONCLUSION AND IMPLICATIONS

As shown in the frustration aggression theory. Losing teams are seen to have significantly heightened aggression levels when compared to their winning opponents.(Halam 2014).Self efficacy is not only an important determinant of exercise but also an important consequence of exercise behaviour. That is, successful participation in exercise can increase self efficacy (e.g., McAuley, Bane, & Mihalko, 1995). This relationship between exercise behaviour and self efficacy is not surprising given that with repeated success, self efficacy will increase (performance accomplishments) and a person will be more likely to repeat and sustain their involvement. Alternatively low self efficacy and unfavourable experiences (low level of performance accomplishments) are more likely to lead to withdrawal. Finally, self efficacy is also thought to mediate the influence of exercise upon affective responses. For example, participants with a high level of self efficacy reported exercise to be more enjoyable in comparison to participants with low level of self efficacy (McAuley & Courneya, 1992).

Aggression is regularly shown in game and infrequently bubbles over into unmitigated presentations of roughness. Regularly certainly or expressly pushed by onlookers, mentors and so on and refer to sensible incitement or support. Much media consideration puts on showcases of animosity, generally with high good ground. Why do players resort to animosity and savage behavior when they know they will be punished. Why do mentors safeguard their players when they can plainly see that such aggression is counter-beneficial What part do the media play in sustaining such animosity Coaches frequently need players to show more aggression in their play what they really mean, in mental terms, is they need to see more self-assured practices. Decisive practices reflect practices that are physically vociferous, yet don't contradict rules nor do they have the purpose to damage; rather they are gone for forcing impact and strength. Practices that are fierce however are neither emphatic nor forceful are not endured e.g., awful dialect, gear misuse. Taylor, Paplau and Sears (2006) characterize aggression as any activity that is proposed to hurt others.



Thus the purpose of the study was to determine comparison between temporal patterning of self-efficacy and aggression at different time durations prior to the competition of basketball players.

Twenty four basketball male players from two universities of Punjab were selected by purposive technique as the subjects for this study. The necessary data was collected through the questionnaire.

In order to analysis the scores of temporal patterning of self-efficacy and aggression of basketball male players. Further to find out significant comparison between the scores of subjects on selected dimensions of male Basketball players, trend analysis was done through one way Anova for testing of the hypothesis; the level of significance was set at 0.05 level.

### **Conclusions**

On the basis of findings of present study, the following conclusions were drawn.

1. Level Self-efficacy of basketball players is reduced gradually prior to the competition.
2. Level of aggression of basketball players is increased gradually prior to the competition.

### **Recommendations**

1. Similar study can be conducted on the women.
2. Similar study can be done in comparison with other game and athletic events.
3. Similar study can be carried out in the different level of participation.
4. Similar study can be conducted by involving physiological, sociological and functional variable.
5. Similar study can be conducted on large number of subjects.

## REFERENCES

Antonio J. Monroy Anton and Gema Saez Rodriguez(2011) African Journal of Pharmacy and Pharmacology Vol. 5(2), pp. 276-280,

Bandura, A. (1997). *Self-efficacy: The exercise of control*. New York: Freeman.

Bandura, A. (1977a). Self-efficacy: Toward a unifying theory of behavior change. *Psychological Review*, vol-84, 191–215.

Bandura, A. (1986). *Social foundation of thought and action: A social cognitive theory*.

Englewood Cliffs, NJ: Prentice-Hall.

Colleen J. Haney and Bonita C. Long (2006) Coping Effectiveness: A Path Analysis of Self-Efficacy, Control, Coping, and Performance in Sport Competitions. *Journal of applied social psychology*, vol-25 ; issue -19 pages 1726–1746

Enrique Ortega, Aurelio Olmedilla, Pilar Sainz de Baranda & Miguel Ángel Gómez(2009) Relationship Between The Level Of Self-Efficacy, Performance Indicators, And Participation In Youth Basketball, *Revista de Psicología del Deporte*. Vol. 18 - 338 suppl., pp. 337-342

Feltz, D. L. (1988). Self-confidence and sports performance. In K. B. Pandolf (Ed.) *Exercise and Sport Sciences Reviews*, (pp. 423-457). New York: MacMillan.

Hirschfeld RR, and Bernerth JB. (2008), “Mental efficacy and physical efficacy at the team level: inputs and outcomes among newly formed action teams.”, *J Appl Psychol.*, 93(6):1429-37.

Kirker B, Tenenbaum G, Mattson J. (2000), “An investigation of the dynamics of aggression: direct observations in ice hockey and basketball”, *Research Quarterly*, Vol-71(4), pp. 73-86.

Kuntal Thakur and Sandip Sankar Ghosh.(2013) A Study on Pre-Competitive and Post-Competitive Aggression of National Level Yoga Performers, Indian Journal Of Applied Research Volume : 3 , Issue : 10

Ling-Ling Lee ,Antony Arthur and Mark Avis (2008) Using self-efficacy theory to develop interventions that help older people overcome psychological barriers to physical activity: A discussion paper, Vol- 45, Issue 11, Pages 1690–1699

Martin S. Hagger, Nikos Chatzisarantis & Stuart J.H. Biddle (2001) The influence of self-efficacy and past behaviour on the physical activity intentions of young people, Journal of Sports Sciences Vol-19, issue-9 pages 711-725

Mark A.Eys and Albert V.Carron (2001) Role Ambiguity, Task Cohesion, and Task Self-Efficacy ,*Small Group Research* ,vol. 32 no 3 pages 356-373

McCarthy JF, Kelly BR (1978), “Aggression, performance variables, and anger self report in ice hockey players”, Journal of Psychology, pp. 97-101.

Milkyas Bassa Mukulo(2013) Self-Efficacy In Sport Coaching: Empirical Review Literature, International Monthly Refereed Journal of Research In Management & Technology ISSN – 2320-0073 Volume II

Maddux, J.E. (1995). Self-efficacy theory: An introduction. In J.E. Maddux (Ed.),*Self-efficacy, adaptation, and adjustment: Theory, research, and application* ,vol-26, pp.3-33.New York: Plenum.

Martin JJ. (2008), “Multidimensional self-efficacy and affect in wheelchair basketball players.”, *Adapt Phys Activ Q*, vol-25(4),PP. 275-88.

Perry PJ, et.al (2003), “Measures of aggression and mood changes in male weightlifters with and without androgenic anabolic steroid use”, *Journal of Forensic Science*, May;48(3), pp. 646-51.

Pajares, F. (1997). Current directions in self-efficacy research. In M. Maehr & P. R. Pintrich (Eds.), *Advances in motivation and achievement. Volume 10*, pp. 1-49. Greenwich, CT: JAI Press.

Pajares, F., & Schunk, D.H. (2001). Self-efficacy, self-concept, and school achievement. In R. Riding and S. Rayner, perception (pp.239-66). London: Ablex Publishing

Sarita Yadav and Aman Singh Sisodiya (2014) comparative study of competitive sports aggression between men and women basketball players, international journal of movement education and social sciences, vol-3,pg-13-15

Saraswat. P (2008) temporal patterning of self confidence, somatic anxiety and cognitive anxiety among Indian Male athletes. Unpublished thesis. LNIPE Gwalior.

Sallis, J.F., Haskell, W.L, Fortmann, S.P., Vranizan, K.M., Taylor, C.B., & Solomon, D.S.(1986) PREDICTORS of adoption and maintenance of physical activity in a community sample. Preventive medicine, 15,331-41

Singh, T.D., Bhardwaj, G. and Bhardwaj, V.(2009) Effect of Self-Efficacy on the Performance of Athletes. *Journal of Exercise Science and Physiotherapy, Vol. 5, No. 2: 110-114*

Thiago Ferreira Dias Kanthack, Marcelo Bigliassi, Lenamar Fiorese Vieira and Leandro Ricardo Altimari (2014) Acute effect of motor imagery on basketball players' free throw performance and self-efficacy, Rev Bras Cineantropom Desempenho Hum, vol-16(1):pg-47-57

Vancouver, Jeffrey B.; Thompson, Charles M.; Williams, Amy A.(2001) Journal of Applied Psychology, Vol 86(4), , 605-620.

Weinberg, R. S., & Jackson, A. (1990). Building self-efficacy in tennis players: A coach's perspective. *Journal of Applied Sport Psychology, 2*, 164-174.