



A STUDY OF PHYSICAL FITNESS OF SPORTS PLAYERS IN CONTACT AND NON-CONTACT SPORTS GAMES

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ABSTRACT

The study presented was to compare the contacts (basketball, soccer, and hockey) and non-contact players in various sports centers (badminton, volley ball, table-tennis). Sports are universally appealing and have been recognized as a convenient, cost-effective and productive tool for achieving key development objectives. Sport is an important aspect of the physical education program. Physical education provides opportunities for physical, social, emotional and moral development in competitive situations. The best ways to obtain social recognition and earn a place in modern society are sports and games. Sports and games in the modern era play an significant and influential role in people's lives and in every area of life. Sports are a physical activity performed in order to compete, to enjoy one, to achieve excellence, to improve a talent or more often to combine these. Sports differ in their reliance on a number of people or team skills and in how their participants perform. As fitness and sports go hand in hand, it is important to improve an individual's ability to play the game with good skill and to perform consistently. The science of the application of psychology to sports is sport psychology. This is a study of behavior science in sports. Sport psychology is gaining traction gradually and rapidly in the field of high-level sport. Sports are no longer a hobby today. It's not just a nervous game. With the profit margin of competitive sports being reduced to only a few seconds, modern sports offer essential psychological support to match reality.

KEYWORDS: Physical fitness, Players, Contact and Non-Contact Sports games, development, opportunities, physical activity.

INTRODUCTION

In the modern world, science is essential for high performance in Sport Training and Coaching. The success of the competition players, like physical fitness, psychological makeup, environmental factors etc., is influenced by various factors. Today's preparation of an athlete to achieve the highest level of performance is a totally dynamic condition that is characterized by a high degree of physical and psychological efficiencies and by the degree of perfecting the necessary skills and knowledge, techniques and tactical preparation. Sport psychology has also helped trainers to train and sportsmen to

learn more efficiently. Sport is an activity in our lives, which aims to achieve excellence by integrating the mind and body. Since every sport is played in the mind and in the field, does it become increasingly recognized the importance of psychological factors? Thus in modern society sport is an important phenomenon. Sport pathology covers academic, professional and practical activities which form the foundation on which people involved in sport and exercise understands and influences their behaviour. This dynamic field can improve the experience of men, women and children of all ages who take part in



physical activity, from those who do so to their own pleasure to those who do an elite-level specific activity. Psychologists from sport seek to understand the psychological mechanisms of motor activity, how to improve learning and success and how to affect psychological expectations and tests. The origins of sport and movement-science psychology are rooted in sports and psychology. It is a specialization in applied psychology and a science of sports. Psychology is important in understanding the opponent's behavior and must therefore change strategy. Aggression, motivation, attitude and anxiety are the psychological factors which directly impact team games and individual games. Sport psychology is the psychological branch which examines different aspects of sporting activities, physical culture and also psychological aspects of the personality of athletes. Coaches and physical educators must be aware that performance excellence is not only affected by physical fitness, technical qualities, but also by their psychological facts.

Modern sports are well-known to be more than muscle power. Apart from the physical properties of genes, psychological characteristics play an important role in making athletes succeed in competitive sports exceptionally. Physical education and sport literature has shown over recent years that the combined performance of sport is the result of physical, psychological and environmental factors. In addition to fitness, physics, and skills, various mental factors such as intelligence, attitude, motivation, stress, anxiety and aggression also play a decisive part in high-level competition in the sports person. Intensity and direction of behavior have been defined as motivation. Motivation can therefore affect the selection, intensity and persistence of an individual's behaviour, which obviously has a strong effect on the performance quality of an athlete. The word

"motivation" comes from the word "mover," which means changing, changing. This is a process of encouraging employers to do their utmost to carry out action. Motivation is an aspect of psychology, which tends in the task. It controls performance and learning behaviour. Motivation defines the need to do well or strive for success and it is apparent in the face of difficulties through determination and commitment. It is a predisposition of an athlete to tackle a competitive situation or stop it. Motivation also plays an important part in the success of the performance of sporting people; high motivation is widely accepted as an essential precondition for an athlete to achieve its decisive aim. For the learning process, motivation is crucial. The old saying, 'It's an excellent way to describe the motivating nature of learning, but you can't drink a horse to water.' Motivation is taken as the process through which a child can be prepared to respond to a situation that is aimed to achieve certain predestined goals or goals. No sportsman will achieve or demonstrate better results without encouragement in the field of physical education and sport.

DEFINITION OF THE TERMS

Psychology

"Psychology is the science of the activity of an individual in relation to his environment" (Kamlesh, 1980).

Sports Psychology

It is the study of reading the player's mind during sports setting.

Personality

Personality is the organization of individual's habits, attitudes and traits and arises from the inter-play of biological, social and cultural factors (Rai, 1972).



Trait

Gazzaniga (1980) says that “traits are a consistent behaviour pattern that distinguishes one person to the other”.

Adaptability (Ad)

Accommodating accepts and adjusts to situations easily.

Academic Achievement (Am) Ambitions, overtly interested in position and realistic involvement in school life.

Boldness (Bo)

Socially bold, adventurous, responsible and friendly.

Competition (Co)

Independent minded, stern and assertive.

Creativity (Cr)

Original, fluency in thoughts and explorative.

Enthusiasm (En)

Cheerful, talkative, expressive and frank.

Excitability (Ex)

Impatient, demanding and hyperactive in behaviour and thoughts.

General Ability (Ga)

Intelligent, high abstract thinking, sensitive to minute details.

Guilt proneness (Gp)

Escapist, shirking responsibility, in secured and depressed.

Individualism (In)

Loner, likes to be internally restrained, avoids group action.

Innovation (In)

Experimental thinking, liberal ideas, can analyze concepts swiftly and act instantly according to the needs of the situation.

Leadership (Ld)

Controls, directs and initiates actions for a group, power to influence others, achieves goals.

Maturity (Ma)

Realistic about life and emotionally stable.

Mental Health (Mh)

Zestful, well adjusted, positive, harmonious state of mind.

Morality (Mo)

High sense of duty, attentive to people, emotionally disciplined and responsible.

Self-Control (Sc)

High self – image, socially conscious, strong will power.

Sensitivity (Se)

Over protected, dependent, impatient, and attention seeking.

Self-Sufficiency (Ss)

Independent, manipulating, and enterprising.

Social warmth (Sw)

Outgoing, participative, good natured and warm - hearted.



Tension (Tn)

Excited, tense, irritable and frustrated.

Body Contact Games

Any sports in which physical body contact between players is an accepted part of play, as Kabaddi, Kho-Kho, Football, Boxing, Hockey etc.

Non- Body Contact Games

Any sports in which physically non-body contact between players.

EXTRAVERSION:

Extraversion is the state of primarily obtaining gratification from outside oneself. Extraverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious. Extraverts are energized and thrive off being around other people. They take pleasure in activities that involve large social gatherings, such as parties, community activities, public demonstrations, and business or political groups. They also tend to work well in groups. An extraverted person is likely to enjoy time spent with people and find less reward in time spent alone. They tend to be energized when around other people, and they are more prone to boredom when they are by themselves.

INTROVERSION:

Introversion is the state of being predominantly interested in one's own mental self. Introverts are typically perceived as more reserved or reflective. Some popular psychologists have characterized introverts as people whose energy tends to expand through reflection and dwindle during interaction. This is similar to Jung's view, although he focused on mental energy rather than physical energy.

Few modern conceptions make this distinction.

Introverts often take pleasure in solitary activities such as reading, writing, using computers, hiking and fishing. The archetypal artist, writer, sculptor, engineer, composer and inventor are all highly introverted. An introvert is likely to enjoy time spent alone and find less reward in time spent with large groups of people, though they may enjoy interactions with close friends. Trust is usually an issue of significance: a virtue of utmost importance to introverts is choosing a worthy companion. They prefer to concentrate on a single activity at a time and like to observe situations before they participate, especially observed in developing children and adolescents. They are more analytical before speaking. Introverts are easily overwhelmed by too much stimulation from social gatherings and engagement, introversion having even been defined by some in terms of a preference for a quiet, more minimally stimulating external environment.

Openness to experience:

Openness to experience is one of the domains which are used to describe human personality in the Five Factor Model. Openness involves six facets, or dimensions, including active imagination (fantasy), aesthetic sensitivity, attentiveness to inner feelings, preference for variety, and intellectual curiosity. A great deal of psychometric research has demonstrated that these facets or qualities are significantly correlated. Thus, openness can be viewed as a global personality trait consisting of a set of specific traits, habits, and tendencies that cluster together.

Openness tends to be normally distributed with a small number of individuals scoring extremely high or low on the trait, and most



people scoring moderately. People who score low on openness are considered to be closed to experience. They tend to be conventional and traditional in their outlook and behaviour. They prefer familiar routines to new experiences, and generally have a narrower range of interests. Openness has moderate positive relationships with creativity, intelligence and knowledge. Openness is related to the psychological trait of absorption, and like absorption has a modest relationship to individual differences in hypnotic susceptibility.

Openness has more modest relationships with aspects of subjective well-being than other Five Factor Model personality traits. On the whole openness appears to be largely unrelated to symptoms of mental disorders.

Agreeableness:

Personality trait manifesting itself in individual behavioural characteristics that are perceived as kind, sympathetic, cooperative, warm and considerate. In contemporary personality psychology, agreeableness is one of the five major dimensions of personality structure, reflecting individual differences in cooperation and social harmony. People who score high on this dimension are empathetic and altruistic, while a low agreeableness score relates to selfish behaviour and a lack of empathy. Those who score very low on agreeableness show signs of dark triad behaviour such as manipulation and competing with others rather than cooperating. Agreeableness is considered to be a super ordinate trait, meaning that it is a grouping of personality sub-traits that cluster together statistically. The lower-level traits, or facets, grouped under agreeableness are: trust, straightforwardness, altruism, compliance, modesty, and tender-mindedness.

Conscientiousness:

Conscientiousness implies a desire to do a task well. Conscientious people are efficient and organized as opposed to easy-going and disorderly. They exhibit a tendency to show self-discipline, act dutifully, and aim for achievement; they display planned rather than spontaneous behavior; and they are generally organized and dependable. They have a more functional anterior cingulate cortex (ACC) than the average person. It is manifested in characteristic behaviors such as being neat and systematic; also including such elements as carefulness, thoroughness, and deliberation (the tendency to think carefully before acting.) Conscientiousness is one of the five traits of the Five Factor Model of personality and is an aspect of what has traditionally been referred to as having character. Conscientious individuals are generally hard-working and reliable. They are also likely to be conformists.[2] When taken to an extreme, they may also be "workaholics", perfectionists, and compulsive in their behavior. People who score low on conscientiousness tend to be laid back, less goal-oriented, and less driven by success; they also are more likely to engage in antisocial and criminal behavior.

SPORTS

The word "sports" comes from two words 'dis' and 'porter' which mean "carrying away from work." As far as sports are concerned, we are talking about such recreational activities which relax in nature and which only help to see "fun." Sports are essentially individual activities that arise from the natural urge to move. Both human and animal lives are part and parcel of sports.

Sport is a psychological social activity which has both physical, physiological and technical dimensions. In the modern world, sports play a



major role. The interest of people in sports lies in all societies throughout the world. Most of the nation shares common interests, especially during the Olympic Games, in sports competitions.

Most of the attractiveness of sports is based on many experiences and feelings, such as success, failure, exhaustion, pain, alleviation and sense of belonging. Money, glory, status and good will can come from sports. Sports can, however, also lead to tragedy, grief and even death.

Sport is a 'field oriented towards activity.' It begins with movement and progressively covers mental, intellectual and social aspects of the personality of a child.

Sports have recently become popular because a large number of young people from developing, developed and developed countries have been involved with a recreational and professional approach. The consequence is the success and substantial development of their quantitative involvement in the field of sports and game standards. During the last century, the impact of science on sports has raised sports diversity. The performance improvements have been achieved by applying science on a variety of levels, such as improvements in sports facilities, training methods, conditioning, nutrition, psychological interventions and strategies.

SPORTS PSYCHOLOGY

Psychology of sport is a science that applies the psychological principles of sport or practice (Richard, 2002). The word psychology refers to the study of human behavior and sports psychology, which refers to a subcategory of psychology which addresses the behavior of competitive athletes and teams. Sport psychology is a field of

psychology that is closely related to human actions in action as well as to competition, in order to enhance quality performance.

The psychological basis, processes and effects of sport is studied in Sports Psychology. The term "sport" is widely used for competitions, recreation, education or health purposes, including any physical activity. The science of mind and behavior can be defined as pathology.

Sports psychology has been practically as long as psychology itself. At the end of the 19th century, the first recorded study was carried out with sport psychology. The first experiment in social psychology as well as the first one in the field of sport psychology was performed by Norman Triplett (1898).

The scientific study of human behavior in sports is defined as sports psychology. Sport psychology may be used for various skilled motions, such as business fitness, rehabilitation, health oriented exercise programs and the traditional of physical education and competitive athletics as with the others in sport and exercise science.

SPORTS PSYCHOLOGY AND PERFORMANCE

The performance of thinking and acting is a psychologically well prepared player. When actions are fluid and graceful, efficient is usually associated with skilled performance. The concept can also be extended to mental activities.

The subject of kinesiology is sports psychology, which aims to understand how behavioral processes influence skilled movement. Sports science covers a wider field of sports medicine together with different clinical fields of medicine (physical therapy, orthopedics, cardiology etc.). Sports



psychology is therefore classified as a field of sport medicine science study. Sports psychology has three main objectives in the field of sports medicine, measuring psychological phenomena and examining the relationship between psychological and performance variables, and applying theoretical knowledge to improve the performance of any player or athlete.

BODY CONTACT AND NON-BODY CONTACT GAMES

Sports are divided into various categories, e.g. body, semi-body and non-body contact. Sports in which the contact between body and body takes place between contestants in competition are sports of physical contact. For Example: Judo, Kabaddi, Handball and Kho-Kho. Semi-body contact sports are those sports in which body contact occurs sometimes as per the demands of a situation. For example: Football, Hockey. Non-contact sports are sports where there is no body contact during a competition. Volleyball, Ball Badminton and Badminton, for instance. A contact game with the body is a game in which physical body contact is an expected form of activity between people involved (i.e. not penalized). Contact sports can also be considered as games for contact.

CONCLUSION

Sports is categorized in different categories i.e. contact, semi-contact and non-contact sports. Contact sports are those sports in which physical contact occurs among contestants during competitions. For Example: Judo, Kabaddi, Handball and Kho-Kho. Semi-contact sports are those sports in which body contact occurs sometimes as per the demands of a situation. For example: Football and Hockey. Non-Contact sports are those sports in which no body contact occurs during a competition. For example, Volleyball, Ball

Badminton and Badminton. Sports Psychology is the Science of applying psychology to sports. It is a study of behavioral science in sports setting. Sports psychology is gradually and steadily gaining momentum in the field of training of high level sportspersons. Today, sports is no more a recreation. It is not just a game of nerves as well. With the winning margin of competitive sports narrowing down to fraction of seconds, modern day sports warrants an essential supply of psychological support to come to terms with reality. Sports are universal in appeal which has led to sports gaining recognition as a simple, low cost and effective medium for achieving key developmental goals. Sports form is an inspirable part of the system of physical education. Physical education offers opportunities in competitive situations for physical, social, emotional and moral developments. Sports and Games are the best ways to earn social recognition and acquire a status in the modern society. Sports and games in the modern era occupy a very prominent and important place in the life of people and also in every sphere of life. Sports consists of physical activity carried out with a purpose for competition, for self-enjoyment, to attain excellence, for the development of a skill, or more often, some combination of these. Sports differ in their dependence upon a set of individuals or team skills, as well as in the ways in which they have their participants compete. As fitness and sports go hand in glove there is a need to develop the ability in an individual to play the game with good skill and perform consistently well.

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