

STUDY ON PSYCHOLOGICAL HARDINESS OF STATE LEVEL LONG JUMPER AND JAVELIN THROWER

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ABSTRACT

The present study was made to find out the psychological hardiness between State Level Long Jumper and Javelin Thrower". A total of 30 Long Jumpers and 30 javelin throwers were selected from different district of West Bengal. The age of the subject ranged from 16 to 21 yrs. Old. To measure the psychological hardiness of the player was used to Bengali version of psychological hardiness scale which was developed by Singh (2008) was administered on a selected sample. Descriptive statistics along with a t-test was used to analyze the result of the study. The level of significance was 0.05 levels. Results revealed that there was no significant difference between Long Jumpers and Javelin throwers.

Key Words: Psychological Hardiness, Long Jumper, Javelin Thrower

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INTRODUCTION

Track and field is a sport which includes athletic contests established on the skills of running, jumping, and throwing. The name is derived from the sport's typical venue: a stadium with an oval running track enclosing a grass field where the throwing and some of the jumping events take place. Track and field is categorized under the umbrella sport of athletics, which also includes road running, cross country running, and walking. The foot racing events, which include sprints, middle- and long-distance events, race walking and hurdling, are won by the athlete with the fastest time. The jumping and throwing

events are won by the athlete who achieves the greatest distance or height. Regular jumping events long jump, triple jump, high jump and pole vault, while the most common throwing events are shot put, javelin, discus and hammer.

“Athletes build personality?” This statement is made more obtained by the diehard supporters of the social development benefit of athletics – than any other statement. Since the beginning of sports, we have clung to the belief that a participant in Athletics in building character strange necessary in the real world. Outstanding athletes have been made National heroes. Because they are constantly in the public eye, athletes had to learn to live up to our expectations. They are requiring being co – operative and competitive; to accept victory and defect in a sporting manner, the pressure to win has become so intense that some people have begun to question their value of Athletes.

Hardy individuals do not appraise events as risky, but positive and controllable (**Anshel, 2001; Ghorbani, 1995**). Anshel came to similar conclusions regarding approach and avoidance coping in young student athletes. Evaluating the psychological characteristics Olympics champions, **Anshel (2001)** define psychological hardiness as a mental skill that can play a significant role in the performance of athletes.

OBJECTIVE OF THE STUDY

- I.** To find out the different psychological hardiness factors between Long jumper and Javelin throwers.
- II.** To find out the psychological hardiness between Long jumper and Javelin throwers.

METHODOLOGY

Sample: The subject for the present study was selected randomly from different districts West Bengal, India. For the study different track and field groups were selected. Some of them are Long jumpers, and Javelin throwers. Most of them were participated in a regular basis in different state level competition. A total of 30 Long jumpers and 30Javelin throwers were selected from different district of West Bengal. The age of the subject ranged from 16 to 21 yrs. old.

Tools used: For the present study, the researcher has selected “Psychological Hardiness” as one of the variables of the study. The researcher reviewed various Psychological Hardiness developed in India and abroad. Finally, the researchers have selected the Psychological Hardiness scale which was developed by

Singh (2008), which was administered for measuring the different dimension of Psychological Hardiness factors as commitment, control, and challenge.

Statistical Procedure: Descriptive statistical measures like mean and standard deviation were used in order to describe the nature of the sample taken. To determine the differences, if any, between Long Jumpers and non-Long Jumpers adolescents, the independent t-test was calculated. Statistical significance was tested at 0.05 level of confidence. All the statistical analysis was done with the help of SPSS version 23 windows.

RESULT AND DISCUSSION

Table 1: Showing different psychological hardiness factor between long jumpers and javelin throwers

Psychological Hardiness	Group	N	Mean± SD	t- value	Level of significance
Commitment	Long jumpers	30	109.3 ±10.12	0.16	Not Significant at 0.05 level
	Javelin throwers	30	109.7 ±9.18		
Control	Long jumpers	30	103.9 ±11.16	3.94*	Significant at 0.05 level
	Javelin throwers	30	115.7 ±12.0		
Challenge	Long jumpers	30	109.5 ±14.43	0.07	Not Significant at 0.05 level
	Javelin throwers	30	109.3±8.22		
Psychological Hardiness	Long jumpers	30	107.57±11.91	1.41	Not Significant at 0.05 level
	Javelin throwers	30	111.57±10.03		

From the table-1 first objective was to find out the Psychological Hardiness between Long jumper and Javelin throwers. It observed that the mean value of two different groups seems to differ from each other on different Psychological Hardiness factors of commitment, Control, Challenge, and Psychological hardiness. The mean \pm SD value obtained by the group of Long jumpers on commitment, control, Challenge, and Psychological hardiness were

109.3 \pm 10.12, 103.9 \pm 11.16, 109.5 \pm 14.43, 107.57 \pm 11.91. The Javelin throwers were respectively 109.7 \pm 9.18, 115.7 \pm 12.0, 109.3 \pm 8.22 & 111.57 \pm 10.03. But on the basis of mean observation, it would not be clear whether these differences are really significant or not. To determine the differences, if any, between Long jumpers and Javelin throwers, the independent t-test was calculated. The obtained 't' value of control was found to be significant at 0.05 and 0.01 level of significance. Commitment, challenges, and psychological hardiness was found to be not significant.

DISCUSSION

Table1 indicates the no significant difference between Long jumper and Javelin throwers on the dimension of Commitment, control, challenges, and psychological hardiness, but result also indicated Control factor was found to be significant. Both the group did not differ statistically significantly of Commitment, control, challenges, and psychological hardiness, but the mean value of Long Jumpers lightly higher in Commitment than the javelin throwers, but the mean value of javelin thrower slightly higher in challenge and psychological hardiness then the sprinter. On the other hand, javelin throwers had significantly higher in control ability than the Long Jumpers. From the table it evident that there was no significant difference Long Jumpers and javelin throwers in commitment. Challenge and psychological hardiness, whereas significant difference was found in control. Roth and Cohen (1986) studied the effects of psychological hardiness and its components and skill on competitive anxiety and self-confidence. Castle (2001) studied over a 100 college going athlete and non-athletes he observed that psychological hardiness of the athletes were better than the non-athletes and significant differences were observed. In this regard Kobasa (1979) believes that some people choose sport as a means for reducing tension and stress and although this is not the best strategy, it is more effective than emotion focused coping. Almost 16 present of athletes use emotion-focused coping strategy, indicating their lack of control over incoming stressors (Intl. Res. J. Appl. Basic. Sci. Vol., 817-821, 2012). But in the present study the subjects were selected from different sport discipline and due to their nature of the games the psychological aspects were developed differently. For while no significant difference was observed in Psychological hardiness between state level, long jumper and javelin throwers.

CONCLUSION

1. No significant difference was found between Long jumper and Javelin throwers in commitment.
2. In control Javelin throwers had significantly better than Long jumper.
3. No significant difference was found between Long jumper and Javelin throwers in challenge.
4. No significant difference was found between Long jumper and Javelin throwers in psychological hardiness.

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