

Analysis Of Goal Setting Among Elite And Non-Elite Sports Persons

Dr. Neelam Sharma¹, Kreepa Sharma² Sahil Sharma³ Dr. Pavitar Parkash Singh⁴,
Dr. Manish Gupta⁵,

¹School of Physical Education, Lovely Professional University Phagwara, Punjab.

^{2&3}Associate Professor, Ph.D. Research Scholar & Ph.D. Research Scholar

⁴Professor, Mittal School of Business, Lovely Professional University, Phagwara

⁵Additional registrar, Lovely Professional University, Phagwara

Email Id: ¹neelam.sharma@lpu.co.in; ²sahilsharma.31394@gmail.com

ABSTRACT

The development of psychological factors in sports demands deliberate intentions, encouragement and motivation. Against this background the present study investigates about the psychological determinants in elite and non-elite Sports persons for talent identifications and sport performance. By using purposive sampling technique 20 female elite and non-elite Sports persons between the age range 19 to 35 years were selected from Sports Authority of India and Guru Nanak Dev University respectively. Semi structured interview was conducted with coaches, to determine the psychological factors among Sports persons. The determinants identified goal setting. Further the determinants were measured by standardized questioner and scales; T-test was employed to compare the difference between existence psychological determinants of female elite and non-elite Sports persons.

1. INTRODUCTION

Talent identification refers to the process of recognizing current participant with potential to become a successful players in a designated sports. “Sports personologists are left in doubt that for a unique personality is not enough for a person to be simply genetically gifted or possess certain inborn traits alone, but also to develop in himself an ability to struggle not just for servable for supremacy” (kamlesh 2007). Sports performance, are difficult to define in operational terms epically in sporting context through they, nevertheless, are inductive of the seeds of outstanding performance. (Fleishman 1964) refers to the ability “as a capacity of the individual that is related to performance of variety of task” It also serve as a trait measure. An individual is not blessed with a single ability only, but several; they are generally defined as a capacity and constitution the bedrock of performance potential. Talent identification program is conducted with a global approach to the athletic performance because raw talent will be a very little use if it cannot be actualizes within the typical environment of top level competition. To raise at top level performance ,better Sports person stuff for coaches ,gather chance for greater number of Sports persons in a given number of Sports persons to reach the international level “higher homogametic of Sports persons in a given sport and greater confidence in Sports person(Bompa 1985). “Many sports scientist found scientifically valid method to recognizing current participants with the potential to become an elite players by measuring physical, physiological and psychological and sociological attributes” (Renier et.al 1993). Talent identification and its development has become an important area of research in sports performance, due to rapidly increasing participation and performance density, only person who have talent stand a chance if winning a medal in a international competition. Sports talent is sum of total of pre-request and

possibilities of their development possessed by person which will enable to achieve higher performance in sports in future. The pre requisites include motor abilities, tactical efficiency, and physical, personality traits, motivation, interest etc.

Significance of Study

Sport psychology deals with the mental aspects of sport and in various fields. It aims to improve both the sports performance and general well-being of the Sports person through the application of psychological and physical techniques. One could argue this point however, as dealing effectively with Sports persons in an applied setting, still probably remains more of an art than a science. The past few decades has seen the steady gathering of quite a significant body of scientific research documenting the positive effects of many sport psychology interventions. Areas covered by sport psychology, range from confidence, motivation to performing under pressure, and everything in between. The important of psychological variables in talent identification can play significant role to identify the player's status and capability for winning the game. The research had made an effort to identify the responsible psychological variables for talent identification of Sports person and archer it will also be helpful to the coaches for giving psychological training program for different level players of different games. It will also be helpful to increase the level of performance among non-elite Sports persons. It will explore the areas of sports psychology and will give new dimensions to research and talent identification. It will also explore the areas of sports psychology in physical education.

Statement of the problem

The present study is entitled as investigation of psychological determinants in elite Sports persons for talent identification among non-elite Sports persons. The investigator has identify the psychological factor for good performance in elite Sports person with the help of international coaches. On the basis of that variables comparison has been done between elite and non-elite Sports person and a frame work of talent identification had be prepared.

Objectives of the study

To examine the level psychological determinants among elite and non-elite Sports persons.

Operational Definitions of selected Variables

Elite Sports person: - Elite Sports person are those who has participated one or more than one time in international level competition.

Non Elite: - Non Elite Sports person are those player who has participated in inter college level competition and could not be selected for higher level competition.

Psychological Determinants: - Psychological Determinants are the responsible psychological performance indicators of an Sports person.

Sports person – In the study sometime the terms Sports person had been used for both Sports persons and Archers.

Hypotheses

There exist significant different between elites and non-elites Sports persons on the variable goal setting.

Sampling Design

The present study was conducted on fourth (40) Sports persons. The sample were from individual events i.e athletic and archery, whereas twenty (20) elite female players form archery and athletic and twenty (20) non-elite female players from athletic and archery players was the part of the study. Elite player was those players who has participated in international level competition one or more than one time in international level and still in practice. All the elite samples are taken from SAI Kolkata and non-elite form Guru Nanak Dave University (Punjab) who has participated in inter college level but not selected for higher competition.

Tools for data collection

Goal setting questionnaire (GSISQ):- Developed by Weingberg in (1997).

Statistical Technique

The raw data was arranged in tabulated form for the further statistical treatment. Collection data was analysed with the help of t-test because the sample size was less than thirty (30) and two groups were there. The results were tested at 0.05 level of confidence. On the bases of findings results will be made.

2. RESULT AND DISCUSSION

The main aim of the investigator is to find out the result of the study, with the help of t-test. The main aim and objective are achieved and tested hypothesis were formulated.

Significance Difference between Mean Score of Elite and Non Elite Sports persons on the Variable Goal Setting

Group	N	Mean	SD	Df	T-Value
Elite	10	307.6	16.28	18	6.96*
Non-Elite	10	217.9	37.30		

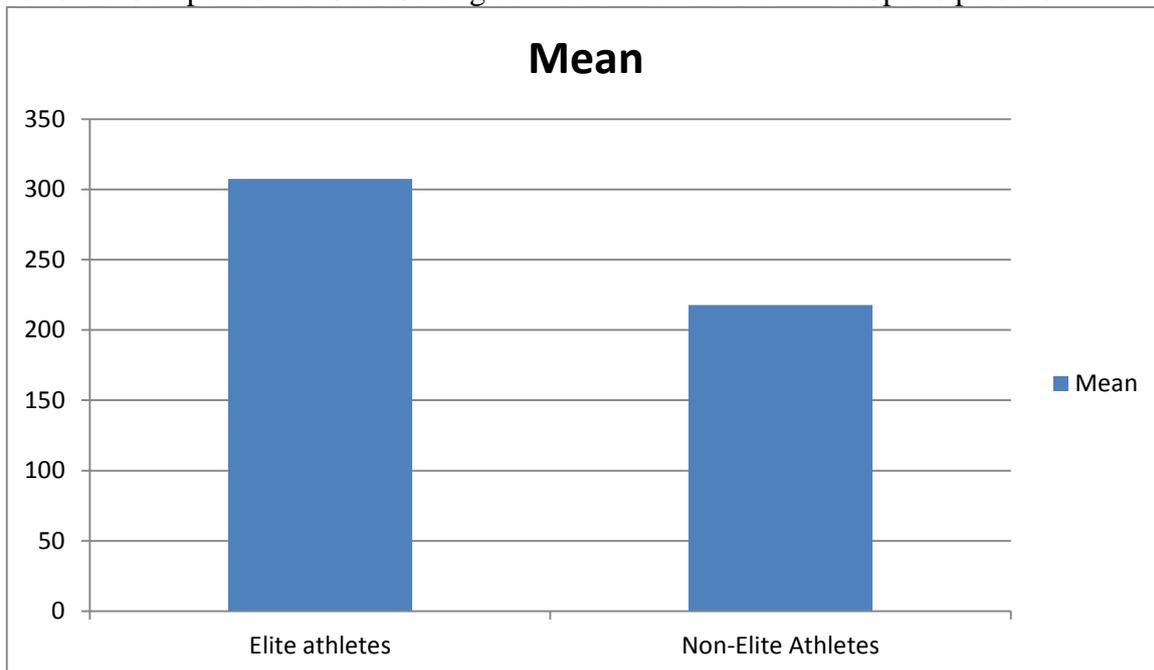
Table value e2.10

*Significant to 0.05 level

Table shows that mean score of elite Sports persons was found to be 307.6 were as score of non-elite Sports persons is 217 and standard deviation of elite Sports persons was 16.28 and non-elite Sports persons were 37.30. The t-value was 6.96 which was found statistically at 0.05 level of confidence. Results of the study indicates that elite Sports persons is superior as comparison to Non-Elite Sports persons.

Figure

Shows the Comparison of Goal Setting between Elite and Non Elite Sports persons



3. DISCUSSION

The above table shows that there are significant difference between elite and non-elite Sports person on the variable goal setting. Elite player have significantly higher mean score as compared to non-elite players on the above variables. Goal setting is a most important skill taught to Sports person in order to help Sports person to achieve optimal performance. The goal setting helps Sports person understand where they are currently and also where they want to go. According to (Mccarthy et.al 2010) stated that goal setting is a way to set a specific standards goal and it refers to reach the level of achievement. It’s a way to establish positive performance and achievement. (Thelwell and Greenlees 2003) used different

technique of goal setting forenhance feelings of control and improve of Sports person performance. According to (Satooden et.al 2012) Studied on elite and non-elite male and female taekwondo Sports person and result shows a significant different between elite and non-elite taekwondo players. According to (Kurug et.al 2012) studied a psychological characteristic between talented and less talented long distance runners and result indicate significant difference in the variable goal setting. Results of this study are substantiates the findings, given that the talented Sports persons scored significantly better in goal setting than the less talented Sports persons.

Various studies have been performed in this aspect with significant findings (Gupta and Yousaf2015, Khan and Devi2019, Singh C. 2019, Kaur et al. 2016, Thakur and Kohli 2015).

Conclusion

The aim of the study was to compare the psychological characteristics of elite and non-elite Sports person for talent identification. Within the limitation of the study following conclusion was appeared. The psychological variable namely Goal Setting was significantly different in elite players' Sports person as compared to non-elite Sports person.

Result of the Study

Significant different was observed between elite and non-elite Sports persons on the variable goal setting.

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