

22

ISSN 2277 - 5730
AN INTERNATIONAL MULTIDISCIPLINARY
QUARTERLY RESEARCH JOURNAL

AJANTA

Volume - VII Issue - III English / Marathi July - September - 2018

Peer Reviewed Referred
and UGC Listed Journal

Journal No. 40776



ज्ञान-विज्ञान विमुक्तयः

**IMPACT FACTOR / INDEXING
2018 - 5.5**

www.sjifactor.com

❖ EDITOR ❖

Asst. Prof. Vinay Shankarrao Hatole

M.Sc (Maths), M.B.A. (Mktg.), M.B.A. (H.R.),
M.Drama (Acting), M.Drama (Prod. & Dir.), M.Ed.

❖ PUBLISHED BY ❖

Ajanta Prakashan

Aurangabad. (M.S.)



Principal

S.S.Dhamdhare Arts & Commerce College

Talegaon Dhamdhare, Tal. Shirur

Dist Pune-412 208

CONTENTS OF ENGLISH

| Sr. No. | Name & Author Name | Page No. |
|---------|--|----------|
| 1 | Ancient Trade Relation between Rome and Vidarbha Amardeep T. Barsagade Priyadarshi M. Khobragade | 1-5 |
| 2 | Physical Education, Sport and Importance of Exercise Today's Life Prof. Ashish Govindrao Barde | 6-11 |
| 3 | Effect of Yogasanas and Pranayama on Physiological Parameters of Female Students Assi. Prof. Uttam Ramchandra Deulkar | 12-17 |
| 4 | Role of Finance in the Development and Growth of an Economy Asst. Prof. (Mrs.) Reenu Mehta Asst. Prof. Dr. Kavya Makheja Asst. Prof. Dr. Natasha Sharma Shukla | 18-24 |
| 5 | Sexual Assault Prevention and Reporting on College Campuses in the Maharashtra State: A Review of Policies and Recommendations Asst. Prof. Prashant V. Bukne | 25-29 |
| 6 | Pre-GST and Post-GST: Comparative Study of Accounting Methods in Connection with Invoicing Pattern Asst. Prof. Shardul K. Buva | 30-33 |
| 7 | Psychological Variables in Senior State Fencers A Critical View Dr. Amey Kale | 34-39 |
| 8 | Rights of Infertile Couple and Legal Aspect of Surrogacy in India Dr. Varsha Deshmukh | 40-44 |
| 9 | An Analysis of the Impact of Agricultural Policy on Cropping Pattern in India Dr. A. P. Wadwale | 45-50 |
| 10 | Rural and Urban Dynamics and Poverty Dr. Atul P. Naik | 51-56 |
| 11 | Role of Service Sector in Indian Economy: An Analytical Overview Dr. Bhagwan E. Ingle | 57-62 |



(Signature)
Principal
S.S. Dhamdhere Arts & Commerce College
Talegaon Dhamdhere, Tal. Shirur
Dist. Pune-412 208

7. Psychological Variables in Senior State Fencers a Critical View

Dr. Amey Kale

Director of Physical Education, S. S. Dhamdhare Arts and Commerce College, Talegaon
Dhamdhare, Tal- Shirur, Dist. Pune.

Abstract

An athlete's performance to excel in any sports depends on the benefits of using the psychological abilities along with his physical abilities. Fencing is compared with chess by as it requires high level cognitive skills. A fencer's weapon is an extension of a fencer's brain. With reviews and studies showing need for study of psychological variables affecting performance of fencers, a study in this direction was done. For this study a survey research design was used to collect the physical fitness data of senior male fencers from the state of Maharashtra. The 259 players from senior group were selected as sample. Descriptive statistics was used for obtaining mean and standard deviation. To compare the psychological variables between the medalist and non-medalists "t" test was used. Results show that the senior medalist player's imagery ability, anxiety and worry management is significantly different than non-medalist. The other variable of psychology i. e mental preparation, self-confidence, concentration, relaxation ability and motivation in medalist and non-medalist senior players remains the same.

Key Word – Fencing, Imagery ability, mental preparation, Self-confidence, Relaxation ability, Concentration ability, Anxiety, Motivation and Worry management.

Sports demands both physical and mental abilities by athlete. Psychological abilities play a major role to help athletes achieve their goals. (Barth ,B.Beck, E.2007) has mentioned in his records that the relationship between sport performance and high cognitive functioning are inter-related. Merely physical fitness is not enough for a competition, psychological preparation is equally important for an athlete stated by Walker (2010). Mental factors of an athlete play a major role in the success or failure of the best athlete and not so good athlete says Leon(2002). (Leunes, 2002) says in his research that fencer's mental skills can be categorized



Principal

S.S.Dhamdhare Arts & Commerce College
Talegaon Dhamdhare, Tal. Shirur
Dist Pune-412 208

into athlete's commitment, self-confidence and goals are his fundamental skills. Psychological skills include responsive behavior of an athlete to a given situation as in stress, arousal, etc.

Susan (2007) has mentioned in her studies that at crucial situations in a game an athlete with self-confidence and utilizing his psychological skills with strategic moves showcased a high level performance. Piozzi (2008) adds on that athletes who are gifted are self-motivated, confident and are very good in managing competition pressure by psychological skills.(e.g. : anger management, imagery). Au Feininger (2005) studies shows that the mental skills help to build confidence, controlling anxiety, firm concentration, predictable patterns, and makes an athlete goal oriented. Strachan and Munroe accomplished their research with the study that mental descriptions of a game play a significant role in increasing the level of confidence in an athlete and manage high level pressure. Filion et al,' (2009) believes that mental practice and confidence are inter- related. Khodayari(2011) results show us that mental stress has a negative impact on an athlete's physical performance whereas confidence and mental skill plays a positive impact on an athlete. Piozzi (2008) adds on that athletes who are gifted are self-motivated, confident and are very good in managing competition pressure by psychological skills.(e.g. : anger management, imagery). Au Feininger (2005) studies shows that the mental skills help to build confidence, controlling anxiety, firm concentration, predictable patterns, and makes an athlete goal oriented.

Weinberg (1998) found that during the competition season, fencers significantly increased their use of imagery to help them in practicing mental strategies.

The sport of fencing requires a high level of concentration and confidence in the fundamental skills of attack and parry (Shamoun, M.A.1999). Attention is one of the main requirements for good performance in any physical sports. The researcher indicated that the sport of fencing needed a high level of attention that becomes an important trait that characterizes each skill of attack and parry (Nashwa.M, 2011).

Psychological abilities of an athlete has bought an significant positive change in an their performance in present days, importance of psychology has gathered so much of importance that sport administrators, coaches and athletes are aware that excellence in sports cannot be assured by only physical talent.(Gucciardi et al).

With reviews and studies showing need for study of psychological variables affecting performance of fencers, a study in this direction is needed. So the researcher has decided to



Principal

S.S.Dhamdhare Arts & Commerce College
Talegaon Dhamdhare, Tal. Shirur,
Dist Pune-412 208

undertake the study 'Critical study of psychological variables in senior state medalist and non-medalist fencers'.

Various research articles, reviews and literature were studied and experts from fencing and sports were consulted for the identification of psychological variables of fencing. For mental health variable was measured by testing Imagery ability, mental preparation, Self-confidence, Relaxation ability, Concentration ability, Anxiety, Motivation and Worry management were its sub factors. Various tests are there to assess the variables but standard and best suited test were selected. For measuring mental health Bulls Mental skill questioner (1986) was used.

For this research descriptive survey method was used. A survey research design was used in this study to collect the physical fitness data of senior male fencers from the state of Maharashtra. For this study male fencer from various districts of Maharashtra participating at the State Level Fencing Competition conducted by the Maharashtra Fencing Association were selected as the sample using convenience sampling method. The 259 players from senior group were selected as sample.

The final data collection took place at the state level tournament organized by the Maharashtra state fencing association. The collected data will be further analyzed using statistical tools. Descriptive statistics was used for obtaining mean and standard deviation. The descriptive statistics of the collected score was done. The mean and median were calculated. To get some critical data and some numerical data about what separates medalist from the non-medalist the data of both the groups were compared. To compare between the medalist and non-medalist 't' test was used.

Table 1

The Descriptive Statistics of Psychological Variables of Senior Medalist Fencer

| Psy. Variables | Imagery ability | Mental prep. | Self confi. | Anxiety | Concent. Ability | Relaxation ability | Motiva |
|--------------------|-----------------|--------------|-----------------|---------|------------------|--------------------|--------|
| N | 28 | 28 | 28 | 28 | 28 | 28 | 28 |
| Mean | 18.89 | 19.32 | 16.96 | 18.11 | 16.36 | 17.11 | 20.57 |
| Std. Error of Mean | .406 | .296 | .497 | .571 | .502 | .434 | .406 |
| Median | 19.00 | 20.00 | 18.00 | 18.00 | 17.00 | 18.00 | 21.00 |
| Mode | 19 | 20 | 18 ^a | 20 | 18 | 19 | 20 |
| Std. Deviation | 2.14 | 1.56 | 2.63 | 3.02 | 2.65 | 2.29 | 2.15 |
| Minimum | 12 | 16 | 9 | 13 | 9 | 11 | 12 |
| Maximum | 22 | 22 | 20 | 24 | 21 | 19 | 24 |

Table No 1 shows Psychological variables of senior medalist fencers.



[Signature]
Principal
S.S. Dhamdhere Arts & Commerce College
Taigaon Dhamdhere, Tal. Shirur,
Dist Pune-412 208

The mean of Imagery ability is 18.89 (+/-2.14).

The mean of Mental Preparation is 19.32 (+/-1.56).

The mean of Self Confidence is 16.96 (+/-2.63).

The mean of Anxiety and Worry Management is 18.11 (+/-3.02).

The mean of Concentration Ability is 16.36 (+/-2.65).

The mean of Relaxation Ability is 17.11 (+/-2.29).

The mean of Motivation is 20.57 (+/-2.15).

Table 2

The Descriptive Statistics of Psychological Variables of Senior Non- Medalist Fencer

| Psy. Variables | Imagery ability | Mental prep. | Self confi. | Anxiety | Concent. Ability | Relaxation ability | Motiva |
|--------------------|-----------------|--------------|-------------|---------|------------------|--------------------|--------|
| N | 231 | 231 | 231 | 231 | 231 | 231 | 231 |
| Mean | 18.08 | 18.94 | 16.50 | 15.79 | 16.26 | 17.06 | 19.89 |
| Std. Error of Mean | .140 | .181 | .178 | .215 | .215 | .171 | .157 |
| Median | 18.00 | 19.00 | 17.00 | 16.00 | 17.00 | 17.00 | 20.00 |
| Mode | 18 | 20 | 17 | 18 | 17 | 17 | 20 |
| Std. Deviation | 2.12 | 2.75 | 2.70 | 3.26 | 3.26 | 2.60 | 2.38 |
| Minimum | 9 | 5 | 9 | 5 | 5 | 9 | 11 |
| Maximum | 24 | 24 | 22 | 23 | 23 | 24 | 24 |

Table No 2 shows Psychological variables of senior non medalist fencers.

The mean of Imagery ability is 18.08 (+/-2.12).

The mean of Mental Preparation is 18.94 (+/-2.75).

The mean of Self Confidence is 16.50 (+/-2.70).

The mean of Anxiety and Worry Management is 15.79 (+/-3.26).

The mean of Concentration Ability is 16.26 (+/-3.26).

The mean of Relaxation Ability is 17.06 (+/-2.60).

The mean of Motivation is 19.89 (+/-2.38).



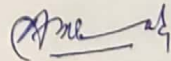

Principal
S.S. Dhamdhere Arts & Commerce College
Talegaon Dhamdhere, Tal. Shirur
Dist Pune-412 208

Table 3

Comparison of Psychological Variables by t test between senior medalist with senior non medalist fencers

| Levene's Test for Equality of Variances | | | t-test for Equality of Means | | | | | 95% Confidence Interval of the Diff. | |
|---|-------|------|------------------------------|--------|-----------------|------------|------------------|--------------------------------------|--------|
| | F | Sig. | T | Df | Sig. (2-tailed) | Mean Diff. | Std. Error Diff. | Lower | Upper |
| Imagery ability | | | | | | | | | |
| Equal variances assumed | .005 | .943 | -1.914 | 257 | .057 | -.815 | .426 | -1.653 | .023 |
| Equal vari. not assumed | | | -1.897 | 33.724 | .066 | -.815 | .429 | -1.688 | .058 |
| Mental preparation | | | | | | | | | |
| Equal variances assumed | 3.281 | .071 | -.726 | 257 | .468 | -.386 | .532 | -1.434 | .661 |
| Equal vari. not assumed | | | -1.114 | 50.334 | .271 | -.386 | .347 | -1.083 | .310 |
| Self confidence | | | | | | | | | |
| Equal variances assumed | .460 | .498 | -.864 | 257 | .388 | -.466 | .540 | -1.530 | .597 |
| Equal vari. not assumed | | | -.883 | 34.297 | .383 | -.466 | .528 | -1.540 | .607 |
| Anxiety & worry management | | | | | | | | | |
| Equal variances assumed | .591 | .443 | -3.569 | 257 | .000 | -2.315 | .649 | -3.592 | -1.038 |
| Equal vari. not assumed | | | -3.793 | 35.103 | .001 | -2.315 | .610 | -3.554 | -1.076 |
| Concentration ability | | | | | | | | | |
| Equal variances assumed | 2.056 | .153 | -.145 | 257 | .885 | -.093 | .641 | -1.355 | 1.169 |
| Equal vari. not assumed | | | -.171 | 37.628 | .866 | -.093 | .546 | -1.198 | 1.012 |
| Relaxation ability | | | | | | | | | |
| Equal variances assumed | .356 | .551 | -.099 | 257 | .921 | -.051 | .515 | -1.065 | .964 |
| Equal vari. not assumed | | | -.109 | 35.954 | .914 | -.051 | .467 | -.998 | .896 |
| Motivation | | | | | | | | | |
| Equal variances assumed | 1.215 | .271 | -1.448 | 257 | .149 | -.684 | .472 | -1.614 | .246 |
| Equal vari. not assumed | | | -1.570 | 35.550 | .125 | -.684 | .436 | -1.568 | .200 |



(Signature)
 Principal
 S.S. Dhamdhare Arts & Commerce College
 Talegaon Dhamdhare, Tal. Shirur,
 Dist. Pune-412 208

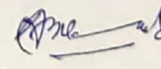
From the above table it is seen that the senior medalist player's imagery ability, anxiety and worry management is significantly different than non-medalist. The other variable of psychology i. e mental preparation, self-confidence, concentration, relaxation ability and motivation in medalist and non-medalist senior players remains the same.

According to previous studies one can relate the performance of the best athlete and not so good athlete with their mental abilities. Very beautifully stated by Aldo Nadi(1943) in his research that a fencer's weapon is an extension of a fencer's brain. (Westbrook & Hazarika, 1997) have stated in their studies that fencing can be as intellectual as game of chess as it requires equal amount of cognitive skills. Our results were in consistence with the other conclusions of previous study which makes the interpretation of the current results difficult.'

References

- Barth, B. Beck, E.(2007). *The complete guide to fencing*.Oxford: Meyer and Meyer Sports (UK)Ltd.
- Filino D, Sofian M, Fauzee O, Chong Abdullah M, Meesin C, Choosakul C, 2009. "Relationshipbetween Mental Skill and Anxiety Interpretation in Secondary School Hockey Athletes",European Journal of Social Sciences, Vol.9, No.4, and PP: 651-658.
- Khodayari B, Saiiari A, Deghani Y, 2011. "Comparison Relation between Mental Skills with SportAnxiety in Sprint and Endurance Runners", Procedia - Social and Behavioral Sciences, Vol.30, PP: 2280- 2284.
- LeUnes A.D, Nation J.R.(2002). "Sport Psychology-An Introduction (3rd Ed.). Chicago, IL": Nelson-Hall Publishers.Intl. j. Sport Std. Vol., 3 (3), 230-235, 2013
- Pigozzi A, Spataro A, Alabiso A, Parisi M, Rizzo, 2008. "Role of exercise stress test in master
- Susan A, 2001. "Relationship between flow, self-concept and performance, psychological skills andperformance", Journal of applied sport Psychology, Vol.13, PP: 129-153.
- Shamoun,M.A.(1999) Sports Psychology Science ans Psychological Measurement. Publication Book Center, Cairop:363





Principal

S.S.Dhamdhare Arts & Commerce College
Talegaon Dhamdhare, Tal. Shirur
Dist Pune-412 208