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Enquiry of dependent variable between individual and team sports

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Abstract

Study Aim: The aim of this study was to find out the significant difference of dependent between individual and team sports.

Material and Methods: A total of 620 male subjects between the age group of 18-25 years participated in this cross-sectional research. The participants were members of the Individual Sports (*viz.*, Athletics, Archery, Gymnastics, Badminton & Chess) and Team Sports (*viz.*, Cricket, Basketball & Volleyball). Decision Making Style questionnaire constructed by Scott and Bruce (1995) was used to measure dependent.

Statistical Technique: Unpaired t-test was employed for the present investigation.

Results: There were no significant differences ($0.3369 > 0.05$) in scores for individual sports ($M = 19.7000$, $SD = 2.4502$) and team sports ($M = 19.8968$, $SD = 2.6443$).

Keywords: Dependent, individual sports, team sports, athletics, archery, gymnastics, badminton, chess, cricket, basketball & volleyball

Introduction

The field of sport psychology has been studied academically for almost 200 years. Since the beginning, understanding how psychological strategies can enhance athletic performance has been a constant goal. Sport psychology is the scientific study of psychological concepts and their application to improve physical activity, exercise, and sport-related performance and well-being [1, 2]. The issue of psychological fatigue in athletes has gained attention from academics both domestically and internationally. When faced with difficulties and obstacles during training or competition, athletes may experience negative outcomes that diminish the benefits of their training and lead to psychological exhaustion [3]. Sports psychologists are crucial in helping athletes perform better [4]. Individuals who expect to later regret their choices are thought to behave in a more risk-averse way and, as a result, exhibit fewer risk-taking behaviors in a variety of contexts [5]. Making decisions involves using the information provided by one's current circumstances along with one's aptitude for applying that knowledge to organize, pick, and carry out a suitable course of action that is goal-directed [6, 7]. Another definition of decision-making is the ability of players to select useful actions from a wide range of options that arise from their surroundings in order to accomplish a particular objective [8]. As a result, it has been determined that sound decision-making is crucial to performing well in team sports [9]. The kind of research on decision-making in young athletes who play team sports. Knowing how players make decisions is crucial because in team sports, players' tactical behavior and performance quality are directly correlated with their decision-making process. Furthermore, it's critical to clarify the primary subjects, supporting data, and studies carried out on young people [10].

Material and Methods

Participants

A total of 620 male subjects between the age group of 18-25 years participated in this cross-sectional research. The participants were members of the Individual Sports (*viz.*, Athletics, Archery, Gymnastics, Badminton & Chess) and Team Sports (*viz.*, Cricket, Basketball &

Volleyball). The following universities were selected for the purpose of this investigation:

1. Guru Nanak Dev University, Amritsar
2. Punjabi University, Patiala
3. Panjab University, Chandigarh
4. Lovely Professional University, Phagwara

Research Design

This is an exploratory study that has employed method of data collection and analysis quantitatively with the aim to find out the significant differences between Individual and Team Sports on the variable, Dependent.

Statistical Analysis

Under the data analysis, exploration of data was made with descriptive statistics and graphical analysis. Unpaired t-test was employed for the present investigation. The SPSS (statistical package for the social sciences) version 20.0 was used for all analyses. For testing the hypotheses, the level of significance was set at 0.05.

Results

Table 1: Descriptive statistics and independent samples t-test result comparing individual sports and team sports on dependent

	Dependent	
	Individual Sports	Team Sports
Sample size	310	310
Arithmetic mean	19.7000	19.8968
95% CI for the mean	19.4262 to 19.9738	19.6013 to 20.1923
Variance	6.0036	6.9925
Standard deviation	2.4502	2.6443
Standard error of the mean	0.1392	0.1502
Mean Difference	0.1968	
Pooled Standard Deviation	2.5491	
Standard Error	0.2048	
95% CI of difference	0.2053 to 0.5989	
Test statistic t	0.961	
Degrees of Freedom (DF)	618	
P value	0.3369	

An independent-samples t-test was conducted to compare the dependent for individual sports and team sports. There were no significant differences ($0.3369 > 0.05$) in scores for individual sports ($M = 19.7000$, $SD = 2.4502$) and team sports ($M = 19.8968$, $SD = 2.6443$).

The magnitude of the differences in the means (mean difference = 0.1968, 95% CI: 0.2053 to 0.5989) was very small.

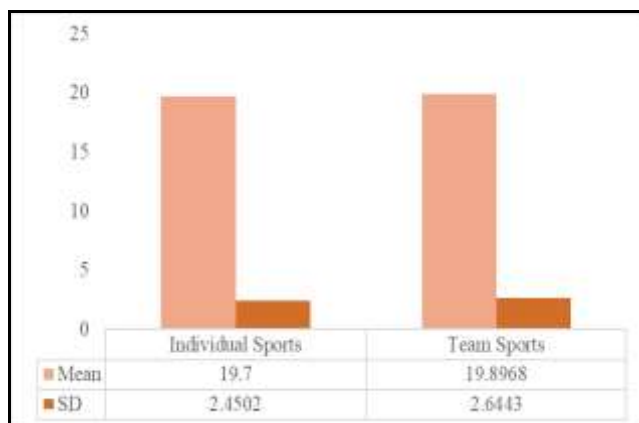


Fig 1: Mean scores for individual sports and team sports on dependent

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