



Analysis of psychological variables between training under a coach and self-training athletes

Dr. G. Peter Michael Raj

petermichaelraj@gmail.com

Arul Anandar College, Karumathur, Tamil Nadu

ABSTRACT

Sports Psychology addresses the interactions between psychology and sports performance, including the psychological aspects of optimal athletic performance, the psychological care and well-being of athletes, coaches, and sports organizations, and the connection between physical and psychological functioning. Sports psychologists can participate in various activities, mostly focused on working to understand what motivates athletes and how athletes can improve their performance. The purpose of the study is to find out Psychological variables between training under a coach and self-training athletes. Thirty athletes training under a coach (15) and self-training (15) was selected randomly from Virudhunagar district, their age group between 22 to 26 years. The subjects were divided into two groups as under a coach group and self-training group. As per the available literature, the standardized questioners were used to collect relevant data on the selected variables as stress, anxiety, achievement motivation and happiness. The collected data were statistically analyzed using independent t-test. In all the cases 0.05 level of confidence was fixed as a level of confidence to test the hypothesis. The result shows that there was significantly different between training under a coach group and self-training group on stress, anxiety, achievement motivation and happiness.

Keywords— Coach, Self-training athletes, Data

1. INTRODUCTION

Sports Psychology addresses the interactions between psychology and sports performance, including the psychological aspects of optimal athletic performance, the psychological care and well-being of athletes, coaches, sports organizations and the connection between physical and psychological functioning. Sports psychologists can participate in various activities, mostly focused on working to understand what motivates athletes and how athletes can improve their performance. These activities can range from counselling athletes who might have anxiety issues that hamper their performance to instructing athletes (individually or in groups) on methods of mental conditioning (e.g., visualization, concentration and relaxation) to helping athletes deal with injuries. To put all of this in another way, a sports psychologist is working from the perspective that success in sports relies on both the body and mind. To add one other important point, sports psychologists are often found working with elite athletes-Olympians and professionals. However, sports psychologists can be found working with athletes at all levels as well as with coaches and sports administrators, (Sport Psychology addresses, 2019).

2. STATEMENT OF THE PROBLEM

The purpose of the study is to find out psychological variables between training under a coach and self-training athletes.

3. HYPOTHESIS

There would be a significant difference between training under a coach and self-training athletes on Psychological variables.

4. METHODOLOGY

Thirty athletes were training under a coach (15) and self-training (15), was selected randomly from Virudhunagar district, their age group between 22 to 26 years. The subjects were divided into two groups as under a coach group and self-training group. As per the available literature, the standardized questioners were used to collect relevant data on the selected variables as stress, anxiety, achievement motivation and happiness. The collected data were statistically analyzed by using the independent t-test. In all the cases 0.05 level of confidence was fixed as a level of confidence to test the hypothesis.

Table 1: Analysis of data

Variable	Mean values of groups		t-test
	Training under a coach	Self Training	
Stress	14.27	17.07	2.21*
Anxiety	13.27	16.87	2.41*
Achievement Motivation	25.6	21.33	2.55*
Happiness	32.87	30.07	1.7*

*Significant at .05 level, $df(28) = 1.67$.

The table 1 show that they obtained t-ratio between the training under a coach group and self-training of variables as stress, anxiety, achievement motivation and happiness are 2.21, 2.41, 2.55 and 1.7* respectively. Since, the obtained 't'- ratio value between the training under a coach group and self-training group of variables as stress, anxiety, achievement motivation and happiness is greater than the table value 1.67 with 0.05 level of confidence.

5. CONCLUSIONS

Above the analysis, the following conclusion was drawn

It is concluded that the training under a coach group and self-training group had significantly different on stress, anxiety, achievement motivation and happiness.

In the present study, it was concluded that training under a coach was improved stress, anxiety, achievement motivation and happiness. Hence, it is recommended to the coaches, trainers, physical educators, parents and player to adopt these findings to improve stress, anxiety, achievement motivation and happiness for their athletes.

6. REFERENCES

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