

ASPIRATION LEVEL OF JUDOKAS, BOXERS AND WRESTLERS TO THEIR LEVEL OF PARTICIPATION

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ABSTRACT

The present study was conducted on 60 combative sportspersons {20 judokas (10 inter college and 10 inter university), 20 boxers (10 inter college and 10 inter university) and 20 wrestlers (10 inter college and 10 inter university)}. Measurement of Level of Aspiration (Hindi) By Dr. M. A. Shah and Dr. Mahesh Bhargava was used for data collection. Analysis of Variance (3x2 Factorial design involving three types of sports i. e. judo, boxing and wrestling and two levels of participation) was used to analyze the data. No significant differences were found on the basis of type of games or sports as well as level of participation. Type of sports and level of participation of the sampled sportspersons interacted significantly only at 0.05 level of significance.

Keywords: Sportspersons, Judokas, Aspiration, wrestling and boxing.

INTRODUCTION

Sports psychology means reading and analyzing of the behavior of sportsperson during sports process. It is that branch of psychology which deals with the behavior of sportsperson concerned in various circumstances and conditions. "Sports psychology is that branch of psychology which deals with physical fitness of the individual through his participation in games and sports", (Sharma 2002). It stresses on the psychological study of the problems which arise in any sports situations. Sports participants include the officials conducting sports competition, player participating in sports, audience involved in sports event and others who are deeply concerned or associated with sports. It also deals with the behavior of all participants during various conditions and circumstances in sports. It lays stress on the fact that physical as well as mental development of human beings depend upon their physical fitness by participating in different games and sports activities. Thus sports psychology plays a vital role in the all-round development of the individual.

CONCEPT OF ASPIRATION LEVEL

The concept of level of aspiration was introduced by Dembo (1935) with reference to the degree of difficulty of goal towards which a person is striving for "level of aspiration is a function of time and life space in the individual's ranges of aspiration". Lewin (1935) level of occupational aspiration is a concept used in vocational psychology, which is derived from the concept of level of aspiration. They differ from each other only in that the former refers to the level of vocational hierarchy (Haller and Miller, 1971), whereas the later refers to the level of aspiration in general.

Aspirations are not static and rigid. They change zodiacally under strong condition and pressure, even break down entirely and can't be cultivated in a day. Aspiration denotes ambitions for something in life. It is concerned with total self and ones conception of himself in the light of social norms. It is an integral part of person's self-picture. So it is evidently a force, which helps everyone to a set of fix desired goal for achievement.

OBJECTIVES OF THE STUDY

(1) To study and compare the level of aspiration of sportspersons with respect to their:

- (a) Type of sports
- (b) Type of participation level

(2) To study in interaction effect of type of sports and type of participation level in relation to aspiration.

HYPOTHESES OF THE STUDY

(1) There will be no significant difference in the aspiration level of sportspersons of combative sports –judo, boxing and wrestling w. r. t. their level of participation.

(2) There will be no significant interaction effects of the combative sports and level of participation in relation to aspiration level.

METHOD OF THE STUDY

The present study consisted a sample of 60 combative sportspersons (30 inter college level and 30 inter- university level) from affiliated colleges Himachal Pradesh University. For this purpose combative - sportspersons has selected who have participated in inter college and inter- university were taken as the sample.

TOOLS USED

Measurement of Level of Aspiration (Hindi) By Dr. M. A. Shah and Dr. Mahesh Bhargava

For measuring the aspiration level of combative sportspersons who had participated at two different level e.g. university and inter-university level. For this purpose researcher has adopted the aspiration scale which has been constructed by Dr. M. A. Shah and Dr. Mahesh Bhargava. This scale contains 50 circles in which respondent draws four lines in these circles, so that they may appear like a human face. Respondent must draw lines in a sequence, right eye, left eye, nose and mouth, work from left to right across the rows and then proceed to the next line. For each trial 30 seconds are allotted for work and at the end of this time, respondent must stop the marking and count their number of completed marking and record the score. This trial will be treated as practice trial. In the following trials respondents have to do the same thing along with to put in the upper box which intends to complete within 30 seconds time on the basis of the last actual performance. Thus you have to complete 10 trials for actual work.

DATA ANALYSIS AND INTERPRETATION

Analysis of data is helpful in studying the organized or unorganized data in order to discover inherent facts. The data are studied from as many angles as possible to explore new facts. Interaction is referred to that part of a study which is associated with the drawing of inferences from collected facts.

ASPIRATION LEVEL OF COMBATIVE SPORTSPERSONS

To study the main effects of type of sports and level of participation of combative sportspersons, statistical technique 'Analysis of variance' (3x2 factorial design involving three types of combative sports i.e. judo, boxing and wrestling and two levels of participation i.e. inter college and inter university) was applied. The total aspiration level scores and means aspiration level scores of sportspersons according to their type of sports and level of participation are given in the Table 1 as follow:



Table 1 : Total Scores and Means of Aspiration Level of Judokas, boxers and wrestlers w. r. t. Their Level of Participation.

| Level of participation/sports | Inter colleges | | Inter universities | | Total Scores of | |
|-------------------------------|----------------|-------------|--------------------|-------------|-----------------|--------|
| | Total Score | Mean Scores | Total Score | Mean Scores | I.C. | I.U. |
| Judo | 18.1 | (1.81) | 12.6 | (1.26) | 30.7 | (1.53) |
| Boxing | 24.3 | (2.43) | 21.0 | (2.10) | 45.3 | (2.26) |
| Wrestling | 22.0 | (2.20) | 22.7 | (2.27) | 44.7 | (2.23) |
| Total | 64.4 | (2.14) | 56.3 | (1.87) | 120.7 | (2.01) |

In the above Table, boxers of inter colleges level have the highest mean score i.e. 2.43, which indicated that boxers who are over aspirant, expect more. Whereas, the judokas and wrestlers of both the levels and boxers of inter university level are less aspirant and called idealistic (mean scores between 1.81 and 1.26). 'F' values are calculated for different pairs of sportspersons and their level of participation.

Table 2 : Summary Table of Analysis of Variance of Aspiration Level of Judokas, Boxers and Wrestlers.

| Source of variation | Sum of squares | Degree of freedom | Mean squares | 'F' ratio |
|-----------------------------------|----------------|-------------------|--------------|-----------|
| Type of sports | 6.85 | 2 | 3.42 | 15.54 ** |
| Level of participation | 1.10 | 1 | 1.10 | 5.0* |
| sports and level of participation | 0.985 | 2 | 0.49 | 6.97* |
| error variance | 1.975 | 54 | 0.22 | ---- |
| total ss | 20.89 | 59 | ---- | ---- |

*significant at 0.01 and 0.05 level of confidence

MAIN EFFECTS

MAIN EFFECT OF SPORTS

From Table 2, it is evident that the calculated value of 'F' ratio for the main effect of sports is 15.54 for df 2 and 54. In the 'F' Table, values are 3.17 and 5.01 at 0.05 and 0.01 levels of significance respectively. The calculated value is greater than the Table value.

Hence, the hypothesis no.1 (a) "combative sportspersons do not differ significantly in the level of aspiration w. r. t. their type of sports", is not retained. It signifies that the combative sportspersons do not differ in their level of aspiration significantly.

Further, 't' values are also calculated to test the significance of difference between judo and boxing, judo and wrestling and boxing and wrestling pairs of combative sportspersons w. r. t. their level of aspiration. The results are summarized in Table 3 as follows:

Table 3 : 't' values w. r. t. their different pairs of combinations of combative sports

| Combinations | N. | Means | SD | SED | 't' value |
|----------------------|----|-------|------|------|-----------|
| Judo and boxing | 20 | 1.54 | 0.43 | 0.20 | 5.65** |
| | 20 | 2.67 | 0.42 | | |
| Judo and wrestling | 20 | 1.54 | 0.43 | 0.20 | 4.00** |
| | 20 | 2.34 | 0.44 | | |
| Boxing and wrestling | 20 | 2.67 | 0.42 | 0.19 | 1.74 |
| | 20 | 2.34 | 0.44 | | |

**significant at 0.01 level of confidence

Table 3, it is evident that the calculated value of 't' for judokas and boxers is 5.65 for df 38. In the 't' Table, value at 0.01 level of significance is 2.71. As the calculated value is

greater than the Table value, hence, it is interpreted that there exists significant difference in the aspiration level of judokas and boxers.

Further, the calculated value of 't' for judokas and wrestlers is 4.00 for df 38. In 't' Table, value at 0.01 level of significance is 2.71. As the calculated value is greater than the Table value, hence, it is interpreted that there exists significant difference in the aspiration level of judokas and wrestlers.

Furthermore, the calculated value of 't' for boxers and wrestlers is 1.74 for df 38. In the 't' Table, value at 0.01 level of significance is 2.71. This is less than the Table value 2.02 of 0.05 levels of significance. Hence, it is interpreted that boxers and wrestlers do not differ significantly in their level of aspiration.

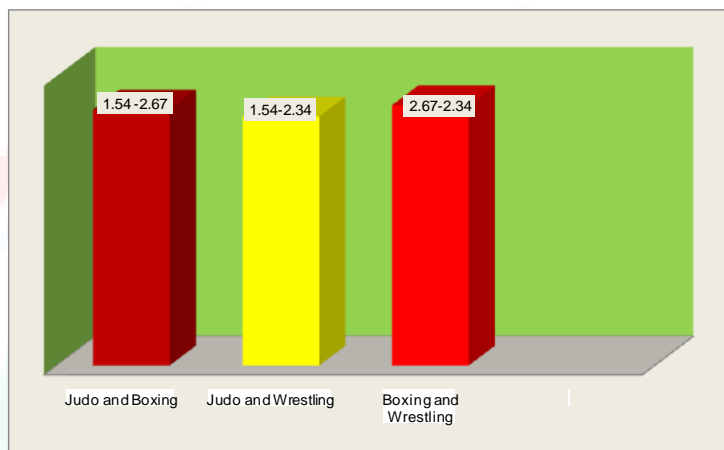


FIG.1 Mean scores/ mean values w. r. t. their different pairs of combinations of combative sports.

MAIN EFFECTS OF LEVEL OF PARTICIPATION

The calculated value for level of participation is 5.0 for df 1 and 54. In 'F' Table, values at 0.05 and 0.01 level of significance are 4.02 and 7.12 respectively. The calculated value is more than the value of 0.05 levels.

Hence, the hypothesis no.1 (b) "combative sportspersons do not differ significantly in the level of aspiration w. r. t. their type of participation level", is not retained at 0.05 level of significance.

Further 't' values were also calculated to test the significance of difference in aspiration level between inter college and inter university combative sportspersons.

Table 4 : 't' values w. r. t. level of participation of combative Sportspersons

| Levels | N. | Mean | SD | SED | 't' Value |
|------------------|----|------|------|------|-----------|
| Inter college | 30 | 2.15 | 0.44 | 0.10 | 2.70** |
| Inter university | 30 | 1.88 | 0.42 | | |

**significant at 0.01 level of confidence

The calculated value of 't' is 2.70 for df 58. In 't' Table, value at 0.01 level is 2.66. The calculated value is greater than the Table value. Hence, it is interpreted that there exists

significant difference in the level of aspiration of inter college and inter university combative sportspersons.

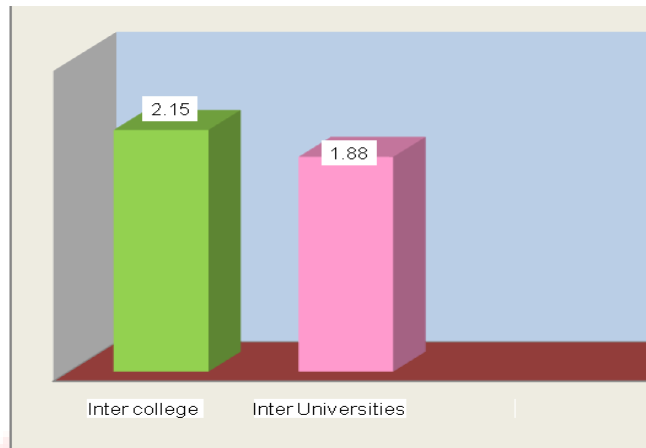


FIG. 2 Mean scores/ mean values w. r. t. their level of participation of combative sportspersons

INTERACTION EFFECT

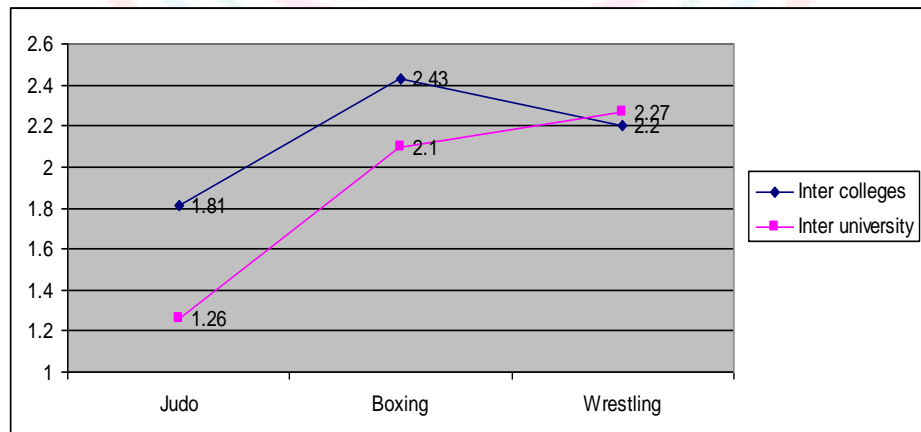
INTERACTION EFFECT OF SPORTS AND LEVEL OF PARTICIPATION:

Table 2, it is evident that the calculated value of interaction effect of type of sports and level of participation is 6.97 for df 2 and 54. In the 'F' Table, values are 3.17 and 5.01 at 0.05 and 0.01 levels of significance respectively. The calculated value of 'F' ratio is more than the Table value of 0.01 levels of significance.

Hence, the hypothesis no.2 "*combative sportspersons do not interact significantly towards the level of aspiration w. r. t. their type of sports and level of participation*", is not retained at 0.01 level of significance. Type of sports and level of participation interact significantly to some extent in level of aspiration.

The interaction effects of inter colleges and inter Universities level is shown in figure 3 as follows:

FIG. 3 Interaction effects of inter colleges and inter universities levels



CONCLUSIONS

- Sportspersons of judo, boxing and wrestling differ in their level of aspiration significantly.
- There exists significant difference in the aspiration level of judokas and boxers, judokas and wrestlers, whereas, boxers and wrestlers do not differ significantly.
- Significant difference exists in the level of aspiration at inter- college and inter-university levels.
- Type of sports and level of participation interact significantly to some extent in the level of aspiration.

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