

Self-actualization and confusion among hockey and football game players

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Abstract

Hockey and football group games are the most ancient forms of outdoor sports; these group games were basically played by children in the simplest form of attacking and defencing. The main objective of this study was to compare the self-actualization and confusion among hockey and football male players. To achieve the purpose of the study data was collected from sixty players of each game, who have represented different states in hockey and football games. The age of the subjects were ranging between 17-25 years. The data collected was treated with the statistical technique 't-test' and found there is a significant difference in self-actualization and confusion among hockey and football group Game Players.

Keywords: hockey, football, self-actualization, confusion

Introduction

Nature of human beings are competitive and aspire for excellence in every given field, even no exception to sports not only individuals but nations also wants to show their supremacy in the field of sports. This friendly rivalry has inspired and motivated all to sweat and strive to run faster, jump higher, throw faster, and exhibit greater strength, endurance and skill in the competition arena. The unpredictability of the outcome is the most captivating component of the sports and games, which has fascinated the human race since their inception. Sports and games helps in lighting our consciousness while purifying the mind. Sports are all about growing. The other enduring element of sports celebrated status in society is its ability to provide much needed impetus to the body by muscles. These are known to recharge the body by reinvigorating the physiological as well as psychological aspects of human beings. Sports acts as a great enabler in positive utilization of pent-up energy and consequently led to enhanced concentration. They tend to promote gregarious, social and enjoyable environment. Sports and games are the lifeline of living beings thereby priming them for the challenges posed by the nature and fellows competitions. One of the fascinated aspect of the sports is that consciousness and concentration is at the crest while playing or engaging in sports. During the past two decades sports psychology has emerged as a legitimate field of scientific enquiry. Researchers are afforded ample opportunity to observe, describe and explain the various psychological factors that influences diverse aspects of sports and physical activities. Hockey and football group games are the most ancient forms of outdoor sports; these group games were basically played by children in the simplest form of chasing and running.

Objective of the Study

The main objective of this study was to compare the anger and confusion mood state of national level Hockey and football players.

Methodology

To achieve the purpose of the study, data was collected from one hundred and twenty players, sixty from each game. Players have represented their respective Hockey and football games in intercollege level. The age of the subjects were ranging from 17-25 years. Subjects are randomly selected.

Statistical Technique

The collected data was analysed by using 't-test' statistical technique with the help of computer.

Results

Table 1: Mean value, standard deviation and 't-test' score of self-actualization among Hockey and football group game players.

Group	Number of players	Mean	S.D.	t-value
Hockey	30	64.10	13.13	7.54
Football	30	86.95	19.45	

Significant at 0.05 level.

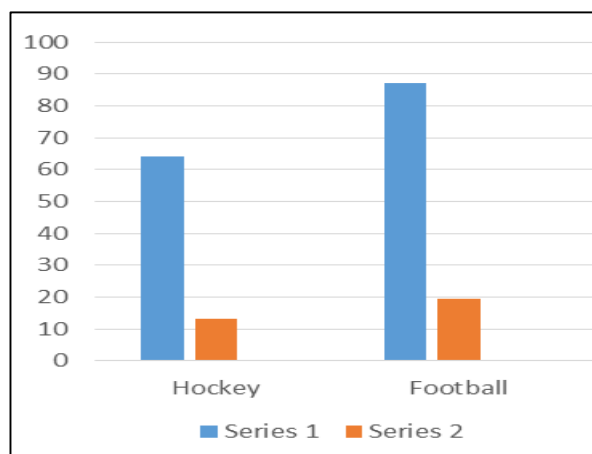


Fig 2: Mean value, standard deviation and 't-test' score of self-actualization among Hockey and football group game players

Table 2: Mean value, standard deviation and ‘t-test’ score of confusion among Hockey and football group game players.

Group	Number of players	Mean	S.D.	t-value
Hockey	30	64.10	13.13	7.54
Football	30	86.95	19.45	

*significant at 0.05 level.

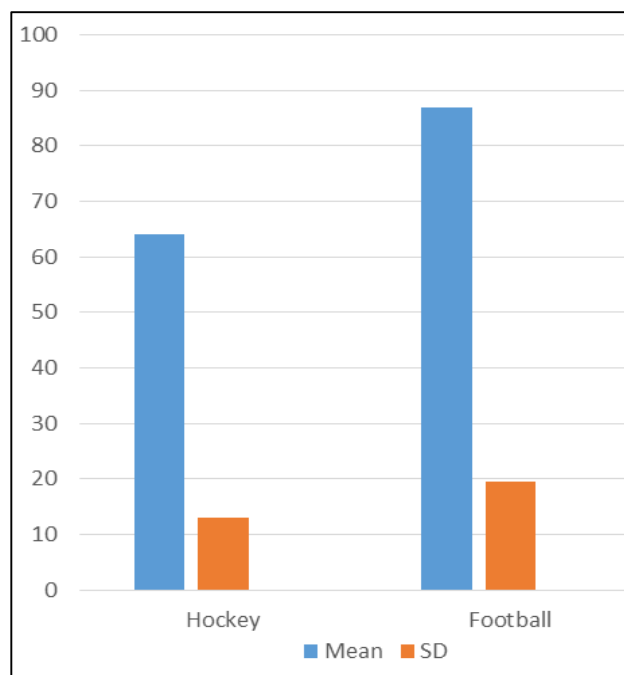


Fig 2: Mean value, standard deviation and ‘t-test’ score of confusion among Hockey and football group game players.

Discussion on Findings

There is a significant difference in will to win psychological aspect between hockey and football male players. In this psychological concept Hockey male players have shown more will to win determination than football players because when both the games are compared hockey players are having more movement and strategies than the football game.

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