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Comparative study of mental ability level of male and female players between individual and team games of Haryana

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Abstract

In the present study, an attempt has been made to compare the Mental ability level of male and female players between Individual and Team game Sports of Haryana. The study was carried out on 100 players (50 male and 50 female) players of Individual and Team game sports of Haryana. Only (Judo, Wrestling, Athletics) games were selected for the Individual sports and (Basketball, Cricket, Football) games were selected for Team games sports. Only Sirsa, Hisar and Rohtak District was selected for the study. For the study (Intelligence test of (S. Jalota) Questionner stop water, Scoring & Manual. (1972) was selected to measure the mental ability level. The Researcher find out that Male and Female players of Individual sports having high Mental ability level than the Male and Female Players of Team game Sports of Haryana.

Keywords: Mental Ability, Individual Game, Team Game, Haryana, Male, Female.

1. Introduction

In Today's world, it is rare to see individuals competing for pure pleasure, relaxation and innocent recreation. Many players are suffering from mental disabillence. Why can some athletes resist and disregard negative effect in competition while others let it influence and weaken their competitive performance. Physical Basis of Mental ability level is very important for a sports person life. A living human being is so obviously an active biological organic, that we often overlook the influence of his mental action in guiding or directing the bodily activities. In the past thinkers have been tempted at times, to treat the mental as irrelevant by product or they have shown but scant respect it obvious weakness, as its guidance or direction or easily whelmed by the vigor of bodily needs.

2. Purpose of the Study

Comparative study of mental ability level of male and female players between individual and team game of Haryana.

3. Method and Procedure

Total 100 players were selected for the study (50 male and 50 female) players of Individual and Team game sports of Haryana. The age ranged between 19 to 24 years. Only (Judo, Wrestling, Athletics) games were selected for the Individual sports and (Basketball, Cricket, Football) games were selected for Team games sports. Only Sirsa, Hisar and Rohtak District was selected for the study. Only (Intelligence test of (S. Jalota) Questionner stop water, Scoring & Manual. (1972) was selected to measure the mental ability level.

4. Result and Discussion

Table 1: Comparison of Mental Ability level of male players between Individual and Team sports Players of Haryana

Game	N	M ₁	S.D.	S.E.D.	t-value
Male(Individual)	25	15.3	10.99	1.605	2.11
Male(Team Game)	25	11.9	2.84		

Significance at 0.05 level

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According to Table 4.1 mean score of individual Male players of in Mental Ability test was 15.3 and 11.9 for male team Games sports. The S.D in Male players of individual sports is 10.99 and Male players of Team Games sports is 2.84., SED in Male players of individual and Team Games

players was 1.605 and the 't-ratio' in Male Individual and Team Games was 2.11. It means that the Male Individual sports person having high mental ability level than the Male team Games sports of Haryana.

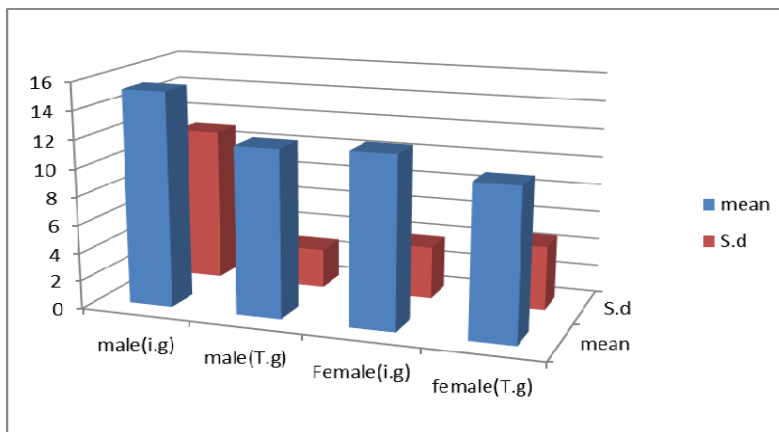
Table 2: Comparison of Mental Ability level of Female players Between Individual and Team Game Sports of Haryana

Game	N	Mean	S.D.	S.E.D.	t-value
Female (Individual)	25	12.14	3.78	0.84	1.73
Female (Team Games)	25	10.68	4.60		

Significance at 0.05 level

According to Table 4.2 mean score of individual Female Players in Mental Ability test was 12.14 and 10.68 for Female Players of team Games. The S.D in Female Players of individual Games is 3.78 and Female Players of Team Games is 4.60. The SED in Female players of Individual and

Team Games Players was 0.84 and the 't-ratio' in Female Individual and Team Games was 1.73. It means that the Female Individual sports person having high mental ability level than the Female team Games sports of Haryana.



Graph 1: Graphical Presentation of Mental Ability Level of male and Female players between Individual and Team Game of Haryana

5. Conclusion

It is evident from the study that Male and Female Players of Individual Sports of Haryana have High Mental ability than the Male and Female Players of Team Games Sports of Haryana.

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