



Psychological Behavior Before And After Competition For Senior Cricket Players In Telangana A Descriptive Statistics

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ABSTRACT

The sport of cricket provides numerous challenges, many of which are mentally demanding. It has long been of great interest to psychologists and sport athletes alike, the study of psychological behaviour in sport performance. A known stimulus or a novel stimulus provides no context for understanding psychological reactions. On the other hand, observing people displaying different levels of behaviour in the context of a sporting task can provide important psychological information. Historically, experiments employed a more reductive approach that dictated the type of research that could be done and limited the number of variables that influenced the findings. However, in order to gain a better understanding of psychological behaviour, research must now progress into methodological approaches that better mirror the specific setting in which behaviour is observed. An individual's psychological behaviour is the result of their adaptive actions, cognitions, and emotions, which is shown through the characteristics of their surroundings (i.e. dynamic). In order to achieve a specific performance goal, tests need to include relevant information to support the action, knowledge, and emotional states of the performers. This paper offers a study comparing the mental activity of senior Telangana cricket players prior to and after playing in a competition.

KEYWORDS: Cricket, Psychological information, Reductive approach, Cognition.

INTRODUCTION

Preparation and post-performance routines should be developed and refined to help senior Telangana cricketers prepare for perceived pressures in each game, including execution and how to debrief the same. Furthermore, ideal performance states (IPS) can be taught with mental, emotional, physical and technical components. Routines and IPS activities are like a comfort blanket, and while players cannot guarantee that they will be playing well at all times, they ensure players are always ready to play well, which increases self-confidence under pressure. Positive psychology research suggests that cricketers are much more likely than others to study success (individual and team). Every cricketer has strengths, although weaknesses cannot and should not be ignored, which should be highlighted and exploited during games. For example, every player has managed pressure successfully at some stage or another. You should study what worked what you did and what you thought about then and commit yourself to doing so.

First of all, I believe that it is important to define the parameters of the phenomena on which we focus. Your question refers to our psychological and emotional condition, our social well-being and how we feel about ourselves. This is not the same as psychological behaviour although mental and physical illnesses may lead to poor psychological behaviour. If we are psychologically resilient, we can deal with the challenges and stresses of our lives and take healthy decisions and so it's a red flag to feel mentally exhausted or overstretched, so your psychological behaviour needs attention. Our psychological and emotional health are closely related. Both help to feel confident in your value and abilities, to accept your weaknesses and strengths and to maintain a sense of meaning and purpose in life.

Psychological behaviour refers to a wide range of conditions affecting mood, thought and behaviour. It affects working at work, social conditions at home and examples include depression, anxiety, mood (including bipolar) disorders of personality, psychosis and substance abuse. Noteworthy features of psychological states include prolonged sadness or irritability, excessive anxiety, elevated moods, changes in eating and sleeping habits, or withdrawal from social activities. .

Although individual cases will likely reveal different triggers to psychological problems, the symptoms of burnout are all common among them, including emotional and physical exhaustion, devaluation of sport (cynicism about participating) and a reduced sense of accomplishment (failed expectations). In view of the multiple formats in which cricket professionals / elite players can play in the current season volume of participation and related training and schedule commitments are likely predictors of burnouts and therefore of psychological behaviour.

In addition to cricket volume I believe that the mental and attitudinal characteristics of the elite can have paradoxical and countervailing effects, such as a burning desire to succeed and avoid failure. For example, their obsession with perfection, scruples and egoism can also

undermine their psychological behaviour. There is also a dark side to resilience, i.e. to resilience, which is obvious in players, who push themselves over physical limits or do not own or deny injury or disease. Some players also suffer from emotional silence in their quest for excellence, expressing unfelt emotions in the service of the market-driven Gods of cricket.

Psychological security should take ambassadorial responsibility for preventive intervention, feeling comfortable speaking about psychological behaviour (and other) issues are critical for cricket operators and coaches and administrators. Of course, it is easier to talk about psychological behaviour and psychological conduct when resources are made available to cricketers. I am aware of the courtesy of the efforts of the respective actor unions, but I am not sure that it is in India (yet).

Causal attributes may be found to be associated with slumps. Cricket players from a wide range of sports who were at both national and international levels participated in a study, and it was found that an excessive amount of pessimism and a reduced capacity for explanation in their game can lead to increased downturns in performance and frequent emotional struggles. Cricket can thus experience a negative spiral of performance that intensifies its prior and steady explanatory beliefs. In line with the attribution theory, which states that people explain their failure using stable causes such as lack of skill, this reflects the personal point of view of a pessimist. These individuals believe that problems will be present long-term and have significantly lowered expectations of success.

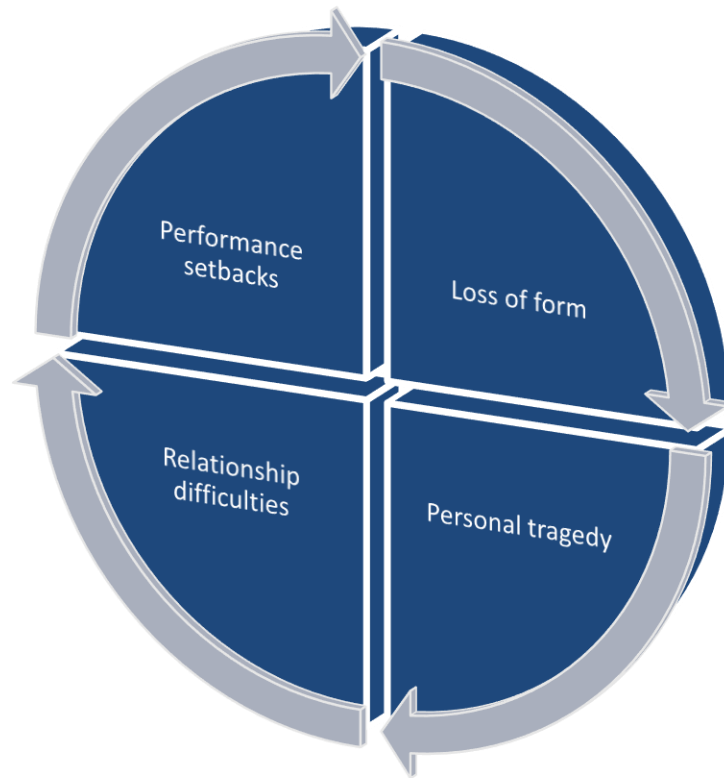


Figure 1: Pre and post psychological behavior of cricket players in Telangana

LITERATURE REVIEW

It was suggested by Abraham Lincoln, and others, that the purpose of this study would be to discover and examine momentum perceptions, which would apply to cricketers and sports coaches in sports psychology. The participants were all former Telangana Sports Association tournament participants. The data was gathered through three rounds of structured interviews, alongside member control for an extensive period of time. To augment the inductive content analysis, an inductive content analysis was completed. Based on a variety of real-life personal and emotional experiences, participants described a variety of triggers and results for their own personal and emotional momentum.

Guba et al, 2021, described methods for generating and sustaining a strong sense of positive mental momentum, and ways to cope with the damaging influence of negative mental momentum. Applicable results in team sports settings for coaches, physiotherapists, and sport psychology consultants will be examined. While there were no significant differences between the moods that contributed to whether a game was played at home or away, players who were fatigued exhibited significantly different emotions when playing. There were significant relationships between mood and behaviour (e.g. sleep and eating) and subjective

performance. The result of the match influenced the mood, leading to a loss of mood. Our findings show that the location of the game has no effect on mood and therefore does not explain the advantage at home.

RESEARCH METHODOLOGY

60 senior male cricket players (N=60) were deliberately selected from Telangana for the study. The subjects were between 20 and 30 years of age. The subjects were further divided into two experimental groups, namely psychological behaviour prior to competition and psychological behaviour following competition from senior cricket players in Telangana.

Variables:

Different emotions have been selected as the study variable for the sports competition.

Tools:

Since the study aimed at finding psychological behaviour and differences in sporting events anxiety among different groups of sportsmen; the questionnaire on Sports Competition Anxiety was used as a tool to evaluate the level of sporting competitive anxiety of different sportsmen and women.

Statistical procedure:

A one-way variance analysis (ANOVA) statistical test was employed to investigate the differences in the level of sports competition anxiety between two different groups. LSD post-hoc tests were used to assess the difference in significance between the media of different groups. SPSS version 30 was used to find the statistical results and the significant level was set at 0.6.

Descriptive statistics and analysis of variance tests among two groups, i.e. psychological behaviour pre-performance and psychological behaviour post-performance among senior cricket players in Telangana.

Experiment group 1: Psychological behavior before competition for senior cricket players in Telangana

Table 1: Descriptive statistics of three different groups

	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Pleasant emotions	20.31	1.71	.31	20.11	33.11
Physiological stress	21.33	1.12	.20	22.11	33.11
Negative or positive somatic emotions	22.34	2.17	.40	22.11	35.11

The table 2 displays the ANOVA test result.

Table 2: ANOVA table

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	211.34	3	41.13	20.77	.22
Within Groups	773.21	26	6.44		
Total	984.55	29			

The table 3 displays the multiple comparison test results

Table 3: Multiple comparison

(i) Different groups	(j) Different groups	Mean difference (i-j)	Std. Error	Sig.
Individual	Combative	-2.62*	.50	.111

	Team	-.74	.50	.25
Combative	Individual	2.62*	.50	.111
	Team	3.74*	.50	.111
Team	Individual	.74	.50	.22
	Combative	-1.74*	.50	.111
*. The mean difference is significant at the 0.6 level.				

Experiment group 2: Psychological behavior after competition for senior cricket players in Telangana

Table 4: Descriptive statistics of three different groups

	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Unpleasant emotions	23.53	3.91	.55	20.22	30.22
Depressive mentality	23.21	3.12	.42	20.22	30.22
Positive or negative emotions	21.38	4.39	.62	20.22	30.22

The table 5 displays the ANOVA test result.

Table 5: ANOVA table

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	400.467	4	241.144	22.99	.11
Within Groups	995.125	216	8.446		
Total	1395.592	220			

The table 6 displays the multiple comparison test results

Table 6: Multiple comparison

(i) Different groups	(j) Different groups	Mean difference (i-j)	Std. Error	Sig.
Individual	Combative	-2.62*	.72	.22
	Team	-.96	.72	.27
Combative	Individual	2.62*	.72	.22
	Team	2.96*	.72	.22
Team	Individual	.74	.72	.27
	Combative	-3.96*	.72	.22

*. The mean difference is significant at the 0.6 level.

RESULTS

Psychological behavior before competition for senior cricket players in Telangana

The descriptive statistics for the selected groups are shown in Table 1. The group was shown to have a mean anxiety of 20.31 with standard deviation of 1.71. It can also be seen that the individual group had an anxiety range of between 20 and 30. On the other hand, the fighting group shows a maximum mean anxiety, with a range between 20 and 33. The team group shows a median anxiety of 22.34 with a default of 2.17. The team group has a range of 11 to 24. Table 2 shows the result of ANOVA. The result indicates that the F value ($F=20.77$) between groups is significant as $p<0.6$ ($p=.111$), which means that the average anxiety differences of at least one pair of groups were significant. The result from Table 2 shows that the differences between the groups are statistically significant. Therefore, a post-hoc test was required to find out which groups were significantly different. There was a statistically significant difference between the individual group and the combative group in Table 3 ($p = 0.11$) and the combative group and group in Table 3 ($p = 0.11$). There was, however, no statistically significant difference between each group and team group. The results obtained in the current study differ slightly from other similar studies previously conducted.

Psychological behavior after competition for senior cricket players in Telangana

The descriptive statistics for the selected groups are shown in Table 4. The individual group had a mean anxiety of 21.38 with a standard deviation of 4.39. It can also be seen that the individual group had an anxiety range of between 20 and 30. The combative group shows the maximum average anxiety, however, and its range is between 20 and 30. The team group has a range of 11 to 24. Table 5 shows the result of ANOVA. The result shows that the F value ($f=22.99$) between the groups is significant as $p<0.6$ ($p=.11$), indicating that the mean anxiety of a minimum of one pair of groups differed significantly. The result from Table 5 shows that the differences between groups were statistically significant. Therefore, a post-hoc test was required to find out which groups were significantly different. The statistically significant difference between individual and combative group ($p = 0.11$) as well as combative group and team group ($p = 0.11$) is shown in table 6. There was, however, no statistically significant difference between each group and team group. The results obtained in the current study differ slightly from previous similar studies.

CONCLUSION

To help cope with intense pressure, players should use their mental faculties, including confidence, commitment, trust, control, and anxiety. During the education stage, players should know about the importance of psychological skills, as well as how they affect their performance. As a result, they should be more aware of the strategies and techniques required to improve those skills.

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