

## **Rational Impact of Psychological Training Program on Selected Variables of Psychological Skills Associated with Shooting Performance of Inter-Collegiate Players**

**Dr. Arvind Bahadur Singh**

Sr. Assistant Professor, Department of Physical Education, S.M. P.G. College, Chandausi, Sambhal, Uttar Pradesh, India

**Email:** arvindssingh007@gmail.com

**Kunwar Jai Singh**

Assistant Professor, Department of Physical Education, Shia P.G. College, Lucknow

**Email:** jaisinghsvm@gmail.com

### **Abstract:**

Sports psychology plays the essential role to bring about change in a person's or players behavior. It has often been observed that sportspersons work hard day and night for sports competition, they practice sports continuously so that they get first place in the respective Games. But as soon as the sports competition starts coming close, suddenly mental tension arise in them. Due to suffering from this mental disorder, the player starts to commit mistakes continuously, the result of which is all their hard work gets into the soil. The aim of study to find Rational impact of Psychological training program on selected variables of psychological skills associated with shooting performance of inter-collegiate players. The random sampling method was used to select the shooter as the subject. The age of subjects ranging between 18 > 25 years. Psychological skills assessment scale (PSAS), tested the Arousal regulation, Goal setting, Imagery, Motivation of the shooter. The level of significance was set at 0.05 in order to check the significance of the calculated correlation. The aims of study to investigate rational impact of Psychological training program on selected variables of psychological skills associated with shooting performance of inter-collegiate players.

The random sampling method was used to select the shooter as the subject. With the help of normal probability curve seven subjects were selected those who lies below the normal distribution. The age of subject between 18 to 25 years old and the training age was above then two years. All subjects participated in Inter-collegiate Shooting trial held at M.J.P.R. University, Bareilly.

The researcher used Descriptive statistics, Pearson product moments correlation statistical techniques for the analysis of this study. Data analysis was performed using SPSS 17.0 software under windows. The results shown as following: The correlation between variable arousal with goal setting was found was moderate relationship. There is also correlation between variable arousal with imagery was weak relationship. The correlation between variable arousal with motivation was found negative. The correlation between variable goals setting with arousal regulation was found was weak relationship. The correlation between variables goal setting with imagery was found very weak negative relationship correlation between variables goal setting with motivation was found negative and weak. The result is specified that relation between motivation and arousal regulation was very weak relationship and there was not a significant correlation at the 0.05 l. The result is specified that correlation between motivation and goal setting was weak negative relationship. The correlation between variables motivation with imagery was found was weak negative relationship.

**Keywords:** Goal setting, Imagery, Motivation, Psychological skills

## 1. Introduction

Psychology touches almost every aspect of our lives. Psychology has assumed an increasingly important role in solving human problems. Knowledge of Psychology is helpful events to people who do not plan to pursue it as a carrier. Studying Psychology provides insight into why people behave as they do. It also helps us better understanding our own thoughts, feelings behavior and attitudes and hopefully, it can strengthen our appreciation of and tolerance for the wide differences diverse and fascinating field-one that delves into virtually every aspects of the human behavior. Psychology is a science that systematically studies the observable human behavior and its relation with the unseen mental process which go on inside the organism as well as external events in the environment. The primary aim of psychology it is to find the laws which relate Behavior to situation, conditions and other behaviors.

All sport and exercise participants fall victim to mistakes and mental letdowns. Mental and emotional components often overshadow the purely physical and technical aspects of the performance. To overcome this, one must become equally fit both mentally and physically; an

individual's success or failure in the sport and exercise arena lies in the ability of the individual to practice both physical and mental skills.

## 2. Materials and Method

The random sampling method was used to select the shooter as the subject. With the help of normal probability curve seven subjects were selected those who lies below the normal distribution. The age of subject between 18 to 25 years old and the training age was above then two years. All subjects participated in Inter-collegiate Shooting trial held at M.J.P.R.University, Bareilly. To assess the significant contribution of psychological training towards shooting performance, by means of various mental skills preparation methods providing training in Relaxation, Imagery, concentration, and Goal setting are the important factors. In the Present Study the following Psychological Skills- Arousal regulation, Imagery, Motivation and goal setting were used for the purpose of the study.

**Table 1. Show that the selected variables and abbreviation of the present study.**

S. No.	Selected Variables	Abbreviations
1.	Arousal Regulation	AR
2.	Goal Settings	GS
3.	Imagery	IM
4.	Motivation	MT

## 3. Statistical Techniques

The researcher used Descriptive statistics, Pearson product moments correlation statistical techniques for the analysis of this study. Data analysis was performed using SPSS 17.0 software under windows.

**Table 2: Distributive Statistics of Selected Variables of Psychological Skills Training Program**

S. No.	Variables	Min.	Max.	Mean	Std. Deviation
1.	Arousal	12.0	20.0	16.000	3.2146
2.	Goal Settings	8.0	13.0	10.429	2.0702
3.	Imagery	14.0	19.0	16.714	1.7995
4.	Motivation	5.0	15.0	12.429	3.4572

As per table 2 it precise that the selected variable namely Arousal the mean value and SD was found  $16.000 \pm 3.2146$ , variable namely Goal Setting the mean and SD value were  $10.429 \pm 2.0702$ , variable namely Imagery the mean and SD were  $16.714 \pm$  SD is 1.7995, variable namely Imagery the mean and SD were  $16.714 \pm$  SD is 1.7995, variable namely Motivation the mean and SD value were found  $17.486 \pm 1.2724$ .

Table 3

## Correlation between Selected Variables of Psychological Skills Training Programme

S. No.	Variable	Between variables	Correlation (r)	$\rho$	Evaluations
1.	Arousal	AR vs GS	.576	.176	Moderate
		AR vs IM	-.317	.489	Weak
		AR vs MT	.081	.862	Weak

*Correlation is significant at the 0.05 level (2-tailed)*

As shown in table 3 the correlation between variable Arousal with Goal setting was found ( $r = .576$ ,  $\rho > 0.05$ ). The result is specified that which was moderate relationship but was not a significant correlation at 0.05. Correlation between variable Arousal with Imagery was found ( $r = -.317$ ,  $\rho > 0.05$ ). The result is specified that which was weak relationship and not a significant correlation at 0.05. Correlation between variable Arousal with Motivation was found ( $r = .081$ ,  $\rho > 0.05$ ).

Table 4

## Correlation between Selected Variables of Psychological Skills Training Programme

S.No.	Variable	Between variables	Correlation (r)	$\rho$	Evaluations
1.	Goal Setting	GS vs AR	.375	.407	Weak
		GS vs IM	-.031	.948	Strong
		GS vs MT	-.731	.062	Very Weak

\* *Correlation is significant at the 0.05 level (2-tailed)*

According to the table 5 the correlation between variable Goal setting with Arousal regulation was found ( $r = .375, \rho > 0.05$ ). The result is specified that which was weak relationship and there was not a significant correlation at the 0.05 level. The result. Similarly, the correlation between variables goal setting with Imagery was found ( $r = -.031, \rho > 0.05$ ). The result is specified that which was very weak negative relationship and there was not a significant correlation at the 0.05. Correlation between variables goal setting with Motivation was found ( $r = -.731, \rho > 0.05$ ).

**Table 5****Correlation between Selected Variables of Psychological Skills Training Program**

S.No.	Variable	Between variables	Correlation (r)	$\rho$	Evaluations
1.	<b>Motivation</b>	MT vs AR	.277	.548	Weak
		MT vs IM	-.829	.021	Very St
		MT vs GS	.264	.568	Weak

\* Correlation is significant at the 0.05 level (2-tailed)

As per above table 5 the correlation between variables Motivation with Arousal Regulation was found ( $r = .277, \rho > 0.05$ ). The result is specified that which was very weak relationship and there was not a significant correlation at the 0.05 level. The correlation between variables Motivation with Goal Setting was found ( $r = -.264, \rho > 0.05$ ). The result is specified that which was weak negative relationship and there were not a significant at the 0.05. The correlation between variables Motivation with Imagery was found ( $r = -.264, \rho > 0.05$ ). The result is specified that which was weak negative relationship and there were not a significant at the 0.05.

**4. Discussion and Findings**

The results shown as following:

1. The correlation between variable Arousal with Goal setting was found was moderate relationship but was not a significant correlation at 0.05.
2. There is also Correlation between variable Arousal with Imagery was (weak relationship and not a significant correlation at 0.05. The Correlation between variable Arousal with Motivation was found negative.

3. The correlation between variable Goal setting with Arousal regulation was found was weak relationship and there was not a significant correlation at the 0.05 level.
4. The correlation between variables goal setting with Imagery was found very weak negative relationship and there was not a significant correlation at the 0.05.
5. Correlation between variables goal setting with Motivation was found negative and weak.
6. The result is specified that relation between motivation and arousal regulation was very weak relationship and there was not a significant correlation at the 0.05 | The result is specified that correlation between motivation and goal setting was weak negative relationship and there were not a significant at the 0.05.
7. The correlation between variables Motivation with Imagery was found was weak negative relationship and there were not a significant at the 0.05.

## 5. Recommendation

This is recommendation for further investigations as follows.

- i). Identical research studies may carried out to examine relationship between other psychological variables like Mindfulness, Tension, Anxiety, Team cohesive etc.
- 2). it may carry out similar research studies on other games and sports.
- 3). It may be useful coaches and sports psychologists because psychology skills training programme makes a great contribution to the sports excellence.

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