

# A COMPARATIVE STUDY OF PSYCHOLOGICAL SKILLS IN HANDBALL PERFORMANCE BETWEEN SUCCESSFUL AND NON SUCCESSFUL TEAMS

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**ABSTRACT:** *The main purpose of the study was to compare the athletic coping skills between the players of successful and non-successful Handball Team. To achieve the purpose, a total of 80 Handball players (successful team players= 40, and non-successful team players= 40) were selected randomly from the affiliated colleges of Kerala University, Kerala. The age of the subject were ranged from 20-25 years. The players of successful and non successful handball Team according to the position in the Kerala University Intercollegiate Handball Tournament during the year 2013. The athletic psychological skills such as Confidence & Achievement Motivation, Peaking under pressure & concentration were selected as criterion variables for the study. Athletic coping skills were measured through athletic coping skills inventory -28 (ACSI-28) questionnaires, and it was developed by Smith et Al in the year of 1995. Static group comparison design was used. All the subjects were tested on selected criterion variables. The collected data were statistically analyzed by using independent 't' ratio. The level of significance was fixed at .05 level of confidence for all the cases to test the hypotheses. In conclusion, there was a significant difference exists between successful and non successful handball players on peaking under pressure there was a no significant difference exists between successful and non successful handball players on confidence & achievement motivation, concentration. Successful handball players were found strong in all selected athletic coping skills when compared to non successful handball players.*

**Keywords:** *Analysis, Psychological Skills, Successful and Non Successful team, Handball.*

## **INTRODUCTION**

Many psychological factors have direct relation with competitions whether the game is success or failure. Modern man lives in a mental world in which the important skills and success based on his psychological makeup. Various factors have been isolated which are responsible for the excellence in sports. Apart from better training, good equipments, proper atmosphere, some other factors which play an important role at the time of competition at any level in all sports. Psychological factors such as mental depression, mental imagery, anxiety, self confidence and concentration (**Kamlesh, 2007**).

Handball is a game of skill. But it's also a game of athletic ability and movement. To be a good player, not only do you have to know the game and have good handball skills, but you also have to be extremely agile. Improving your ability to move quickly around the court and you'll be a better player. The game is all about movement: whether it's driving by a player on offense, sliding to defend a dribbler, or going after a loose ball...increasing your quickness and agility gives you an edge over the competition.

Handball is a game of movement. But it's also a game of stops-and-starts. Think about a typical trip down the court as an offensive player: sprint to the offensive end of the floor, hustle 10 or 12 feet across the court to set a screen, roll to the basket, make a quick move to get open to catch a pass, pass and screen away, cut to the basket for a potential offensive rebound. It's all about footwork, movement, mobility. The defensive end of the floor requires equal (or even greater mobility and agility) (“**Handball is**”, 2011).

### **PURPOSE OF THE STUDY**

The purpose of the study was to compare the athletic Psychological skills confidence & achievement motivation, peaking under pressure, & concentration between successful and non- successful handball players.

### **METHODOLOGY**

To achieve the purpose of this study, 80 Male Handball players were selected randomly from the Kerala University Intercollegiate Handball Tournament. Their age ranged from 20 to 25 years. The selected participants were randomly divided into two groups such as Group ‘A’ ‘Successful Handball Players (N=40) and Group ‘B’ Non Successful Handball Players (N=40) according to the position secured in the Kerala University Intercollegiate Handball Tournament during the year 2013. Item developed Questionnaire method was adopted as a tool to collect data on athletic coping skills for this investigation. Athletic coping skill was measured through Athletic Coping Skills Inventory-28 (ACSI-28) Questionnaire, and it was developed by Smith et al in the year of 1995. Data collected from the survey was transferred from paper questionnaire directly into a computer manually by the primary investigator, and then the data were read and analyzed using SPSS version 17.0. Static group comparison design was used. All the subjects were tested on selected criterion variables. The collected data were statistically analyzed by using independent t-ratio. The level of significance was fixed at .05 level of confidence for all the cases to test the hypothesis.

### **STATISTICAL ANALYSIS OF DATA**

**TABLE – I: Summary of Mean and Independent ‘t’ Test on Confidence and Achievement Motivation of Successful and Non-Successful Handball Players.**

<b>Group</b>	<b>Number</b>	<b>Mean</b>	<b>Standard Deviation</b>	<b>‘t’ value</b>
Successful Handball Players	40	10.42	2.54	0.19
Non-Successful Handball Players	40	10.33	2.18	

Table value required for significance at .05 levels for ‘t’ with 78 is 1.99.

From the table I, the mean values of successful and non-successful handball players were 10.42 and 10.33 respectively, since the obtained ‘t’ test value is 0.19 which is lesser than table value of 1.99 with df 78 at 0.05 level of confidence. It was concluded that there was no significant difference exists between successful and non-successful Handball players on confidence and achievement motivation. However successful Handball players were found strong confidence and achievement motivation when compared to non-successful Handball players. The mean values of successful and non-successful Handball players on confidence and achievement motivation were graphically represented in figure I.

**TABLE – II: Summary of Mean and Independent ‘t’ Test on Peaking Under Pressure of Successful and Non-Successful Handball Players.**

Group	Number	Mean	Standard Deviation	‘t’ value
Successful Handball Players	40	10.43	2.33	1.43*
Non-Successful Handball Players	40	9.68	2.35	

\*Significant at .05 Level. Table value required for significance at .05 levels for ‘t’ with 78 is 1.99. (Peaking under pressure was scored in numbers).

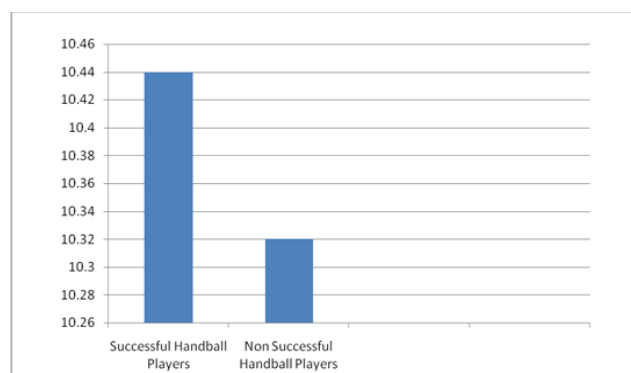
From the table II, the mean values of successful and non-successful handball players were 10.43 and 9.68 respectively, since the obtained ‘t’ test value is 1.43 which is greater than table value of 1.99 with df 78 at 0.05 level of confidence. It was concluded that there was a significant difference exists between successful and non-successful Handball players on peaking under pressure. However successful Handball players were found strong peaking under pressure when compared to non-successful Handball players.

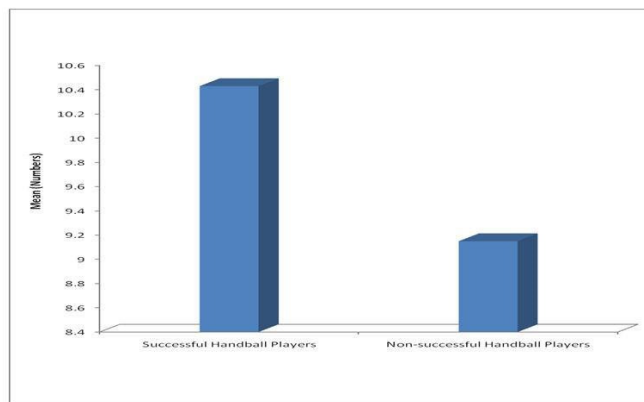
**TABLE – III: Summary of Mean and Independent ‘t’ Test on Concentration of Successful and Non-Successful Handball Players.**

Group	Number	Mean	Standard Deviation	‘t’ value
Successful Handball Players	40	11.6	2.37	1.97
Non-Successful Handball Players	40	10.43	2.93	

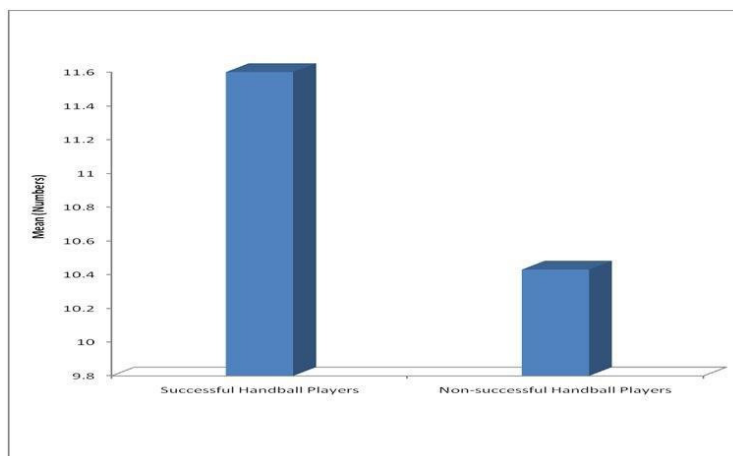
Table value required for significance at .05 levels for ‘t’ with 78 is 1.99. (Concentration was scored in numbers).

From the table III, the mean values of successful and non-successful handball players were 11.6 and 10.43 respectively, since the obtained ‘t’ test value is 1.97 which is lesser than table value of 1.99 with df 78 at 0.05 level of confidence. It was concluded that there was no significant difference exists between successful and non-successful Handball players on concentration. However successful Handball players were found strong concentration when compared to non-successful Handball players. The mean values of successful and non- successful Handball players on concentration were graphically represented in figure III.

**Figure - I: Mean Values of Successful and Non-Successful Handball Players on Confidence and Achievement Motivation.**



**Figure - II: Mean Values of Successful and Non-Successful Handball Players on Peaking Under Pressure.**



**Figure III: Mean Values of Successful and Non-Successful Handball Players on Concentration**

## **CONCLUSIONS**

1. There was no significant difference between successful and non-successful Handball players on confidence & achievement motivation.
2. There was a significant difference exists between successful and non-successful Handball players on peaking under pressure.
3. There was no significant difference between successful and non-successful Handball players on confidence.

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