

"A Comparative Study Of Will To Win Among Individual And Team Games Female Players Of Punjab"

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INTRODUCTION

The ability to do whatever is necessary in life to achieve your goals in life, sports, or any endeavour you undertake. The will to win is a phrase held by only those who truly believe in the will to do something that others believe one cannot do. Sports performance in various games and activities of life are influenced by many factors such as Physique, level of motor ability, technique lactic, psychological availability etc. When we are talking about psychological scope behind any performance during games may influence by many factors like aggression anxiety motivation stress personality individual difference etc. Will to win is also one of the important psychological aspects which may affect the results of any game or competition.

Will TO WIN

Will to win is important in youth sports; at the other extreme is the belief that will to win is the only a thing. A healthy perspective is probably somewhere between these two beliefs. The importance of will to win has been considered virtually by every adult involved in youth sports. Unfortunately, glib clichés may interfere with a thoughtful consideration of the problem. Clearly, there can be too much emphasis on will to win however, those who advocate the position that will to win is not important often miss the point that without an attempt to win the contest, the activity is no longer sport. The essence of sport is striving to win; without that attempt, the activity is of a different nature. For example, if two athletes of dramatically different skill levels are playing tennis, often the superior athlete will begin to teach the less skilled athlete. While admirable, teaching is not sport. Two individuals on a golf course who are more interested in being together as friends change the situation from competitive sport to a social interaction. Coaches should realize that while Will to win is an essential part of sport, youth sports have many other, complementary goals. A key point is to acknowledge that while will to win is an important part of sport, it must be kept in perspective with the other valuable aspects of youth sports such as social development, fun, fitness, etc.

Below are a few points which might be considered in a discussion of the importance of will to win in youth sports. Robert Herjavec,(2013)

The Will to win always builds confidence in players. The old cliché that "Show me a loser and I'll show you a loser" is often cited here. Will to win build confidence especially when that will to win represents a true accomplishment; (i.e., I've beaten a worthy opponent).

There is a strong relation between will to win and team spirit. The research has not yet established if will to win fosters team spirit or if team spirit fosters will to win. Intra-squad competition often produces better performance with lowered levels of team spirit. That is, "will to win" a spot on the starting line-up at the expense of a teammate may create more turmoil within the team if fairness and equal opportunity are not perceived by the majority of team members. **STATEMENT OF THE PROBLEM**

"A COMPARATIVE STUDY OF WILL TO WIN AMONG INDIVIDUAL AND TEAM GAME FEMALE PLAYERS OF PUNJAB"

OBJECTIVES OF THE STUDY

1. To compare the will to win among female players of Punjab.

DELIMITATIONS OF THE STUDY

1. The study is delimited to the female players of Punjab only.
2. The study is delimited to the age group of eighteen to Twenty-eight years.
3. The study is delimited to players of team games basketball, handball, hockey and individual game athletics, boxing, wrestling only.
4. The study is delimited to the players who had participated at

a state and inter-University level.

TOOLS USED

_Will to win Questionnaire prepared by Kumar and Shukla year1998

STATISTICAL TECHNIQUE

t test is used to compare the individual and team games players of Punjab. Data is analysed to SPSS.

COLLECTION OF DATA

The researcher collected the data from 900 female players of Punjab from the different games like basketball, handball, hockey, athletics, boxing, wrestling only of different participation. Data is collected by using will to win Questionnaire constructed by Kumar and Shukla year1998

RESULT AND FINDINGS

Significance of will to win score between individual and team games female player using independent t-test

Table 1 Comparison of will to win between the female players of team and Individual games.

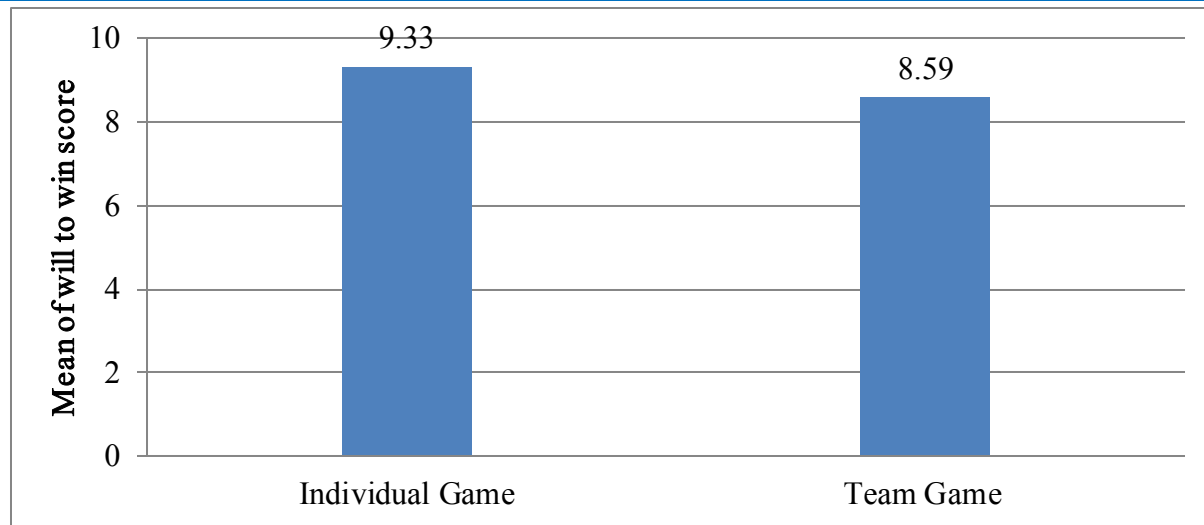
Individual Game (n=450)		Team Game (n=450)		t value	df	p value
Mean	SD	Mean	SD			
9.33	1.49	8.59	1.86	6.53	898	0.00*

*Significant at 0.05 level

Table 1 Represent the comparison of the will to win score between female team and individual game. Mean and SD of the female individual game was reported as 9.33 and 1.49 whereas Mean and SD of the team games female was 8.59 and 1.86 respectively. The result of the study shows the team game players were found to be significantly more confident ($t=6.53$, $p<0.00$) as compare to individual game players

Figure 1.

Figure 1: Showing the mean comparison of will to win score between Individual and Team Game female players



CONCLUSION

Study concludes that individual players are having more ability of will to win comparative to team game players of Punjab.

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