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CERTAIN PSYCHOLOGICAL CHARACTERISTICS OF ADVENTURE SPORTS TRAINER

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ABSTRACT

The study analysed the certain psychological characteristics of adventure sports trainers For the purpose of the study twenty five (N=25) male adventure sports trainers age group was between 25-35 years from Tamilnadu state were certain. Three psychological variables (Self-confidence, Anxiety, and Aggression) were certain for the study. The SCAT questionnaires were used to find out the result and ratio was used to analyse the difference in psychological characteristics among adventure sports trainers The study found that the self-confidence of adventure sports trainers is high and also they are aggressive and anxious. The data which was collected from the subjects were treated statistically. F ratio was used to analyse the difference in psychological characteristics among adventure sports trainers The level of significance chosen was 0.05 level of confidence throughout the study to determine the significance different with 14 degree of freedom. The F ratio obtained found to have significant difference among self-confidence, aggression and anxiety. The Scheffe- Posthoc was used to found out the significant differences for Multiple Comparisons of self-confidence, aggression and anxiety.

Key words: Self Confidence, Anxiety, Aggression and adventure sports.

INTRODUCTION

Adventure sports have obtained both significant profile and following during recent years. The definition of what constitutes an adventure sport is fluid, as new sports are introduced on a regular basis; all adventure sports tend to produce a profound surge of excitement in the athlete(an —adrenalin rush!), while requiring the athlete to assume significant physical risks. As a general rule, an adventure sport will require the athlete to perform at a high rate of speed, where the athlete is subject to significant effects of gravity, or where the athlete is exposed to special dangers due to the performance of a stunt with limited, or no, safety equipment. The adventure sports tend to place less emphasis upon formal coaching and training, due to their appeal to individual athletes. It is both a hallmark and an attraction of the extreme sports that a novice to the particular sport can participate very soon after their introduction to the activity. Another distinguishing feature regarding the sports included in the adventure sports category is the nature of the equipment required by the athlete. Most of the equipment is relatively simple to operate, such as a skateboard, bungee cord, or wakeboard; in some sports, a simple piece of equipment is used in conjunction with a mechanized device, such as a tow boat or other transportation. India has come up as a popular destination for adventure sports in the world in there cent times. Any adventure traveler in Indiawill gets immense opportunities which will result into a varied experience. Adventure sports in India are varied due to the diverse topography of India. The major adventure sports in India include para-gliding, rafting, mountaineering, trekking and scuba diving. The northern part of India offers enough opportunities for mountaineering, paragliding, trekking, skiing as well as river rafting. The southern part of India is known for different types of



water sports. If you enjoy scuba diving and snorkeling, Lakshadweep and Andaman and Nicobar Islands are the best places for you to visit.

METHODOLOGY

Subjects for the purpose of the study twenty five (N=25) male adventure sports trainers between 25-35 years from Tamilnadu state were certain. Variables and Tests A feasible analysis to which of the important variables would be taken for the investigation was made in consultation with supervisor and experts keeping in mind the availability of equipments, subject available and the suitable time that would be devoted for the test as well as to keep the entire study integrated and the following Psychological variables and their appropriate questionnaire were certain.

Collection of data table I

S.No	Psychological Variables	Tools
1	Self Confidence	Phillip David's self-confidence inventories
2	Aggression	Tiwari and Chauhans Aggression test
3	Anxiety	SCAT

The research scholar took the permission from the concerned adventure sports organizations, so that he could interact with the adventure sports trainers during the resting hours. Questionnaires were distributed to each instructor of the organization and research scholar explained the questions/ statements clearly to them. The subjects were made to understand that it was not a group study and it was purely an individual assessment. The subject were remained not to cause delay in answering the questions but to give immediate response and to pass on the next question. Before collecting the questionnaire back, attempts were made to check whether the name, age and state has been filled in and all questions were answered.

ANALYSIS OF RESULT AND DISCUSSION

The data which was collected from the subjects were treated statistically. F ratio was used to analyse the difference in psychological characteristics among adventure sports trainers The level of significance chosen was 0.05 level of confidence throughout the study to determine the significance different with 14 degree of freedom.

Discussion

The finding of the study reveals that the mean value of self confidence is high than that of anxiety and aggression among adventure sports trainers The F ratio obtained found to have significant difference among self-confidence, aggression and anxiety. The Scheffe-Posthoc Multiple Comparisons of self-confidence, aggression and anxiety had found to be significant at 0.05 levels. Adventure sports are an activity which requires various physical and psychological qualities. This sport involves much difficulties and risk. Confidence is an essential psychological element that should be possessed by any adventure sports person. Without this quality he will not be able to take

risky activities. It may be the reason that in the findings of the study proves that self-confidence dominates among other psychological qualities like anxiety and aggression. Due to the lack of related literature based on proposed study, researcher lined his finding to the study by Hays, K., Thomas, O. and Maynard, I.2009, on the effect of sports confidence on performance were it was found that the sports confidence felicitated a positive effect on athlete's thoughts, feelings and behaviours as same as found in the present study.

CONCLUSION

On the basis of the results of the study, the following conclusion has been drawn The adventure sports trainers have high Self-confidence. The adventure sports trainers are Aggressive and Anxious.

Table II - Descriptive Analysis on Psychological Variables of Adventure Sports Trainers

Psychological Variables	N	Mean	Std. Deviation	Minimum	Maximum
Self Confidence	25	26.9200	2.51529	23.00	31.00
Aggression	25	21.5200	3.45350	14.00	28.00
Anxiety	25	18.7200	2.65393	14.00	23.00

It is observed from table I that the mean value of self confidence is high (26.9200)than that of anxiety (18.7200) and aggression (21.5200) among adventure sports trainers. The standard deviation found to be 2.51529, 3.45350 and 2.65393respectively

Figure 1
Comparison of mean score on Certain Psychological Variables Adventure Sports Trainers

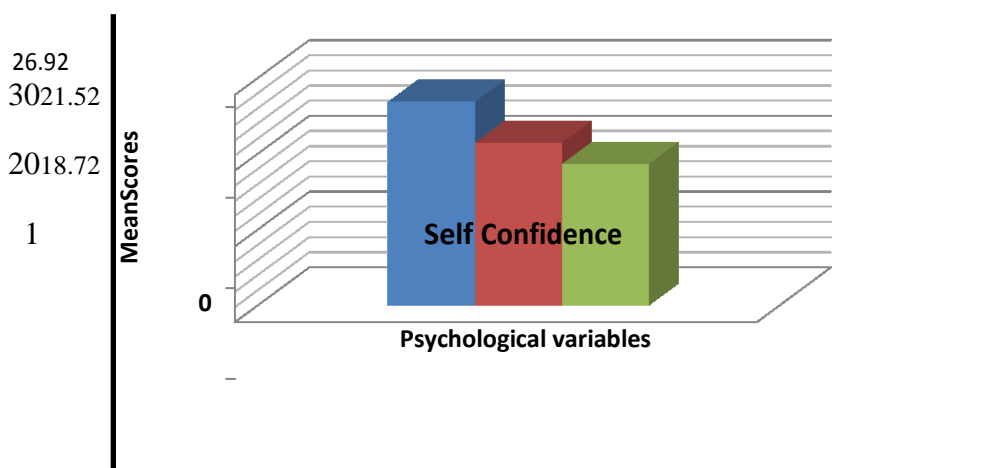


Table III - Analysis of covariance of certain Psychological Variables of Adventure Sports Trainers

Source	Ss	Df	Ms	F
Between	868.667	2	434.333	51.509*
Within	607.120	72	8.432	
Total	1475.787	74		

*Significant at 0.05 level of confidence

Table IV- Post-Hoc Analysis on Adventure Sports Trainers

Psychological variables		Mean Difference	Sig.
Self Confidence	Aggression	5.40000*	.000
	Anxiety	8.20000*	.000
Aggression	Self Confidence	-5.40000*	.000
	Anxiety	2.80000*	.005
Anxiety	Self Confidence	-8.20000*	.000
	Aggression	-2.80000*	.005

*The mean difference is significant at the 0.05 level.

From the Post-hoc analysis in Table IV it is clear that all the mean difference values when each mean value was compared with the other were found to be significant at 0.05 level.

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