



## **RELATIONSHIP OF PSYCHOLOGICAL VARIABLES ON THE PERFORMANCE OF SWIMMERS**

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### **ABSTRACT**

This purpose of this study was to investigate the relationship of stress and anxiety on the performance of college male swimmers. The study was conducted on 30 male swimmers belonging to different district who participated in the University of Rajasthan inter-colligate swimming championship which was held at I.C.G. International College for Girls Mansarovar, Jaipur. The entire subject gave performance in 50m and 100m free style events. The subjects were selected randomly out 100 male swimmers and age ranged between 16-25 years. Stress was measured by SPSSI (Singh Personal Stress Source Inventory). Anxiety was measured with the help of C.A (Comprehensive Anxiety) Test the score of the subjects was used as there performance. T test was applied to compute the significances among two groups. The significance of data was judged at 0.05 level of confidance. The result of the study indicates they were not significant which show they have no effect on the performance of swimmers.

**INTRODUCTION**

Psychology can help in achieving the sports excellence by the sports person. Role of psychology in selection of training, rehabilitation and training materials would have been laid on pointing out that psychology and sports coverage at the same point excellence sports can be maximally obtained by developing appropriate strategies. Swimming which was consider to be only a surgical activates, has now developed in to one of the most popular competitive sports at the international and Olympic level. Stress in defined as an organism's total response to environmental demands or pressures. When stress was first studied in the 1950s, the term was used to denote both the causes and the experienced effects of these pressures. More recently, however, the word stressor has been used for the stimulus that provokes a stress response. One recurrent disagreement among researches concerns the definition of stress in humans. Anxiety is an unpleased emotional state in which a present and continuing desire or drive seems likely to miss its goal, a fusion of fear with anticipation of future evil, marked a continuous fear of low intensity. A feeling of threat, especially of a fear some threat, without the person's being able to say what he thinks and threatens. A certain amount of anxiety is needed for peak performance.



## **OBJECTIVES OF THE STUDY**

The objective of the study is to find out the relationship of psychological variables on the performance of college male swimmers.

## **HYPOTHESIS**

It was hypothesized that there would be significant difference in psychological variables on the swimming performance.

## **METHODOLOGY**

Thirty (30) male swimmers belonging to different district who participated in the University of Rajasthan inter-colligate swimming championship which was held at I.C.G. International College for Girls Mansarover, Jaipur. The subject gave performance in 50m and 100m free style events. The subjects were selected randomly out 100 male swimmers and age ranged between 16-25 years.

## **SWIMMING PERFORMANCE**

Note down the timing of subjects for 50 mts. and 100 mts from organizers of respective events. The performance of the subjects was recorded to the nearest, 1/100 of a second. The



researcher in consultation with swimming experts established a point based system as per the timing of the respective swimmer.

## **STRESS**

Stress was measured by SPSSI (Singh Personal Stress Source Inventory) the score of the subjects was used as there performance.

## **ANXIETY**

Anxiety was measured with the help of C.A (Comprehensive Anxiety) Test the score of the subjects was used as there performance.

## **STATISTICS USED**

To study on relationship of psychological variables on the performance of swimmers. T-test was applied at 0.05 level of confidance to find out the relationship stress and anxiety on the swimming performance.



## RESULT AND DISCUSSION

**TABLE: T- TEST ON THE PERFORMANCE OF SWIMMERS WITH THE  
PSYCHOLOGICAL VARIABLES**

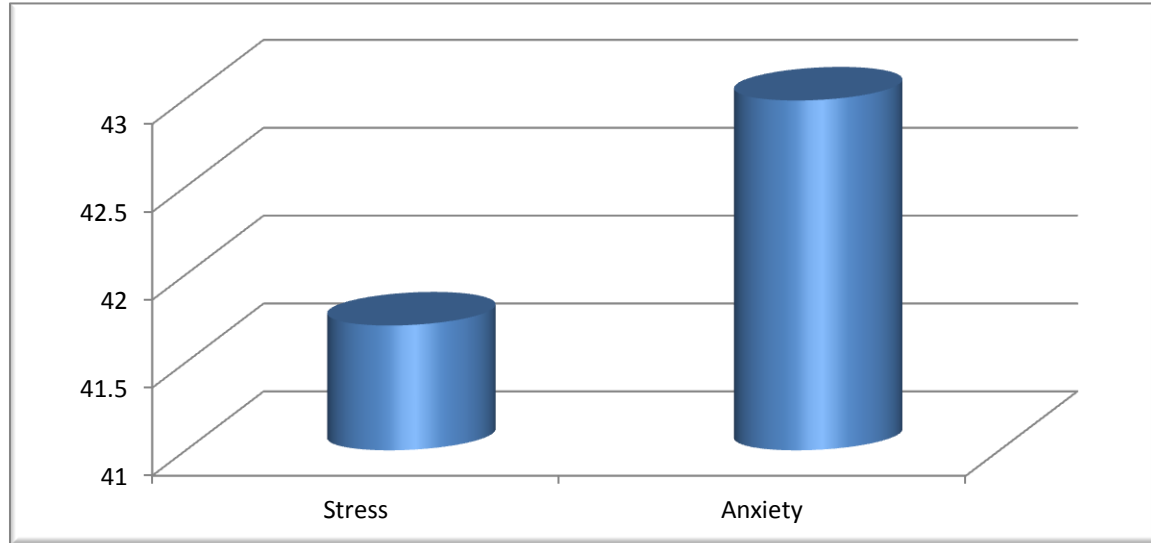
S.No.	Variable	Mean	Df	T-Ratio
1.	Stress	29.5	29	41.71
2.	Anxiety	28.96	29	42.99

**\*significance at 0.05 level of confidence**

**Table 1** indicates the mean, and T-ratio of 50m Performance of Swimmers with the psychological variables. The mean values were 29.5 for stress and 28.96 for anxiety. The obtained T-ratio for these values was 41.71 for stress and 42.99 for anxiety which was lower than the tabulated value for the same which was 42.55 for stress and 45.6 for anxiety so they were not significant at 0.05 level of significance which shows that they have no effect on the performance of swimmers. The graphic representation of these psychological variables is presented with a bar diagram in **fig.1**.



**Fig.1: the t-ratio of stress and anxiety**



The T- Ratio of the performances (50 &100m) showed insignificant relationship with stress scores so this suggests that these variables do not effect the performance cumulatively but may show some effect when calculated individually.

The T- Ratio of the performances (50 &100m) showed insignificant relationship with anxiety so this suggests that these variables do not affect the performance cumulatively but may show some effect when calculated individually.

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