

Vol II Issue IX

ISSN No : 2230-7850

---

Monthly Multidiciplinary  
Research Journal

# *Indian Streams Research Journal*

Executive Editor

Ashok Yakkaldevi

Editor-in-chief

H.N.Jagtap

---

## Welcome to ISRJ

**RNI MAHMUL/2011/38595**

**ISSN No.2230-7850**

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

### ***International Advisory Board***

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathmatical Sciences, University of South Carolina Aiken, Aiken SC 29801	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Department of Chemistry, Lahore University of Management Sciences [ PK ]
Janaki Sinnasamy Librarian, University of Malaya [ Malaysia ]	Catalina Neculai University of Coventry, UK	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Horia Patrascu Spiru Haret University, Bucharest, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pintea, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Titus Pop	George - Calin SERITAN Postdoctoral Researcher	Nawab Ali Khan College of Business Administration

### ***Editorial Board***

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University, Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yalikal Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU, Nashik
Salve R. N. Department of Sociology, Shivaji University, Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust),Meerut	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Ph.D , Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra
	Sonal Singh	

**Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India**  
**Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.isrj.net**



## Psychological Profile Of High Jumpers

Joawad Ali , Najmuddin Khan and Mohd. Arshad Bari

Department of Physical Health and Sports Education,  
Aligarh Muslim University, Aligarh, (U.P.), India.

### Abstract:

*The present investigation was structured to develop the psychological profile of High Jumpers. For the purpose of this study 14 male High Jumpers participated in all India athletic meet in Chennai were taken as the subjects. The age of the subjects were ranged from 18 to 25 years. For developing psychological profile six psychological parameters were selected i.e. sports competition anxiety, sports achievement motivation, stress, social adjustment, body-image and sports morality. To acquire psychological responses of the subjects, Sports Competition Anxiety Test (Martins, 1984), Sports Achievement Motivation Test (Kamlesh, 1990), Occupational Stress Index (Srivastava & Singh, 1981), Social Adjustment Inventory (Singh and Shinha, 1990), Body Image Inventory (Singh, 1991) and Sports Morality Test (Slephea and Loyard, 1987) were used. The questionnaires/inventories were administrated to each subject separately. The investigator explained the items on questionnaires/inventories the purpose of the study along with how the questionnaires have to be completed (filled-up) in simple and understandable language. The acquired data were subjected to descriptive statistical techniques. The results of the study revealed that sports competition anxiety of the High Jumpers was quite high, their level of achievement motivation was moderate, they had negative stress and were moderately adjusted in their social mileau. They had high body Image and their sports morality was average.*

### KEYWORD:

High Jumpers , psychological, Athletics, Kamlesh.

### INTRODUCTION:

Now a days there is a great need for psychological training in addition to technical, tactical and physical training not only to make the sportsman reach his/her peak performance level and excel at the time of competitions but also to develop a strong personality by making him pursue and strengthen the factors like competitive anxiety, sports achievement motivation, stress, social adjustment, body image and sports morality (Geczi, et al., 2009; Yadav, 2008; Chian et al., 2008; Cazenave et al., 2007; McNeill and John Wang, 2005; Gould et al., 2002; MacDougall, et al., 2002; Solomon et al., 2001; Mahoney, 1989; Novotny and Petrak, 1983). Almost all the developed countries recognized the importance of psychological training and conducted number of research studies and made a part and parcel of sports training programmer. As seen at the international level of competition a very small variation in psychological makeup of sportsperson may result in win or lose. At highest level every player having same physical, technical, tactical and skill level but in a competition there is only one winner. The team which won the particular competition possesses better psychological status compared with others. As seen at international level every team having their own psychiatrist along with coach, manager, physical trainer, video analyzer and other supporting staff. This clearly indicates the role of psychological consideration with other things.

Athletics is a host of sports events that involve running, throwing, jumping and walking. The majority of track and field competitions are recognized in the form of athletics meets during which multiple

Please cite this Article as : Joawad Ali , Najmuddin Khan and Mohd. Arshad Bari , Psychological Profile Of High Jumpers : Indian Streams Research Journal (Oct. ; 2012)

athletic events are held on an oval shaped 400 meter running track and on the field enshrined by the track. Participating athletes may compete in one or more events, according to their specialties.

## METHODOLOGY:

### Participants

The present investigation was undertaken on High Jumpers who were qualify for the finals in All India Intervarsity Athletic Meet 2009 held in chennai. 14 players served as the participants for this study. The age of the participants were ranged from 18 to 25 years. On the basis of available literature, observation and opinions of experts as well as investigator's own understanding of the psychological makeup of High Jumpers six psychological parameters were selected i.e. sports competition anxiety, sports achievement motivation, stress, social adjustment, body-image and sports morality.

### Tools

Keeping in view the research objectives and availability of the appropriate questionnaires/inventories, the following tests were used:

Sport Competition Anxiety Test developed by Martens, Vealey, and Burton in 1990 was used to gauge participants' sports competition anxiety. It has fifteen items out of which five items were spurious. Every statement has their three possible answers i.e. Hardly-ever, Some-time and Often. 10 test items which were taken for scoring purpose were: 2,3,5,6,8,9,11,12,14 and 15. The remaining five items i.e. spurious items 1,4,7,10 and 13 were not scored.

Sports Achievement Motivation Test developed by Kamlesh (1990), comprised 20 incomplete statements which can be completed by choosing either of the two proposed parts against each statements, was used.

Occupational Stress Index was developed and standardized by Srivastava and Singh (1984). It consists of 46 items ranging from strongly agree to strongly disagree. It measures the stress perceived by sports persons on twelve dimensions of occupational life. The reliability of the OSI determined by the computation of alpha coefficient was 0.94 index of homogeneity and the internal validity of individual items determined by point bi-serial coefficient of correlation ranged from 0.36 to 0.59.

Social Adjustment Inventory was developed by Singh and Sinha (1990). This inventory contains 102 statements and each statement possesses two alternatives. Test-retest reliability coefficient of the scale was .71.

Body Image was measured with the help of a Q Sort Statements. It was developed by Doudlah (1962) and standardized and adapted under Indian conditions by Singh (1991). The original scale has 75 items. It was evaluated by ten Judges for their appropriateness under Indian conditions. Those statements which yielded correlation-coefficient ranging from .65 to point .80 were retained. Thus, the adapted version has 50 statements. It is a Likert type five points scale having split-half reliability coefficient equal to .78. Sports Morality was measured by a questionnaire developed by Slephea and Loyard (1987). This test consisted of 28 test items out of which first 20 were based on four point Likert scale and on remaining 8 items responses were obtained on yes or no categories.

### Procedure

The above mentioned tools were administrated individually to each participant. Prior to the administration of psychological tests, the investigator approached coach and participants at the personal level requested to help in the data collection. The investigator explained clearly all the questionnaires in the regional language of the participants and was asked to complete all tests.

### Data Analysis

After obtaining data, the data were analyzed by descriptive statistical techniques i.e. mean & SD.

## RESULTS:

**Table-1**  
**Descriptive Statistic of Selected Psychological Variables**

Psychological Variables	Minimum	Maximum	Range	Mean	Standard Deviation
SCA	22.0	31.0	9.0	26.28	2.99
SAM	16.0	30.0	14.0	25.0	4.48
SEI	14.0	31.0	17.0	23.14	5.21
SA	7.0	12.0	5.0	9.07	2.16
BI	95.0	133.0	38.0	107.68	1.26
SM	25.0	72.0	47.0	53.57	1.32

SCA: Sports Competition Anxiety, SAM: Sports Achievement Motivation, S: Stress Level, SA: Social Adjustment, BI: Body Image, SM: Sports Morality.

As evident in the above mentioned table-1, Sports Competition Anxiety of the High Jumpers were ranged from 22 to 31(26.28), Sports Achievement Motivation were ranged from 16 to 30(25.0), Stress level were ranged from 14 to 31(23.14), Social Adjustment were ranged from 7 to 12(9.07), Body Image were ranged from 95 to 133(107.68) and Sports Morality were ranged from 25 to 72(53.57).

#### **DISCUSSION:**

- 1- In the above mentioned result of the study that indicates High Jumpers having high level of anxiety as they scored in the SCAT.
- 2- When investigator goes through SAMT manual (Kamlesh, 1990) the score of the High Jumpers were fall under the moderate level.
- 3- Score of stress evaluation inventory indicated that High Jumpers having a negative stress level.
- 4- Social adjustment is a part of adjustment and it plays a important role in coping with other teammates hence, the score of the High Jumpers shows a moderate level of social adjustment.
- 5- The score of High Jumpers shows high level of body image. If subjects scores high on body image scale (Singh, 1991) that indicates high body image and vice-versa.
- 6- The sports morality score indicate an average sports morality level amongst High Jumpers.

#### **CONCLUSION:**

The goal of this study was to develop a psychological profile of High Jumpers. To accomplish this purpose a descriptive analysis statistic was used. On the basis of the results of this study it is evident that, High Jumpers having moderate level of psychological makeup therefore it are important for Indian sports authorities who are associated with Indian Athletics to take seriously on the proper implementation of psychological training along with other trainings.

#### **REFERENCES:**

- Cazenave, N., Le Scanff, C. and Woodman, T. (2007), "Psychological Profiles and Emotional Regulation Characteristics of Women Engaged in Risk-Taking Sports" *Journal of Anxiety, Stress & Coping*, 20(4), 421-435.
- Chian, L. K. Zason and Wang, C. K. John (2008), "Motivational Profiles of Junior College Athletes: A Cluster Analysis" *Journal of Applied Sport Psychology*, 20(2), 137-156.
- Fuchs, C.Z. and Zaichkowsky, G.P. (1983), "Psychological Characteristics of Male and Female Body Builders: The Ice-Berg Profile". *Journal of Sports Behavior*, 6(3), 136-145.
- Geczi, G. et al. (2009), "Psychological Profile of Hungarian National Ice Hockey Players" *Journal of*

Kinesiology 411:88-96

Gould, D., Dieffenbach, K., and Moffett, A. (2002), "Psychological Characteristics and Their Development in Olympic Champions" *Journal of Applied Psychology*, 14(3), 172-204.

MacDougall, M., Scott, D., Leavins, N., and Summers, K. (2002). "Psychological Characteristics of Elite Hockey Players" Unpublished Manuscript, Fredericton, NB: University of New Brunswick.

Mahoney, M.J. (1989), "Psychological Predictors of Elite and Non-Elite Performance in Olympic Weightlifting" *International Journal of Sport Psychology*, 20(1), 1-12.

McNeill, M. C. and John Wang, C. K. (2005), "Psychological Profiles of Elite School Sports Players in Singapore" *Psychology of Sport and Exercise*, 6(1), 117-128.

Novotny, L., and Petrak, B. (1983), "Characteristics of Junior and Schoolboys Ice-Hockey Players" *International Journal of Sport Psychology*, 14(1), 15-26.

Solomon, R. et al. (2001), "A Personality Profile of Professional and Conservatory Student Dancers" *Medical Problems of Performing Artists*, 16(3), 85.

Stoessel, Lynne, Stone, Michael H., Keith, Robert, Marple, Dennis, and Johnson, Robert. (1991), "Selected Physiological, Psychological and Performance Characteristics of National-Caliber United States Women Weightlifters" *Journal of Applied Sports Science Research*. 5(2), 87-95.

Wikipedia: [http://en.wikipedia.org/wiki/High\\_Jumpers\\_track\\_event](http://en.wikipedia.org/wiki/High_Jumpers_track_event)

Yadav, B.S. (2008), "Psychological Profiles of Indian Universities Wrestlers", Unpublished Ph. D. Thesis, University of Rajasthan, Rajasthan.

# Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished research paper.Summary of Research Project,Theses,Books and Books Review of publication,you will be pleased to know that our journals are

## Associated and Indexed,India

- \* International Scientific Journal Consortium    Scientific
- \* OPEN J-GATE

## Associated and Indexed,USA

- \*Google Scholar
- \*EBSCO
- \*DOAJ
- \*Index Copernicus
- \*Publication Index
- \*Academic Journal Database
- \*Contemporary Research Index
- \*Academic Paper Databse
- \*Digital Journals Database
- \*Current Index to Scholarly Journals
- \*Elite Scientific Journal Archive
- \*Directory Of Academic Resources
- \*Scholar Journal Index
- \*Recent Science Index
- \*Scientific Resources Database

Indian Streams Research Journal  
258/34 Raviwar Peth Solapur-413005,Maharashtra  
Contact-9595359435  
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com  
Website : www.isrj.net