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Impact of Behaviour Orientation on Performance of Athletes Participating in Different Level Tournaments

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1.0 Introduction

Participation in sports along with physical education is fundamental to the right development of children and youth. Moreover, the skills learned during play, physical education and sport contribute to the holistic development of young people (Singh, 1991). Through participation in sport and physical education, young people learn about the importance of key values such as: honesty, teamwork, fair play, respect for themselves and others, and adherence to rules. It also provides a forum for young people to learn how to deal with competition and how to cope with both winning and losing (Hill et al., 2014). These learning aspects highlight the impact of physical education and sport on a child's social and moral development in addition to physical skills and abilities (Lubans et al., 2007).

While the physical benefits of participation in sport are well known and supported by large volumes of empirical evidence, sport and physical activity can also have positive benefits on education. Physical performance is the ability to perform a physical task or sport at a desired level. It is also called as motor fitness or physical fitness. Physical performance depends on both skill and physical fitness (Lameiras et al., 2014). Physical fitness components can include aerobic and anaerobic power, agility, balance, coordination, flexibility, muscular fitness, and timing.

Performance in a given sports is a complex combination of several factors (de Vet, 2011). Certain factors are dominating and other supportive. Nevertheless, every factor has its own role to play (Guzmán et al., 2008). The complex nature of performance is not merely the product of physical, psychic, physiological prerequisites. It is the accrued result of training and competition, over a period supported by the society in general (Eitzen & Sage, 1978). The teacher or coach will have to organize and lay stress and guide this process (Natraj, 2006). Sports performance is the unity of execution and result of a sports action or a complex sequence of actions measured or evaluated according to socially determined and agreed norms (Singh, 1991) and one such aspect is the behaviour orientation.

Behavior can be defined as an internally directed system of adaptive activities that facilitate survival and growth. Any behavior we can observe by watching a person is overt behavior. In humans, this usually includes responses to external stimuli as well as spontaneous activities that are related to its internal (physiological) needs. In general, overt behavior may be classified as innate, learned, or complex. Although both terms refer to natural, inborn patterns of behavior, some avoid the word "instinct" because in common English usage it often includes the connotation of acquired aptitudes or talents. Innate behavior is genetically programmed. Individuals inherit a suite of behaviors just as they inherit physical traits such as body color and structure. In general, innate behaviors will always be heritable, intrinsic, stereotypic, inflexible and consummate. The orientation behaviors are coordinated movements (walking, running, swimming, etc.) that occur in response to an external stimulus.

Presently, excellent sport performance is necessary to achieve desirable goals. Moreover, the adequacy of demographic and psychological factors (Sarkar and Fletcher, 2014) is necessary for

performing best in the sports. It is quite possible to perform well in the competition when player was satisfied with his demographic and psychological status. Hence, knowledge about the human organism how it develops, adjusts, adapts and modifies due to various stresses is of paramount importance in the sports psychology. Sports scientists and psychologists have been of the opinion that demographic and psychological components of an athlete have a lot to do with his performance. In the back drop of above information researcher decided to study the socioeconomic status and behaviour coordination of players in ICSE board schools in Mumbai and its impact on their sports performance.

2.0 Research Methodology

2.1 Design of Study

The design of the study was random group design, where the athletes belonging to age group 12 to 16 years from ICSE board schools in Mumbai were selected randomly. Total 15 ICSE Board schools were identified and 20 athletes from each school were selected in the study; hence, total 300 athletes participated in different level athletics tournament were selected in the study.

2.2 Data Collection

Data collection will be done by using survey methodology.

2.3 Instrument of Data Collection

For data collection purpose, Behaviour Orientation Scale prepared by Praveen Kumar Jha was used. However, the information regarding sports performance was collected by using a short questionnaire, which was developed by the researcher.

2.4 Statistical Procedure and Significance Level

The data characteristics (descriptive statistics) such as Frequency, Mode, etc. were determined. A suitable inferential statistics (Chi-Square Test) test was used to analyze the data. The data will be analysed using SPSS 18.0 Software. The significance level was chosen to be 0.05.

3.0 Analysis of Data and Results of the Study

3.1 Behaviour Orientation – Tactics

Table 1:

Status of athlete's behavior orientation with respect to tactics used

Behaviour Orientation – Tactics	No. of Players	Percentage
Very High	34	11.3
High	78	26.0
Moderate	126	42.0
Low	42	14.0
Very Low	20	6.7
Total	300	100

Above **Table 1** presents descriptive statistics pertaining to the status of behavior orientation vis-à-vis tactics used by athletes participating in different level tournaments. Study result shows that behaviour orientation of 11.3% athletes with respect to tactics is very high, whereas 26% athletes have high behaviour orientation (regarding the tactics). Further, 42% athletes had moderate level of behaviour orientation while 14% and 6.7% athletes had low and very low level of behaviour orientation in view of tactics respectively. On the basis of study results it is concluded that majority of the athletes have moderate level of behaviour orientation with respect to tactics.

3.2 Behaviour Orientation - Views

Table 2:

Status of athlete's behavior orientation with respect to his views

Behaviour Orientation – Views	No. of Players	Percentage
Very High	48	16.0
High	62	20.7
Moderate	60	20.0
Low	92	30.7
Very Low	38	12.6
Total	300	100

Above **Table 2** presents descriptive statistics pertaining to the status of behavior orientation vis-à-vis views of athletes participating in different level tournaments. Study result shows that behaviour orientation of 16.0% athletes with respect to views is very high, whereas 20.7% athletes have high behaviour orientation (regarding the prevailing views). Further, 20.0% athletes had moderate level of behaviour orientation while 30.7% and 12.6% athletes had low and very low level of behaviour orientation with respect to their views respectively. On the basis of study results it is concluded that majority of the athletes have low level of behaviour orientation with respect to prevailing views.

3.3 Behaviour Orientation – Morality

Table 3:

Status of athlete's behavior orientation with respect to morality

Behaviour Orientation – Morality	No. of Players	Percentage
Very High	29	9.7
High	74	24.7
Moderate	60	20.0
Low	89	29.6
Very Low	48	16.0
Total	300	100

Above **Table 3** presents descriptive statistics pertaining to the status of behavior orientation vis-à-vis morality of athletes participating in different level tournaments. Study result shows that behaviour orientation of 9.7% athletes with respect to morality is very high, whereas 24.7% athletes have high behaviour orientation (regarding the morality aspect). Further, 20.0% athletes had moderate level of behaviour orientation while 29.6% and 16.0% athletes had low and very low level of behaviour orientation respectively in view of morality. On the basis of study results it is concluded that majority of the athletes low level of behaviour orientation with respect to morality.

3.4 Overall Behaviour Orientation

Table 4:

Status of athlete's overall behavior orientation

Overall Behaviour Orientation	No. of Players	Percentage
Very High	68	22.7
High	58	19.3
Moderate	109	36.3

Low	39	13.0
Very Low	26	8.7
Total	300	100

Above **Table 4** presents results pertaining to the status of overall behavior orientation of the athletes participating in different level tournaments. Study result shows that overall behaviour orientation of 22.7% athletes is very high, whereas 19.3% athletes have high behaviour orientation. Further, 36.3% athletes had moderate level of behaviour orientation while 13.0% and 8.7% athletes had low and very low level of overall behaviour orientation respectively. On the basis of study results it is concluded that majority of the athletes have moderate level of behaviour orientation.

3.5 Relationship between Behaviour Orientation and Sports Performance of Athletes

Table 5:
Relationship between athlete’s behavior orientation and sports performance

Behaviour Orientation	Sports performance Correlation coefficient (r ²)
Tactics	0.694**
Views	0.383
Morality	0.486*
Overall Behaviour Orientation	0.709**

* : Significant at p 0.05 level

** : Significant at p 0.01 level

Above **Table 5** presents results regarding the relationships between Behaviour orientation and sports performance of athletes.

- *Tactics*: The data showed that there is significant positive relationship between Tactics and Sports Performance ($r^2 = 0.694$, $p < 0.01$) of the athletes.
- *Views*: The data showed that there is positive relationship between Views and Sports Performance ($r^2 = 0.383$, $p = \text{Not significant}$) of the athletes.
- *Morality*: The study results showed that there is significant positive relationship between Morality and Sports Performance ($r^2 = 0.486$, $p < 0.05$) of the athletes.
- *Overall Behaviour Orientation*: The study results showed that there is significant positive relationship between Overall Behaviour Orientation and Sports Performance ($r^2 = 0.709$, $p < 0.01$) of the athletes.

4.0 Conclusions

4.1 Behaviour Orientation – Tactics

- On the basis of study results it is concluded that majority of the athletes have moderate level of behaviour orientation with respect to tactics.

4.2 Behaviour Orientation - Views

- Form the study results it is concluded that majority of the athletes have low level of behaviour orientation with respect to prevailing views.

4.3 Behaviour Orientation – Morality

- In the backdrop of study results it is concluded that majority of the athletes low level of behaviour orientation with respect to morality.

4.4 Overall Behaviour Orientation

- On the basis of study results it is concluded that majority of the athletes have moderate level of behaviour orientation.

4.5 Relationship between Behaviour Orientation and Sports Performance

- In view of the study results, it is concluded that there is positive relationship between the behaviour orientation (use of tactics, views, morality and overall behaviour orientation) and sports performance of athletes.

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