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Relationship of Psychological Profile between Male and Female Taekwondo Athletes

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Abstract



Individual differences on the basis of gender, age, motor abilities and skill level play a vital role in determining one's performance. Sufficient literature is available whereas the researchers have ventured to prepare the game specific psychological profiles of male and female athletes. This research was an attempt to find out relationship on psychological profiles of male and female Taekwondo athletes participated in All India Intersarsity Taekwondo Championship held at M.D. University, Rohtak in February 2017. One hundred forty four Taekwondo athletes were randomly selected from the tournament. The Pearson product moment co-relation technique was applied to analyse the data. Statistically no significant relation was obtained between male and female Taekwondo athletes on psychological profile.

Keywords: Psychological profile, Taekwondo athletes, Psychological fitness.

Introduction

The psychological of sports is interesting not only to professional athlete, but to anyone with an interest in the mine, especially about the psychology of peak performance. Sports psychologists opined that besides physical fitness and techno tactical efficiency, sports performance ultimately lies on psychological functioning of an athlete. In essence psychological profile of an athlete may be considered one of the major predictors of performance. In today's world, sport has become a powerful tool for identifying potential in different countries. Of the main outstanding aspect of sports are the main important factors involved in the championship and awareness of the various features and functional capacity of the winning athletes. Boss Sham pointed out that 90% of the athletes' experiences indicate that when they compete in large field with athletes compete on par in terms of physical fitness, this is psychological fitness ultimately determines winner (Martens, 1993). Arlick & Partington (1988) presented evidence indicating the importance of psychological skills in sports.

Personality refers to psychological qualities and organizational structure, which differentiate one with another human being. It is the sum total of attributes that make someone unique and distinctive. It encompasses temperament, mood, character, physical appearance and behaviour. The origin fuses biological, psychological and social experience.

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The concept of personality is used to explain the stability in person’s behaviour over time and across situations (consistency) as well as the behavioural differences among people reacting to the same situation (distinctiveness). On the whole personality refers to an individual’s unique constellation of consistent behavioural traits that include social, emotional, mental and spiritual characteristics in which he/she consistently differs from other people.

Profile

Profile is a distinct pattern of behavioural responses an individual or group display. The profile is usually based on the results of several inventories that are displayed on a graph or in a table (Oxford dictionary of sports science and medicine). In Taekwondo the requirement of good physical and psychological condition together with high order concentration as well as technical perfection is highly demanded. Research on the psychological differences among athletes include Jafari et al. (2006), Kashani et al. (2011), YZ (2009), Yazid et al. (2012) and Sabina et al. (2014). All of them concluded that there was no difference in the mental athlete's components. Research on the lack of psychological differences among athletes involved (Kakhajaleh, 1999; Umenski et al., 2011; Mirzaee&Rahmaniyan, 2008). The role of psychological factors is important in all sports competitions.

Material and Methods

Sample

The sample of the present study was drawn from all India Intervarsity Taekwondo Championship held at M.D. University, Rohtak in February 2017. For the purpose of the study 144 Taekwondo athletes (88 females, & 56 males) were randomly selected from the tournament. Their age ranged between 17-25 years.

Procedure

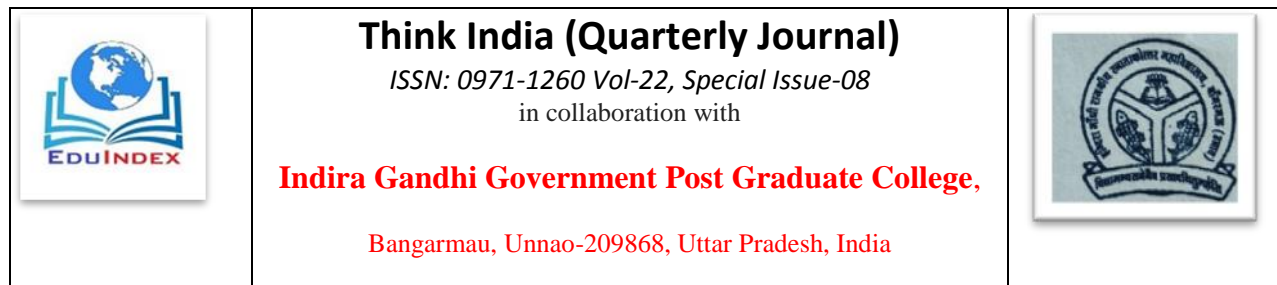
A questionnaire developed by Watson & Donovan (1982) was administered on the subjects for the collection of data. It consists 70 items to measure the psychological profile on an individual. The questionnaire was distributed to the subjects and method was explained for responding each item carefully. Pearson product moment co-relation was applied to find out the relationship between the subjects of two groups on the items of said psychological profile by using the SPSS 16.

Results

Table: Psychological Profile of Male and Female Taekwondo Athletes.

Group	N	Mean	SD	r
Female	88	192.02	17.17	.003
Male	56	186.09	39.74	

Significant at .05 level $r_{.05}(142) = 0.159$



The above calculation in the table shows that the calculated r (.003) was less than the tabulated r (0.159). Hence it may be considered that there was no significant relationship between male and female Taekwondo athletes on the items of their psychological profile.

Discussion

On the basis of obtained findings it has been observed that there was no significant relationship between the psychological profiles of male and female Taekwondo athletes of All India Intersarsity level. The final result of the present study was supported by Sohrabi, Atashak and Aliloo (2011) who studied the psychological profiles of athletes belonging to contact and non- contact sports and found insignificant relationship.

Whereas contrary to the present findings, the study of Feher, Meyers & Skelly (1998) contradict the results of present study wherein they found that there was positive relationship between psychological attributes and rock climbing ability among male and female rock climbers.

Conclusion

Based on the results of the present investigation it may be concluded that there was no significant similarities between male and female Taekwondo athletes of All India Intersarsity level in regard to their psychological make- up.

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