

Study on the Pre-Competitive Mood States and Self Efficacy among Sports Personnel

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Abstract

The present investigation attempts to study whether there is significant difference between the various mood states and self efficacy among Taekwondo players, before the competition. 50 boys and girls Taekwondo players age ranging between 15 and 19 years, representing the State level Championship were selected, out of which 25 were boys and the rest 25 were girls. Profile of Mood States by Douglas M, McNair, Lorr, M and Droppleman [1971] and Self Efficacy by Ralf Schwarzer & Matthias Jerusalem [1981] were administered when they had reported for the weight test before the competition. The obtained data was subjected to two tailed t-test and results revealed that there was significant difference between the various mood states and self efficacy among the subjects.

Keywords: Mood states, Self efficacy, psychology, Sports Persons.

Introduction

TAEKWONDO is a Korean martial art, where the first part of the word and "Tae" means to strike with your foot and the second part "Kwon" means to strike with fist and the last syllable "do" means method. Thus the whole means "Method of striking with hand and foot." The sport is the mind control, and it is morality and etiquette. "No matter how flexible a body might be it cannot be more flexible than mind and no matter how fast you may walk you cannot move faster than your mind, and although you had a hard body with abundant power they would be of no use without your mind to use them. Therefore, only when you control your mind at will you can accord smoothness, speed and power in each movement to the best of your ability." Daniel Kane (2006)

Morgan (1984) identified psychological mind states in athletes and he coined the term iceberg profile to reflect a model of mental health deemed necessarily for optimal performance. More importantly, these results indicated a difference in mood states between elite and sub-elite athletes.

An individual's positive or negative mental state has long been thought to play a crucial role in his/ her ability to perform sport specific tasks. This ability then either augments or detracts from his or her overall success or failure of an athlete. Players who are evenly matched in physical states often rely upon their psychological skills to gain an advantage over their opponents. More specifically, self-confidence, mood disturbances, cognitive and somatic anxiety have all been linked as contributing factors for athletic performance (Hansmen & Blonstard, 1995, Morgan O'Connors, Ellickson and Bradley, 1988, Usher and Hardy, 1986).

Erika, C et al (2000) examined whether the POMS 6 sub-scales score vary during the selection of Taekwondo National Team Athletes and the following three-week National training period. As expected, the selection process poses a high psychological stress on athletes who for the first time meet the challenge to

be selected for the national team. Although both regular and selected athletes showed a decrease of their Vigour scores at the end of the three-week training camp, the increase in confusion-bewilderment scores of the selected athletes might reflect their perceived inability to meet the demands of the training load administered to the National team.

Self-efficacy refers to the “perceived ability to cope with specific situations”. It is critical to one’s personality because it “influences which activities we engage in, how much effort we expend in a situation and how long we persist at a task and our emotional reactions or physiological arousal while anticipating a situation or being involved in it”(Bandura 1977).

Lorgene A, Mata (2010) investigated whether or not there is indeed scientific evidence that karate training and practice brings about positive changes in one’s personality. Among the multitude of psychological theories on personality, he found Bandura’s social cognitive theory quite interesting, particularly on self-efficacy beliefs and how such beliefs affect people’s behavior.

Anshel, (2000) found that successful Taekwondo athletes exhibited optimism, confidence, self-control, assertiveness, perceived competence, a sense of challenge, not threat of the situation, a slight but manageable degree of anxiety, an optimal degree of arousal, a sense of adequate preparation and training, a mental plan about one’s thoughts and actions prior to and during the event.

Objective

- To assess whether there is any significant difference on Various Mood States among taekwondo boys and girls.
- To assess whether there is any significant difference on Self-Efficacy among taekwondo boys and girls.
- To assess whether there is any significant difference on Total Mood States among taekwondo boys and girls.

Hypothesis

- Taekwondo players (Boys and Girls) would not differ significantly on various mood states.
- Taekwondo players (Boys and Girls) would not differ significantly on Self-Efficacy.
- Taekwondo players (Boys and Girls) would not differ significantly on the Total Mood States.

Methodology

A sample of 50 taekwondo players all over the districts of Tamil Nadu comprising of 25 boys and 25 girls who had come for the state level taekwondo championship , who were in the age range between 15 and 19 years were selected for the study.

Tools

They were assessed with Profile of Mood States Scale by Douglas M, McNair, Lorr, M and Droppleman [1971] It is a 65-item inventory which assesses six dimensions of mood state: tension-anxiety (TEN), depression-dejection (DEP), anger-hostility (ANG), vigor-activity (VIG), fatigue-inertia (FAT), confusion-bewil-

derment (CON), and a composite score, i.e., total mood disturbance [$TMD = (TEN + DEP + ANG + FAT + CON) - VIG$]. Answers range from strongly agree to strongly disagree.

General Self Efficacy Scale by Ralf Schwarzer & Matthias Jerusalem [1981]. It is a 10-item scale, i.e designed to assess optimistic self beliefs to cope with a variety of difficult demands in life.

Scoring

Profile of Mood States

Each adjective is awarded the score as circled. It is a 5 point likert scale, from 0 (not at all) to 4 (extremely) responding to the question, "How have you been feeling during the past week including today". It has 6 subscales, tension-anxiety, depression, anger-hostility, vigor-activity fatigue, and confusion-bewilderment. You then have a raw score (<60) for each subscale. A total Mood Disturbance (TMD) can be calculated by adding the raw scores from tension, depression, anger, fatigue and confusion and then subtracting the vigor score. This will give a value between -24 and 177, which lower scores indicative of people with more stable mood profiles. The internal consistency estimates (Cronbach's alpha) range between .63 and .96 for the subscales in POMS. For the total score, the range is between .75 and .92.

General Self-Efficacy Scale (GSE)

The responses are made on a 4-point scale. Sum up the responses to all the 10 items to yield the final composite score, with a range between 10 and 40. The higher the score indicates the greater the self-efficacy. Cronbach's alphas reliability ranged from .76 to .90 with the majority in the high .80. The scale is uni-dimensional.

Results and Discussion

Table-I

Shows the Mean, S.D and the t-value of Both the Boys and Girls Taekwondo Players on their Various Mood States

Variable	Group	No of Subs	Mean	S D	t-value	Significance
Tension	Boys	25	20.1	2.40	0.581	s < 0.05
	Girls	25	19.6	2.93		
Depression	Boys	25	26.3	7.56	3.51	Ns
	Girls	25	19.8	5.18		
Aanger	Boys	25	23.2	7.04	2.52	Ns
	Girls	25	18.8	5.17		
Fatigue	Boys	25	12.8	3.79	1.10	s < 0.05
	Girls	25	11.7	3.14		
Confusion	Boys	25	13.5	2.86	0.657	s < 0.05
	Girls	25	12.9	3.16		
Vigour	Boys	25	18.8	5.29	0.824	s < 0.05
	Girls	25	20	5.01		

Table I reveals the various mood states of the taekwondo players both boys and girls who were assessed on their mood state before their competition revealed that the boys and girls had significant difference in their following mood states namely Tension, Confusion, Fatigue and Vigour. The t-scores were found to be 0.581, 0.657, 1.10 and 0.824 respectively. While they did not differ significantly on the following mood states such as Depression, and Anger, with t-score being 3.51 and 2.52 respectively. As we can find that there is not a wide difference among the boys and girls yet the difference in the mean score is seen among them. The girls differ significantly as we can find that the mean obtained by them which is higher on vigour and low on other negative mood states thereby stating that the girls were more stable in dealing with their mood states. Hence the hypothesis "Taekwondo players (Boys and Girls) would not differ significantly on various mood states." is partially accepted.

Table-II
Shows the Mean, S.D and The t-value of Both the Boys and Girls Taekwondo Players on Their Level Self Efficacy

Variable	Group	No of subs	Mean	S D	t-value	Significance
Self efficacy	Boys	25	29.3	3.42	0.820	ns
	Girls	25	29.4	3.48		

Table II reveals the data obtained on Self Efficacy of the taekwondo players both boys and girls who were assessed on their Self efficacy before their competition revealed that the boys and girls had significant difference on their self efficacy level. The t-scores were found to be 0.820. And their mean score was found to be not having much of a difference. The hypothesis "Taekwondo players (Boys and Girls) would not differ significantly on Self-Efficacy." was accepted.

Table-III
Shows the Mean, S.D and the t-value of Both the Boys and Girls Taekwondo Players on Their Total Mood States

Variable	Group	No of subs	Mean	S D	t-value	Significance
Mood States	Boys	25	77.0	13.3	4.37	s < 0.05
	Girls	25	62.9	9.18		

Table III reveals the data obtained on Total Mood States of the taekwondo players both boys and girls, who were assessed on their Mood States before their competition revealed that the boys and girls had no significant difference on their Mood States. The t-scores were found to be 4.37. And their mean score was found to be 77.0 and 62.9 respectively having much of a difference. The null hypothesis "Taekwondo players (Boys and Girls) would not differ significantly on the Total Mood States." was rejected.

Conclusions

1. There is no significant difference on the Various Mood States among the boys and girls Taekwondo players.
2. There is no significant difference on the level of Self Efficacy among the boys and girls Taekwondo players
3. There is significant difference on the total Mood State among the boys and girls Taekwondo players.

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