

Abstract:-

Purpose of present study was to find out the psychological factors, who contributes for agility or affect agility with collaboration of leg explosive strength. For this purpose fifty male, multi disciplinary university players were selected from LPU. To obtain the data reliable criterion measures were used as zigzag run for agility, standing broad jump for leg explosive strength, sports aggression inventory for aggression, sports competition anxiety questionnaire for anxiety

**Vivek Kumar Singh**

Assistant Professor Department of
Physical Education,
SSS, Balrampur, UP.

and sports achievement motivation test for sports achievement motivation. The entire test was applied with proper instruction and demonstration. Pearsons product moment correlation was used as a statistical technique to find out the correlation. Findings of study revealed that none of the selected predictor variables is found correlated with criterion variable agility, where calculated correlation values of agility with predictors is found insignificant at 0.05 level of significance. It may be concluded that agility is motor tasks that challenge athletes to dynamically regulate foot-ground interactions with upper body movement in multiple planes. We propose, therefore, that the ability to control the magnitude and direction of limb endpoint force may be a fundamental attribute of agility.

RELATIONSHIP OF AGILITY WITH SELECTED PSYCHOLOGICAL AND PHYSICAL VARIABLE OF MULTI DISCIPLINARY UNIVERSITY PLAYERS

Keywords:

Agility, Leg explosive strength, Sports aggression, Sports competition anxiety and Sports achievement motivation.

INTRODUCTION

Performance of an athlete in sports not only depend upon the motor fitness components but other factors also contribute to the success of an athlete in the sports arena such as scientific good quality equipment's, clothing, training schedule, competition frequency and psychological preparation and the most important balanced diet. All these factors together make the athletes prepared for the competition and only the fruitful result can be expected from the athlete in the competition. An individual to succeed in the competition must develop the motor ability factors. Even the research findings show that high level of technique perfection alone can not produce success in competitive sports. Most of the games demand a higher level of speed, agility, strength, endurance, flexibility, coordination and optimum fitness of the organism.

The application of psychological principles to the improvement of performance in the sports has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their best in their performance. It is important to know about the role of emotional phenomenon like aggression, achievement motivation, and anxiety of the players during training as well as performance.

Anxiety refers to that emotional state of mind where a fear of loss surfaces a prominent feature. It generally arises because of fear of something unknown, which creates tension and disturbance. While in many sports, however, require aggression with in the structured rules. Thus, in sports as in life, one problem is to encourage an optimum amount of aggression when called for and to enable athlete to suspend aggression. Achievement motivation is directly related to the achievement oriented performance situations in which the person knows that he will be evaluated (either by himself or others). Motivation can affect the selection, intensity and persistence of an individual behavior which in sport obviously have a strong impact on the quality of an athlete's performance.

The success and failure of an athlete depends upon the blending of physical conditioning, training, mental preparation and ability to perform well under pressure and co-operation of athlete with others. So all aspects (physical, Psychological and social) are needed for an athlete.

OBJECTIVE OF THE STUDY:

To find out the correlation between agility and selected psychological and physical variable of university players.

SELECTION OF SUBJECTS:

For the purpose of present study fifty male players, who have participated at University and All India level from different games were selected from Lovely Professional University. For present study only those subjects were chosen who has participated in more than two sports at University level and having age between 20-25 years. Subjects were selected by purposive sampling method.

SELECTION OF VARIABLES AND CRITERION MEASURES:

Variables	Test/Questionnaire	Unit
Anxiety	Sports Competition Anxiety Questionnaire by Renier-Martin	Sum of responses
Aggression	Sports Aggression Inventory by Anand Kumar and Prem Shankar Shukla.	Sum of responses
Achievement Motivation	Sports Achievement Motivation Test by Dr. M.L. Kamlesh.	Sum of responses
Leg Explosive Strength	Standing Broad Jump	Mts.
Agility	Zigzag Run	Sec.

Collection of Data: Data was collected by application of selected test at University campus. To obtain reliable information, purpose of questionnaire and test was explained clearly to all the subjects and all necessary instructions was explained properly according to there requirement. To obtain reliable data in case of psychological responses, it was explained to subjects that all the personal information will be kept confidential and will used only for research purpose. In case of physical test necessary trial was also given to all subjects.

Statistical Technique: To know the nature of data descriptive statistics was use. While to know the relationship between variables Pearson product moment correlation was used at 0.05 level of significance.
Findings of Study:

Table: II
Descriptive Statistics of University Players in relation to Selected Criterion and Predictor Variables

	Agility	Anxiety	Aggression	Achievement Motivation	Leg Explosive Strength
Mean	22.740	20.460	11.06	25.80	7.033
Median	23.110	20.500	11.00	24.00	7.00
Mode	22.12	23.00	10.00	24.00	6.90
Std. Deviation	1.374	2.764	3.006	5.914	.741
Skewness	.038	-.200	.147	-.061	.284
Kurtosis	.037	-.534	-.141	-.268	-.316
Range	6.00	12.00	13.00	24.00	3.30

Findings of Table-II is revealed that mean, median and mode of all the variables are within the normal range of distribution and it is supported by skewness and kurtosis values of all the variables which is clearly revealed that data is normally distributed, because values of skewness and kurtosis of all the variables are < 1.

Table: III
Relationship Table of University Players in relation to Criterion and Predictor Variables

Independent	Dependent	r	Sig.
Anxiety	Agility	-.201	.162
Aggression		-.084	.561
Achievement Motivation		-.140	.334
Leg Explosive Strength		-.221	.123

Table-III is revealed that agility is not found significantly correlated with selected predictor variables i. e. anxiety, aggression, achievement motivation and leg explosive strength at 0.05 level of significance. This meant that none of predictor variables has significant effect on agility in case of multi disciplinary university players.

CONCLUSION AND DISCUSSION:

Findings of present study is revealed that none of the selected predictor variable (anxiety, aggression, achievement motivation and leg explosive strength) is correlated with agility at 0.05 level of significance. Sprint speed, strength, and vertical jump height have been evaluated as potential indicators, but no consistent relationships have been reported. One potential reason may be due to the use of agility tests with varying physical demands (Brughelli et al., 2008). Hantona & Connaughton (2002) has revealed in there findings that anxiety is a factor who affect the cognitive and somatic status of an individual and as we know, agility is the ability that is rely on cognition of an individual but not too much extent. Excepted cognition there is some other factors who affect an individual's ability to change the direction of movement i.e. knowledge of surrounding, ability to coordinate the movement of body parts according to requirement.

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