



Category: psychological training



ANALYSIS OF PRE-COMPETITION MOOD STATE AND TOTAL MOOD DISTURBANCE OF TEAM SPORTS PLAYERS OF JNTUH

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ABSTRACT

The aim of this study is to assess pre-competition mood state and total mood disturbance of team sports players of JNT University Hyderabad. One hundred and twenty (120) team games players were selected as subjects, who represented JNTUH team in Indian Inter University Competition. The age of the subjects were ranged between 20 and 28 years. In the present study mood state was selected as criterion variable. To measure Profile of Mood States Questionnaire developed by McNair *et al.*, (1971) was used in the present study. In the present study stratified group design was employed. The data on selected criterion variables were collected from the subjects confined to this study, by administering the questionnaires 15 days, 7 days and 1 day prior to the match they completed the POMS on three separate occasions before their inter university competition. The repeated measure ANOVA was calculated for mood states. Whenever, the *F* ratio is found significant, post hoc tests using the Bonferroni correction was applied to know the difference between the tests. The result of the study showed that tension, depression, anger, fatigue, confusion and total mood disturbance showed no changes at different testing conditions (Table 1). However, positive factor vigour showed significant improvement as competition advances. It is concluded that vigour of team players to tend to improve but other negative factors and total mood disturbance showed no changes.

Keywords: POMS, total mood disturbance, team games, players, questionnaire

INTRODUCTION

Sport is generally considered a primarily physical endeavor, involving the marshaling of bodily resources to complete a variety of specialized, demanding physical tasks. Undeniably, physical attributes such as speed, strength, endurance, power, coordination, agility, flexibility, and resilience are richly rewarded in competitive sport. Recognizing the abundant physical component of sport performance, scientists have investigated biomechanical, physiological, nutritional, metabolic, epidemiological, biochemical, pharmacological, and medical aspects of sport. Applied practitioners in exercise physiology, physiotherapy, sport biomechanics, sports medicine, sports nutrition, strength and conditioning, and other disciplines have translated research findings into interventions designed to enhance the physical performance capabilities of the athletes.

Despite the pronounced emphasis on physical matters in the sport sciences, it is widely accepted that sport performance is influenced not only by physical attributes, but also by psychological factors. Some athletes seem to have a mental edge over other athletes with comparable physical characteristics and training backgrounds. Some athletes perform better under pressure, implement strategies more effectively, tolerates discomfort better, concentrate more intensely, identify more creative solutions to challenging sport situations, push themselves harder, learn new skills more quickly, or prepare themselves for competition better than



their physically similar peers. Issues associated with the mental advantage gained by these athletes fall squarely within the domain of sport psychology.

The ability to produce and maintain appropriate emotional feelings before competition is universally recognized by athletes and coaches as one of the most important factors contributing to athletic performance. Thus, it is not surprising that the relationship between precompetitive emotions and sport performance has generated considerable interest from researchers in the field of sport psychology (Jones & Hardy 1990; Ken 1989; Landers 1991; Martens, Vealey, & Burton 1990; Neiss 1988; Silva & Hardy 1984). One popular line of research has focused on discriminating between successful and less successful performers based on their mood states prior to competition. The conceptual (*descriptive*) approach primarily used in this line of research has been Morgan's (1980) Mental Health Model. It is proposed through this model that positive mental (*i.e., emotional*) health and successful athletic performance are highly correlated. Specifically, athletes who are less anxious, angry, depressed, confused and fatigued, and more vigorous will be more successful than those athletes who exhibit the opposite profile, as assessed by the Profile of Mood States (POMS; McNair, Lorn & Droppelman, 1971). This positive profile of mood states has been termed the iceberg profile by Morgan since the five negative moods fall below the population norm and the one positive mood lies above it. The aim of this study is to assess pre-competition mood states of team sports players of JNTUH.

Methods

Subjects & Variable

In this study 120 team games players were selected as subjects, who represented JNTUH team in Indian Inter University Competition. The age of the subjects were ranged between 20 and 28 years. In the present study mood state was selected as criterion variable. In the present study stratified group design was employed.

Selection of Instruments

Profile of Mood States Questionnaire developed by McNair *et al.*, (1971) was used in the present study. This questionnaire constitutes 65-items which measures five negative scales such as fatigue, depression, tension, anger, confusion and positive scale vigour. The total mood disturbance score is calculated by summation of the negative scales and subtraction of the positive scale.

Collection of Data

The data on selected criterion variables were collected from the subjects confined to this study, by administering the questionnaires 15 days, 7 days and 1 day prior to the match they completed the POMS on three separate occasions before their inter university competition. Then, the duly filled-in questionnaires were collected from the subjects and subjected to evaluation according to the scoring key. The total scores obtained were tabulated and statistically treated, to arrive at meaningful conclusions.

Statistical Techniques

The repeated measure ANOVA was calculated for mood states and total mood disturbance. Whenever, the *F* ratio is found significant, post hoc tests using the Bonferroni correction was applied to know the difference between the tests Results were reported as the mean \pm SD of all observations, and the level of significance was set at $p < 0.05$.

Results

The result of the study showed that tension, depression, anger, fatigue, confusion and total mood disturbance showed no changes at different testing conditions (Table 1). However, positive factor vigour showed significant improvement as competition advances. The obtained *F* ratio 12.63 is greater than the required table value of 3.0337 at $\alpha = 0.05$ for the df of 2 and 238.

Table 1: Mood states of Team players



Variables	Testing conditions	Mean \pm SD	F
Tension	15 Days	7.04 \pm 3.15	0.009
	07 Days	7.08 \pm 3.08	
	01 Day	7.06 \pm 2.96	
Depression	15 Days	4.78 \pm 2.99	0.306
	07 Days	4.61 \pm 2.89	
	01 Day	4.58 \pm 2.88	
Anger	15 Days	6.91 \pm 3.24	0.021
	07 Days	6.95 \pm 3.35	
	01 Day	6.88 \pm 3.76	
Vigour	15 Days	17.22 \pm 3.61	12.63*
	07 Days	17.87 \pm 3.48	
	01 Day	18.86 \pm 3.52	
Fatigue	15 Days	6.99 \pm 3.49	0.783
	07 Days	6.93 \pm 3.79	
	01 Day	6.60 \pm 3.91	
Confusion	15 Days	4.98 \pm 3.06	0.013
	07 Days	4.95 \pm 3.02	
	01 Day	4.94 \pm 2.91	
Total Mood Disturbance	15 Days	113.49 \pm 10.66	2.982
	07 Days	112.65 \pm 10.87	
	01 Day	111.20 \pm 12.50	

Post hoc tests using the Bonferroni correction revealed that vigour improved in team players of JNTUH from 15 days to 1 day prior to competition which was statistically significant ($p < 0.05$). However, it also showed statistically significantly different improved from 7 days to 1 day prior to competition ($p < 0.05$). Therefore, we can conclude that vigour improved as the competition day advances and no changes were recorded on tension, depression, anger, fatigue, confusion and total mood disturbance.

Discussion

The ability to produce and maintain appropriate emotional feelings before competition is universally recognised by athletes and coaches as one of the most important factors contributing to athletic performance. Mood states have been shown to fluctuate before and after competition (Terry, 1992, 1993) and away from the competition environment (Hall & Terry, 1995). The knowledge of "normal" mood responses before competition could be especially valuable for the applied practitioner.

Conversely, in team sports, the pressure of training and stress distribute to the whole team and team members support the weakness of each other. Notwithstanding those five negative mood states, "Vigour" has been known as a kind of positive mood status for athletes. One day before competition, the level of vigour is higher among team sports players. The team sport, as they are getting closer to the competition, the vigour mood state became stronger from one week to one before competition which was due to the fact of increasing self-confidence among team members. James & Lane (2002) and Lane & Chappell (2001) concerning the effects of moods on team sports showed that behavior trait of team such as volleyball, football and basketball showed improvement in positive factor vigour.

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