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## A STUDY ON THE FACTORS AFFECTING THE PERFORMANCE OF THE PLAYERS

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### ABSTRACT

Sports psychology bases on what psychological factors mean for sports performance, work out, and physical new development. They likewise help contenders with utilizing psychology to redesign their sports performance and mental prospering. Contemporary sports psychology is a substitute field. A few explicit focuses are marvelously convincing to sports clinicians. Sports psychology is a particular area of psychology coordinating mental parts that could influence sports performance and the mental flourishing of contenders. Sports psychology moreover bases on giving psychological needing to help with additional making sports performance. Mental game availability further makes performance by focusing in on as far as possible expected to win in any wearing test. Sports psychology chips away at your disposition and mental game capacities to help you with playing out your best by seeing restricting convictions and embracing a transcendent perspective about your game. Sports psychology further makes fixation and direct impedances, makes trust in sportspersons, makes limits, helps packs with understanding permitting limits, improves or balance motivation for ideal performance, makes game structures and express techniques, and help the general advancement of sportspersons. Along these lines, game and performance experts base on seeing and applying psychological principles that work with top sports performance update people's help with physical activities and help contenders with achieving ideal human performance. The current article highlights the factors affecting the performance of the players.

### Keywords:

Sports, Performance, Players

## INTRODUCTION

Character contrasts are just a lone part of this, with people's characteristics impacting the way that they act in a sports environment. Character influences sports choices considering the way that no two unequivocally an overall sort of character, recommending that everyone in sports is exceptional. Contenders for the most part pick a game considering their personality type; for instance, a friendly individual may be more coordinated to play a get-together action, while insightful individuals are presumably going to lean towards individual activities.

Character is shown by how people act in different circumstances and reflection on ordered most verifiable attributes. Everyone won't answer the same way while going toward express circumstances, highlighting the fundamental work character can play in sport. People embrace two fundamental procedures while overseeing events in their lives, for instance brand name and situational. (Donnelly, 2016)

People with stable situation approach parts could answer particularly while playing sport. There are different sorts of characters that sit between two constraints of self onlookers and merry people. Canny individuals are all things considered around less socially certain; sportspersons consistently embrace individual sports works out, for instance, swimming and distance running. Cordial people does the backward have, high sureness level and the ability to be dynamic paying little mind to anything they are tested with. A fundamental piece of how character affects sports performance is sureness.

A contender who perceives that they will succeed will undoubtedly do as such than an uncertain about self. one. Sureness keeps up with motivation and makes a not absolutely emphatically settled to succeed at their match. (Drenowatz, 2013)

An energizing viewpoint towards winning will consistently help with achieving better performance. In the nonstop audit, the personality of contenders is assessed as required. Due to the effect of the environment, a particular kind of will, nonappearance of psychological condition makes to win very close, which urges him to act in a specific course.

This effect of the outside environment on an individual is of different sorts; hence, the advancement of time, such unique standard mentioning are made and become solid areas for especially the personality of every single individual and take command of his entire method for managing acting.

Sports performance is the way sports support is assessed. A contender really takes a look at their performance as an improvement towards significance or achievement. There is a wisdom in sports that contenders amped up for performance really focus on the unpleasant or top notch level; contenders spellbound by fundamental help.

For additional conspicuous purposes, for instance, fitness or weight control, wearing contenders infrequently don't spread out unambiguous performance targets. On one level of liability, the confirmation of sports performance in many disciplines is a direct. (Fedewa, 2011)

The result is quantifiable in those activities where the impact is quantifiable and portrayed, similar to a race, a jump, or a thing is thrown. In these sports, the mission for performance improvement drives the examination of the particular pieces of performance. Exactly when a contender and guide can take out locales on which to get in setting together, a conclusive result is presumably going to be gotten to a more raised level.

Sports performance has four clear viewpoints, all of which has a few subcategories, some of which are fanned out in physical obviously, others of which watch out for the through and through factor. The four areas consolidate neuromuscular parts, the connection between the material construction and focuses and the strong skeletal structure; mental control and psychological components; environmental conditions; and setting up the external assistance for the contender.

Mental control and related psychological components in sports performance are intangibles reflected in the final result of a contender's undertakings. In many respects, the mental bits of the game are the most difficult to oversee, as they ordinarily require a raised level of athletic experience and progress to show up at confirmation. (Golle, 2015)

Physical fitness is a fundamental piece of help level and sports performance; it is comparably sensible in individual and social event games. Different specialists have found that productive sportspersons have best cutoff related physical fitness over non-performers.

Sports psychology also sorts out people's performance, mental cycle, and progress in waving settings, taking into account psychological hypotheses and procedures. Mental accomplishment has become reliably viewed as indispensable for a continually genuine level of waving performance, especially for sportswomen at levels of interest where the individual doesn't play with extending their endpoints.

Sports contention is connected with an enormous mental weight. Contenders ought to uninhibitedly show their significance over various sportswomen. It is a media test for their organizing level. Since the physical furthest reaches of sportswomen are regularly at a proportionate story, it is customary that the unequivocal consider winning is their personality. (Harris, 2015)

### **Factors affecting performance of the players**

In this article, we studied about following factors that affect the performance of the players:

a) Mental Tension b) Over-Confidence c) Fear of Defeat d) Self- Confidence

a) Mental Tension

Mental tension/ health refers to “cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave.” People sometimes use the term “mental health” to mean the absence of a mental disorder.

Mental health can affect daily living, relationships, and physical health. However, this link also works in the other direction. Factors in people’s lives, interpersonal connections, and physical factors can all contribute to mental health disruptions.

Mental health plays a vital role in a player’s performance as without mentally fit, a player can’t concentrate on the game.

## b) Over-Confidence

Overconfidence refers to a biased way of looking at a situation. The American Psychological Association defines overconfidence as, "a cognitive bias characterized by an overestimation of one's actual ability to perform a task successfully, by a belief that one's performance is better than that of others, or by excessive certainty in the accuracy of one's beliefs."

Over-confidence is like an evil for the players as due to over-confidence, they tend to consider their competitors weak and eventually, they may have to face defeat in the game due to this over-confidence.

## c) Fear of Defeat

The fear of failure, which is sometimes referred to as "atychiphobia", is an irrational and persistent fear of failing. Sometimes this fear might emerge in response to a specific situation." In other cases, it might be related to another mental health condition such as anxiety or depression.

Fear of defeat leads to decrease in the confidence of player which causes decrease in the performance level.

## d) Self-confidence

The concept of self-confidence is commonly defined as "self-assurance in one's personal judgment, ability, power, etc. One's self-confidence increases as a result of experiences of having satisfactorily completed particular activities." Self-confidence involves a positive belief that in the future, one can generally accomplish what one wishes to do.

## **METHODOLOGY:**

In the current work, total 146 players were included from Delhi-NCR region. All the respondents were asked about the questions related to the factors affecting their sports performance. The

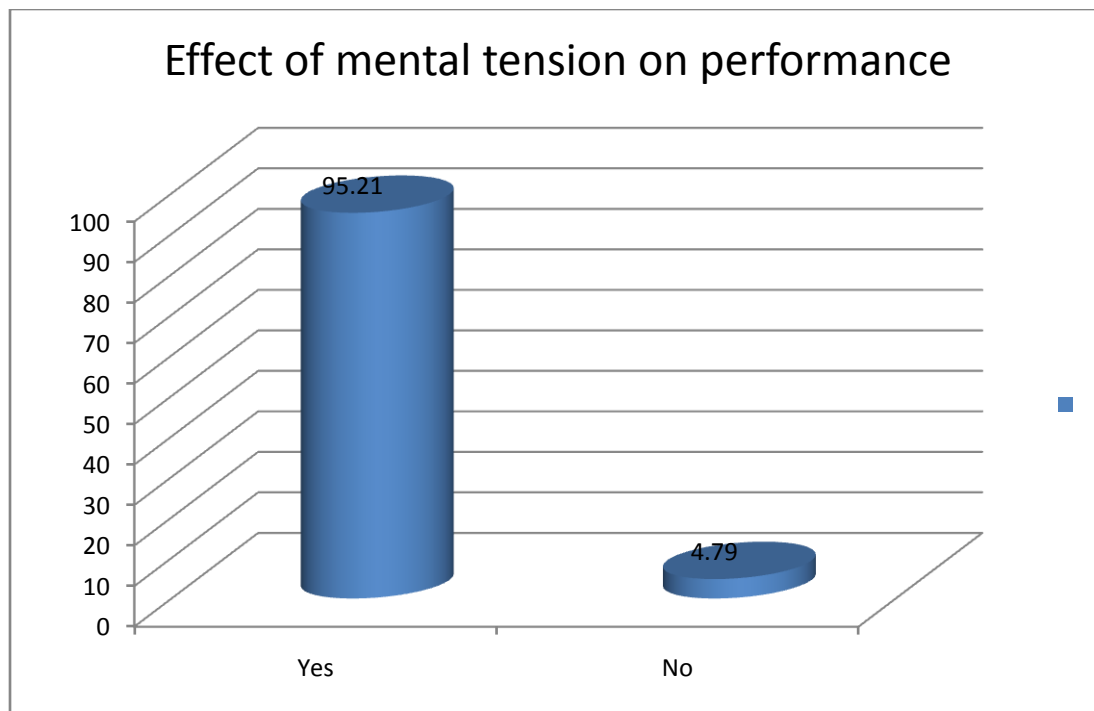
questionnaire was made by the researcher himself. All the respondents were selected by random sampling method.

<b>Area of Research:</b>	Delhi-NCR
<b>Total respondents included in the research work:</b>	146
<b>Sampling method:</b>	Random sampling method was used
<b>Variables Used:</b>	Mental tension, Self-confidence, Over-confidence

#### DATA ANALYSIS:

**Table No. 1 Showing the effect of mental tension on performance.**

<b>Description</b>	<b>Yes</b>		<b>No</b>		
	No. of Respondents	%	No. of Respondents	%	
Effect of mental tension on performance					Total Respondents
Response	139	95.21	7	4.79	146



From the above table, it can be observed that out of 146 players majority of the players i.e. 139 players expressed their answers in "Yes" i.e. 95.21% of the players have agreed that mental tension affects the performance.

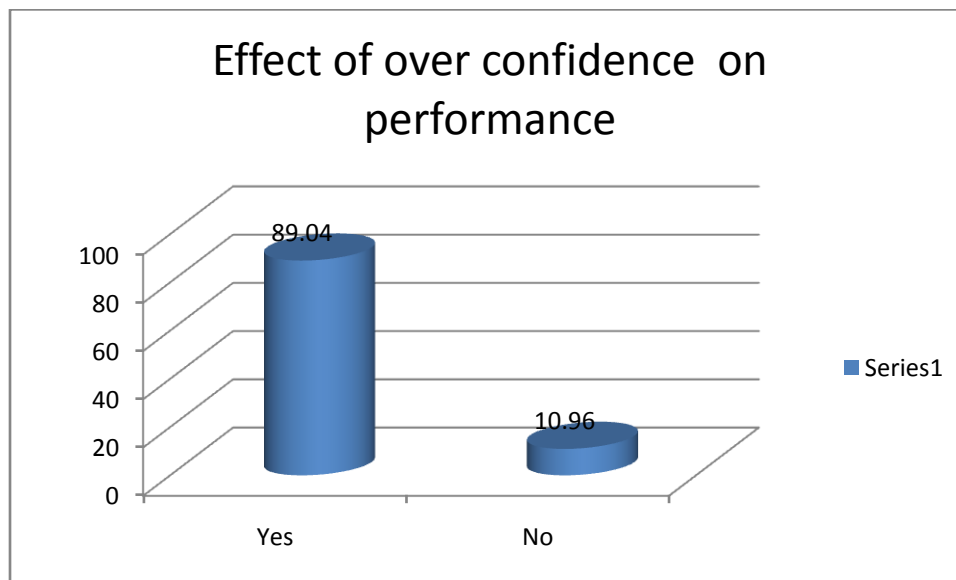
In the same manner it is also observed that only 7 players expressed their answers in "No" i.e. 4.79% of the players have not agreed

**Interpretation:**

The players who had responded 'yes' they agree that performance is affected due to mental tension, it means that these players might have gone through the state of mental tension that may have affected their performance. And those who had marked 'no' they might not had gained the state of mental tension or might had overcome this state.

**Table No. 2: Showing the affect of overconfidence on performance.**

Description	Yes		No		Total Respondents
	No. of Respondents	%	No. of Respondents	%	
Effect of over confidence on performance					
Response	130	89.04	16	10.96	146



From the above table 2, it is observed that out of 146 players a maximum number of 130 players have expressed their answers in "Yes" i.e. 89.04% of the players have agreed that over confidence lead to poor performance. In the same manner it is also seen that only 16 players have expressed their answers in "No" i.e. 10.96% of the players have not agreed.

**Interpretation:**



The sportsmen who had responded 'yes' know very well that when same activity is done with full faith then only confidence comes and regular practice brings the confidence in them and due to this regular practice, they think that they can perform very well at any level of the competition and they will only win and this overconfidence brings their performance down.

Those had responded 'no' thinking might be that only overconfidence can bring the player to the top level because if they will have overconfidence then only they can think positively and this positive thinking can bring positive results.

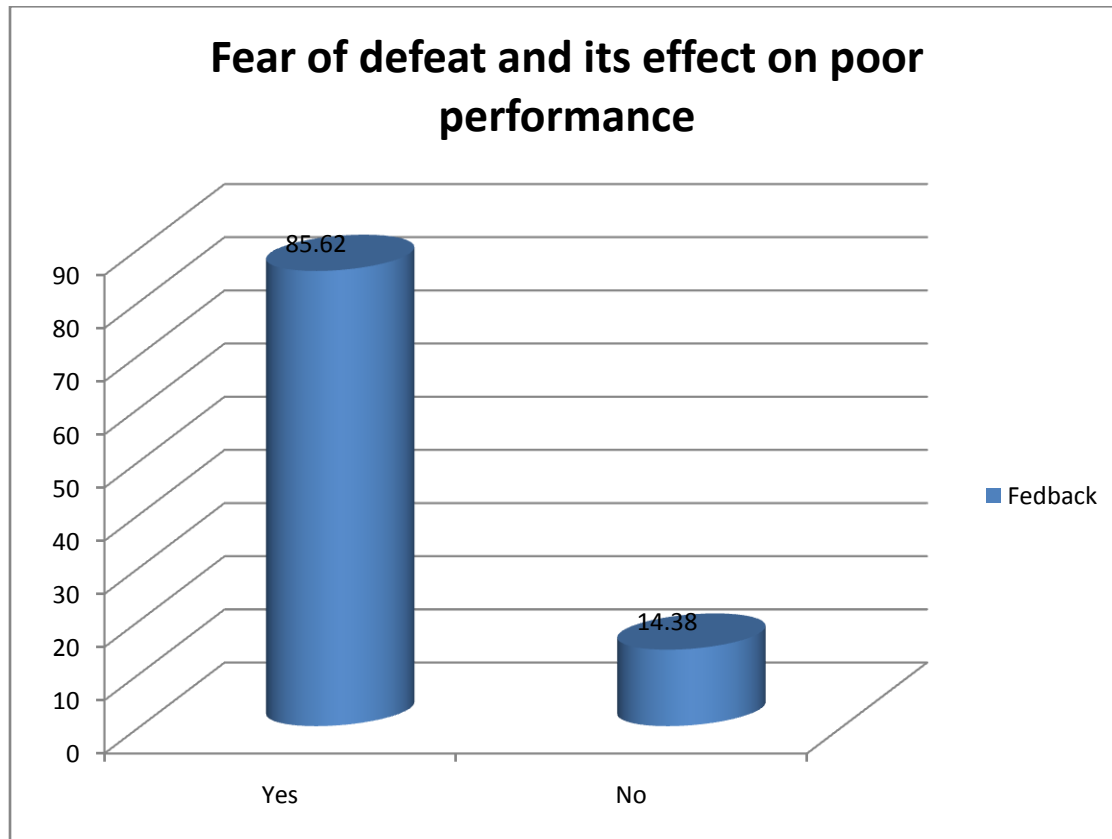
**Table No. 3 Showing fear of defeat and its effect on poor performance.**

Description	Yes		No		Total Respondents
	No. Respondents	%	No. Respondents	%	
<b>Fear of defeat and its effect on poor performance</b>					
Response	125	85.62	21	14.38	146

From the above table 3, it can be observed that out of 146 players a maximum number of 125 players have expressed their answers in "Yes" i.e. 85.62% of the players have agreed that fear of

defeat lead to poor performance. In the same manner it is also seen that only 21 players have expressed their answers in "No" i.e. 14.38% of the players have not agreed.

**Interpretation:**



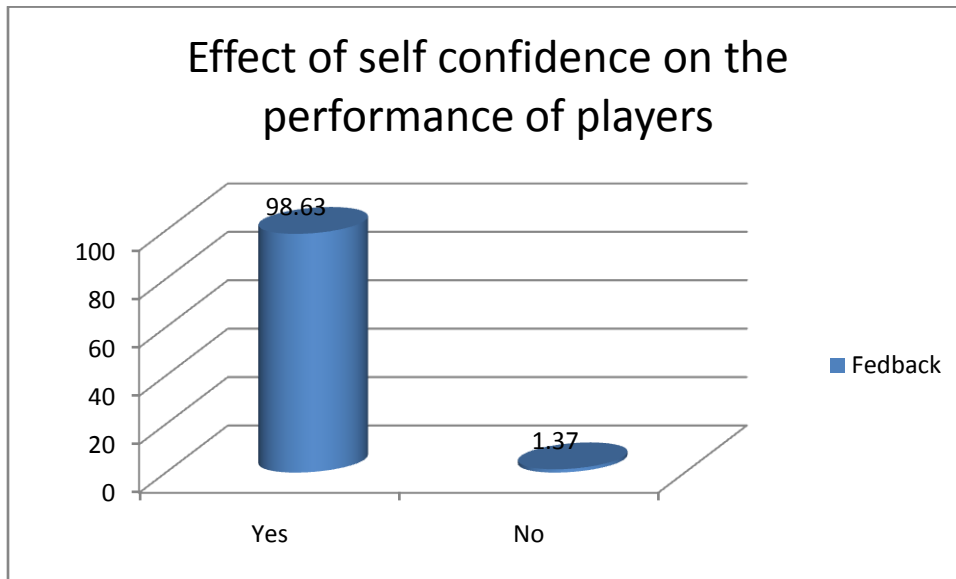
Those who had responded 'yes' for them fear is a higher level of anxiety and it can have a serious affect on sports performance. This fear comes from lack of confidence. Players have to give their best at the time of competition and the tension of winning the competition always remains in their mind.

But during competition a silly mistake hinder their skills through which they come under mental tension which arises a fear of defeat in their mind and as the game progresses their performance level goes down and down.

The players who had responded 'no' they must be overconfident at the time of competition.

**Table No. 4: Showing the Effect of self confidence on the performance of players**

Description	Yes		No		Total Respondents
	No. of Respondents	%	No. of Respondents	%	
Effect of self confidence on the performance of players					
Response	144	98.63	2	1.37	146



From the above table it can be observed that out of 146 players a maximum number of 144 players have expressed their answers in "Yes" i.e. 98.63% of the players have agreed that self confidence affects the performance.

In the same manner it can also be observed that only 02 players have expressed their answers in "No" i.e. 1.37% of the players have not agreed.

### **Interpretation:**

The players who had responded 'yes' they may be knowing this that when a player participates in different level of competitions the person can improve his/her knowledge, skill and confidence because in different competitions he has to phase different competitors which increase his confidence level. Those had responded 'no' they might have experienced the state of competition fear before competition.

### **CONCLUSION:**

In the current study, the selected players from Delhi-NCR region were asked about the factors affecting the performance of the players. The results conclude that majority of the players i.e. 95.21% mentioned that mental tension directly affects the performance of the players.

Similarly, majority of the players i.e. 89.04% agreed that over confidence reduces the performance level of the players.

On the other hand, according to 85.62% of the respondents ; fear of defeat also lowers down the performance of a player.

Self-confidence boosts the performance of the players in a positive way according to 98.63% of the total selected playe

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