

Psychological Evaluation of Sports Persons with Disability

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Abstract

The purpose of the present study was to compare the sensation seeking and anxiety state of sports person with impairment vision problem. The total thirty (15 Cricketers and 15 Sprinters) male Open National tournament players were selected for this study. The age of the subjects were ranged between 18 to 25 years. The data on sensation seeking and anxiety state of the subjects were obtained by using a questionnaire developed by Neary and Zuckerman (1976). The t test was used to determine the difference between the mean score of the cricketers and sprinters. Results revealed that there was a significant difference between Cricketers and sprinters in their sensation seeking and anxiety state at 0.05 level of significance with 28 degree of freedom. Study showed that cricketers have higher level of sensation seeking and anxiety state as compared to sprinters.

Key Words: Persons with vision impairment, Cricketers, Sprinters, Sensation Seeking and Anxiety State.

1. Introduction:

Very few people are aware of the fact that the Paralympics games are the gift of Second World War. After the Second World War patients suffering from various serious injuries were treated by various physicians and surgeons like Sir Ludwing Gutman. It was the Sir Ludwing Gudman who realized for the first time that the injury or disability of the body is not a disease or infirmity, rather it is a condition of the body, anyone can achieve any time by the some chronic disease or accident. He also realized that only games and sports are the ray of hope to increase the will power to such types of persons.

Physical education professionals owe the duty of serving the persons with disabilities. The mission of the physical education teacher is to promote the development of motor skills and abilities so that people can live

healthful and productive lives and engage in recreational and sports activities of their choosing. The Right of Persons with Disabilities Bill, 2011 of Indian Constitution, a successors of 'Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation), Act 1995' advised full rights to play and participate in sports on an equal basis with other children.

Sports persons with vision impairment follow the sight classification system developed by the International Blind Sports Association to ensure fair competition. The system uses three categories to chart the varying degrees of vision. An athlete in a sport under their designated category as follows:

B1 - From no light perception at all in either eye up to light perception, but the inability to recognize objects or contours in any direction and at any distance.

B2 - From the ability to recognize objects or contours up at any distance or any direction to a visual acuity of 20/60 and/or a visual field of less than 5 degrees.

B3 - From visual acuity above 2/60 to 6/60 vision and/or visual field of more than 5 degrees and less than 20 degrees.

The psychological profile related to Sensation Seeking, and Anxiety State has never been studied or conceived on the disabled persons. Sensation seeking is a much interesting personality trait that has its effect on many aspects of our lives. It affects what discipline we prefer, what games/ sports or occupations we select. Personality traits are underlying characteristics of an individual that are relatively stable over time, and explain regularities in people's behaviors. When thinking about people we know well, we will naturally have noticed how we differ, and our everyday language is full of ways of describing and comparing people. People may be outgoing or unsociable, shy or confident, friendly or rude, and so on. People instinctively observe that individuals react differently to the same situations, and these differences are caused by natural variations in personality traits. Sensation seeking has been identified as a human trait defined by the seeking of varied, novel, complex, and intense sensations and experiences, and the willingness to take physical, social, legal, and financial risks for the sake of such an experience (Zuckerman, 1994).

Zuckerman (1971) proposes that there are four sub-dimensions to the sensation-seeking trait:

- i) Thrill and Adventure Seeking: Which relates to the willingness to take physical risks and participate in high- risk sports.
- ii) Experience Seeking: Which relates to the need for new and exciting experiences and associated with all types of risk taking.
- iii) Disinhibition: Which relates to a willingness to take social risks and engage in health risk behaviours.
- iv) Boredom Susceptibility: This relates to intolerance of monotony.

Many studies involving sensation seeking have been conducted across a variety of anti-social risk-taking behaviours, such as drug use and unsafe sexual practices, as well as more socially acceptable forms of risk-taking behaviours (Zerevski et al.,1998) such as engaging in extreme sports (Donohew, Zimmerman Cupp, Novak, Colon & Abell,2000;Kerr, 1991; Zuckerman, 1994).

Sensation seeking helps to the individuals to reach and maintain an optimal level of arousal. Sensation seekers seen characterized by a chronicle under activation, and sight stimulations to increase their level of arousal to a point that is hedonically positive for them (Eysenck & Zuckerman, 1978). Some studies have shown that sensation seeking was a significant determinant of the choice of risky activities (Zalesky, 1984; Zuckerman, 1983) and of the adoption dangerous behaviours in these activities (Connolly, 1981; Rossi & Cereatti, 1992).

Anxiety can be classified in two ways: trait anxiety and state anxiety. State anxiety is situational stress induced by situations in the game. A sports person's autonomic nervous system is aroused in this state which is the natural reaction of any individual. On the other hand, trait anxiety can be thought of as a world view that an individual uses when coping with stress. In sports, individuals who are state anxious and low on the trait anxiety in tough situations, often deliver good performances concisely. Whereas, athletes who have higher levels of trait anxiety, added with the state anxiety, tend to perform below expectations.

2. Methodology:

2.1 Subjects

A total of thirty (15 Cricketers and 15 Sprinters) male Open National level players with vision impairment were randomly selected for this study. The age of the selected subjects were ranged between 16 to 25 years.

2.2 Instruments

Investigators used the Sensation Seeking and Anxiety State Test (SSAST) developed by Neary and Zuckerman(1976) to obtain data on Sensation Seeking and Anxiety State of the subjects.

2.3 Procedure

The data were collected from the various school/university players with vision impairment who participated in National Open tournament in Cricket and Athletics. Investigators used the Sensation Seeking and Anxiety State Test developed by Neary and Zuckerman (1976). The tool consists of 30 statements in which 15 items were regarding Sensation Seeking (SS), and 15 items were for Anxiety State (AS). The scoring varies from 1 (not at all) to 5 (very much) for each item (range=15 to 75). The item no. 5, 9, 14, and 25 are scoring reversed, i. e. 1 (very much) to 5 (not at all). It is a Likert type 5 points scale and its reliability in reported to be 0.93.

2.4 Statistical Analysis

The t test was used to determine the differences between the means of Cricketers and Sprinters with vision impairment scores. Further the level of significance was set at 0.05 level.

4. Discussion:

The result of the study showed that there was a significant mean difference between cricketers and sprinters with vision impairment in their sensation seeking. Cricketers with vision impairment were found to have more sensation seeking trait as compared to sprinters with vision impairment. It is because of the nature of activity in their respective games. The activities in cricket are much unpredictable as compared to the sprinting e.g. the cricket player cannot predict the velocity as well as the flight of the ball.

The result of the study revealed that the mean difference of the anxiety state of cricketers and sprinters with vision impairment was found significant. Because sprinters can anticipate the run way (track) while sprinting. Future research should examine on different psychological profiles of competitive and non-competitive disabled persons.

5. Conclusion

On the basis of obtained results it is concluded that there was a statistical significant difference between cricketers and sprinters with vision impairment in their sensation seeking and anxiety state.

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Table 1: Indicating mean differences between Cricketers and Sprinters on their sensation seeking.

	Mean	SD	Cal. 't'
Cricketers	58.06	4.44	7.95*
Sprinters	53.06	6.16	

*Significant at 0.05 level of significance

Tab t

= 1.701

When we go through table 1, it is documented that calculated t was higher than tabulated t which indicated that significant difference between Cricketers and Sprinters with vision problem at 0.05 level of significance with 28 degree of freedom.

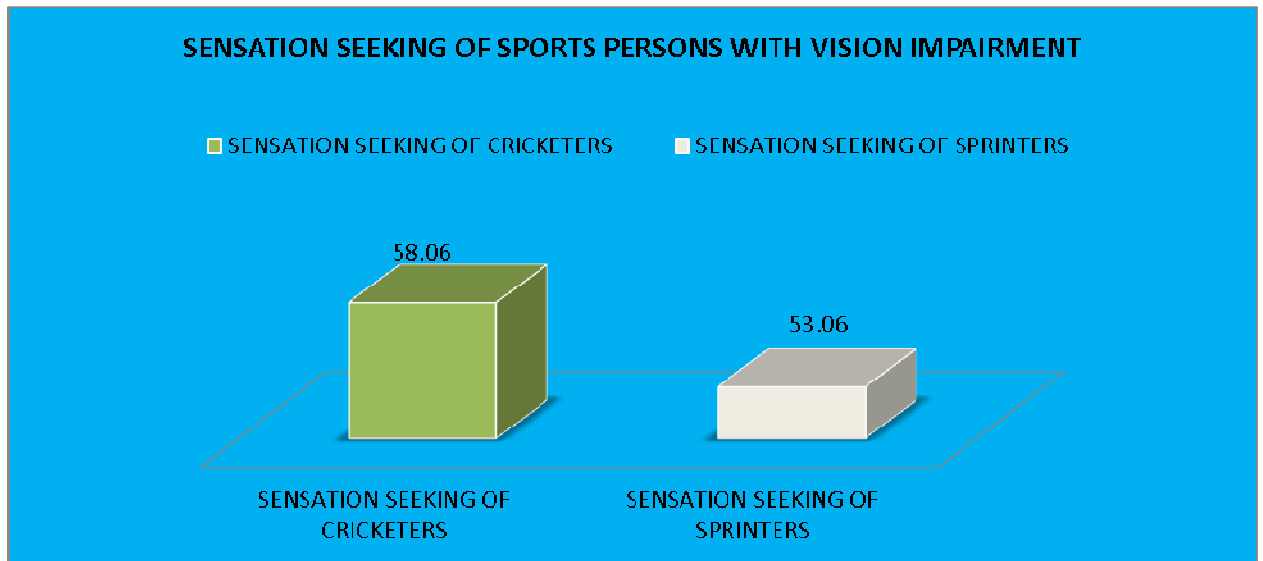


Figure 1: Showing graphical representation of mean difference between Cricketers and Sprinters with vision impairment.

Table 2: Indicating mean differences between Cricketers and Sprinters with vision impairment. on their anxiety state.

	Mean	SD	Cal. 't'
Cricketers	54.2	8.56	1.89*
Sprinters	51.33	5.74	

*Significant at 0.05 level of significance

Tab t =

1.701

It is clearly documented in table 2 that calculated t was higher than tabulated t which indicated that significant difference exists between Cricketers and Sprinters with vision impairment in their Anxiety State at 0.05 level of significance with 28 degree of freedom.

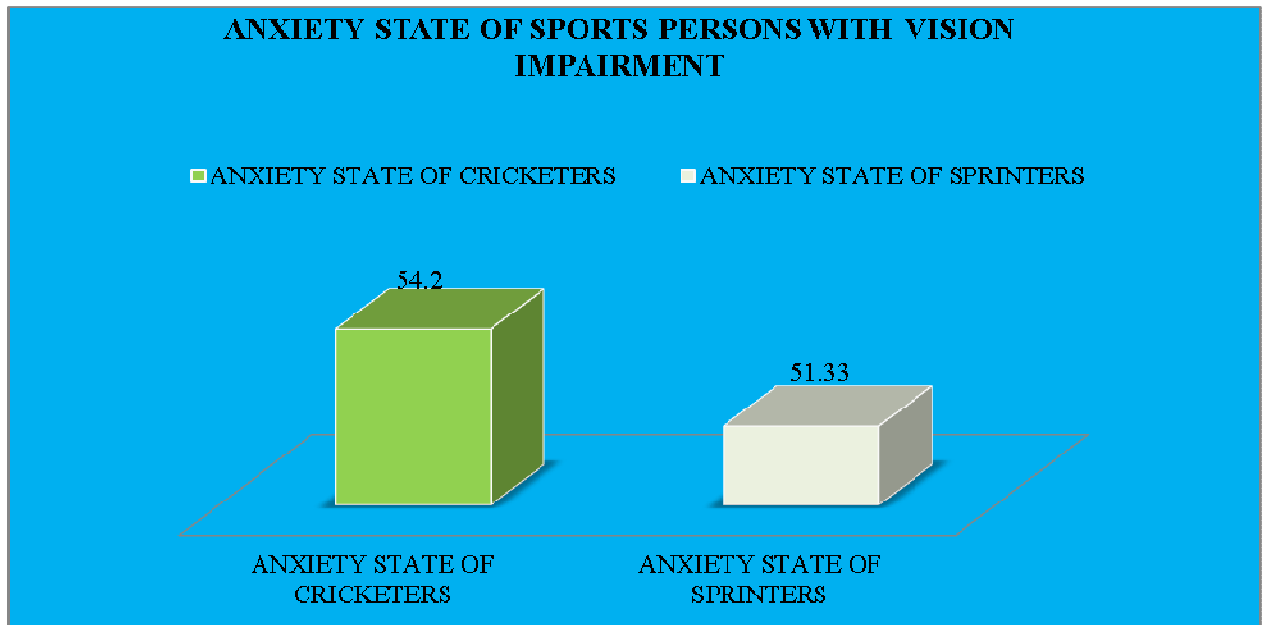


Figure 2: Showing graphical representation of mean differences between Cricketers and Sprinters with vision impairment.