

PSYCHOLOGICAL PROFILING OF INTERNATIONAL PARA SWIMMERS OF INDIA

Julie Indwar¹ & Gaurav pant²

¹Research Scholar, Bharati Vidyapeeth Deemed to be University, Pune, Maharashtra, India

²Assistant Professor, Bharati Vidyapeeth College of Physical Education, Pune., Maharashtra, India

Received: 20 Mar 2019

Accepted: 28 Mar 2019

Published: 13 Apr 2019

ABSTRACT

The aim of the research is to examine the psychological features which enable swimming participation and attain the goals in interesting life for the para-swimmers. Investigating the emotional profile of female and male international para-swimmers is the goal of the study. The topic was female and male para-swimmers that are 14 in total, who contributed in global level of para-swimming under the sponsorships of para Olympic board. The characters were divided based on three questionnaire - copying skill inventory, mental performance inventory, and big five personality trait. Finding out the personality profiles of female and male global para-swimmers, standard deviation and mean is calculated from the score.

KEYWORDS: *Interesting Life for the Para-swimmers, Investigating the Emotional Profile of Female and Male, Increasing the Sports Performance*

INTRODUCTION

Psychology has made a tremendous contribution to increasing the sports performance. It is a part of behavioral science, which helped the coaches to train the athletes more effectively and helps them to perform accurately. Gaining attention from the sports administration is the psychological feature of the sport. In this research, the para-swimmers of different categories like S1 to S12 were studied.

Ever since the first games in Rome from 1960, swimming has always been a part of Paralympic programmer. Several countries and athletes have taken part every four years. World Para-Swimming governs the para-swimming, which was known as IPC swimming earlier. It is an adaptation of the swimming sport for physically challenged athletes. It is conducted not only at the Summer Paralympic Games but at incapacitated sports races around the globe. It is named as “Paralympic” swimming, as it is ruled by the International Paralympic Committee.

International Swimming Federation (FINA) set forth the rules for the sport. Swimmers contest separately in breast-stroke, butterfly, backstroke, freestyle, individual medley, and as players in relay races. World Championships and other elite competitions are leveled at the Paralympics.

METHODS

The aim of the research was to examine the mental profiles of International level Para swimmers. The research was encircled to Coping skills (athletic coping skill inventory), Mental toughness (psychological performance inventory), Personality (The big five inventory) on female-male global Para swimmers from India - 6 females and 8 males at the age range from 15 – 32 years.

HYPOTHESIS

- There may be a low level of big five personality characters.
- There may be a low level of psychological presentations.
- There may be a low level of copying skill.

RESEARCH DESIGN

In this section, the selection of variables, selection of subjects, administration, and selection of questionnaires and statistical methods used for examining information are defined.

THE SUBJECTS

The current research study was directed on 14 international para-swimmers from India fitting to various Indian states.

EXPERIMENTAL DESIGN/RESEARCH PROCESS

The statistics were obtained on 14 subjects. The data collection schedule was premeditated in such a way that the time table's everyday routine was not troubled.

Selection of Psychological Profiles

The research scholar made a genuine evaluation on the related works. Then, a discussion on series with the experts, valid questionnaire and availability of reliable is also a significant consideration.

In the leading ones, inventiveness for the variable's choice. The research was performed to locate these emotional profiles for examining which are not only pertinent but also related closely to the study purpose. So, it is based on literary evidence.

Communication with the scholars and expert's own consideration the following variables were for this research.

Administration of Test and Collection of Data

The investigator had a conference with the subjects prior to the test. The purposes and objectives of the test were made clear to the subjects so that they were conscious of what they are predictable to do. The psychological performance inventory, copying skills, and mental toughness were directed in groups, using a paper and pen version. For the subjects to focus, the room in which the surveys were finished had presented virtuous circumstances: no interfering noise, no distractions, and enough light.

On the subjects, a pre-test was performed for calculating their mental toughness and cognitive coping strategies and psychological performance inventory. Before filling the survey, the researcher made the subjects comprehend the meaning of all queries to acquire the wanted data. The researcher has also provided all the essential materials or items by the athletes to fill the questionnaire.

ANALYSIS OF DATA AND RESULTS

This chapter includes data results that are statistically treated, discussions and findings of the psychological skill training effect on psychological performance inventory, cognitive coping skill and mental robustness of academic athlete.

Table 1: Statistics Analysis of Psychological Performance Inventory

	Min(Z)	Mean(Z)	Max(Z)
Self confidence	33.57025	50	65.77237
Negative energy control	33.40409	50	73.23428
Attention control	34.40894	50	67.48079
Positive energy control	36.30674	50	66.57589
Attitude control	36.92285	50	67.1215
Visual imagery control	35.41484	50	62.1543
Motivation level	40.51545	50	76.92364

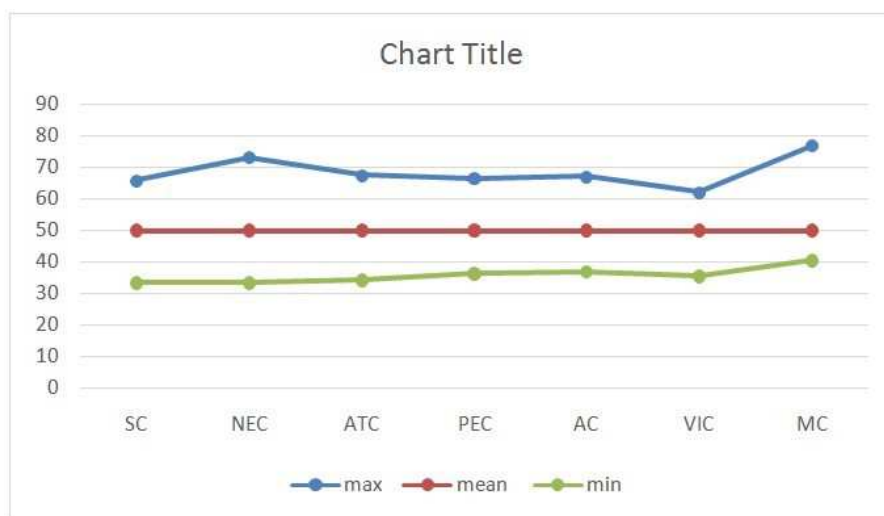


Figure 1

From the results of table 1, the various interpretation could be made. Few of the findings are below:

- In para-swimmers, the standard error of the mean is the minimum for the negative energy control, whereas the maximum is for the positive energy control.
- Median and mean of negative energy control, and consideration control found nearly identical as compared to negative energy control, self- confidence, attitude control, positive energy control, and motivational level of para-swimmers.
- A maximum value is seen equal in case of negative energy control, motivational level and positive energy control i.e. 24.00, whereas the values are found - 23.00 in attitude control, visual imagery control is 17.00 and self-control is 22.00. In negative energy control, the minimum value is 12 and attention control is almost equal, whereas self-confidence is 8 and positive energy control is 6. A motivational level is 7, visual imagery control is 6 and attitude control is 5 in para-swimmers.
- As a guideline, a skewness value is more than twice its standard error indicating a parting from balance. The data is skewed negatively in case of self-confidence and visual imagery control as compared to the other variables like positive energy control, attitude control, negative energy control, attention control, and motivational level according to this principle.
- It is found from table 2 that the para-swimmers have a very good negative energy control - 73.23428 and think positive in all the characteristics and having a good level of motivation at 76.92364.
- It is seen that the para-swimmers having positive energy of high range. Series occurring in self-confidence is 14, negative energy control is 12, attitude control is 13, visual imagery control is 11, a motivational level is 17 and positive energy control is 18.

Table 2: Statistics Analysis of Big Five Inventory

	MAX	MEAN	MIN
Extraversion	64.7896	50	25.20567
Agreeableness	64.5096	50	34.71655
Conscientiousness	72.19323	50	38.33433
Neuroticism	69.87101	50	30.44192
Openness	64.3098	50	30.68677

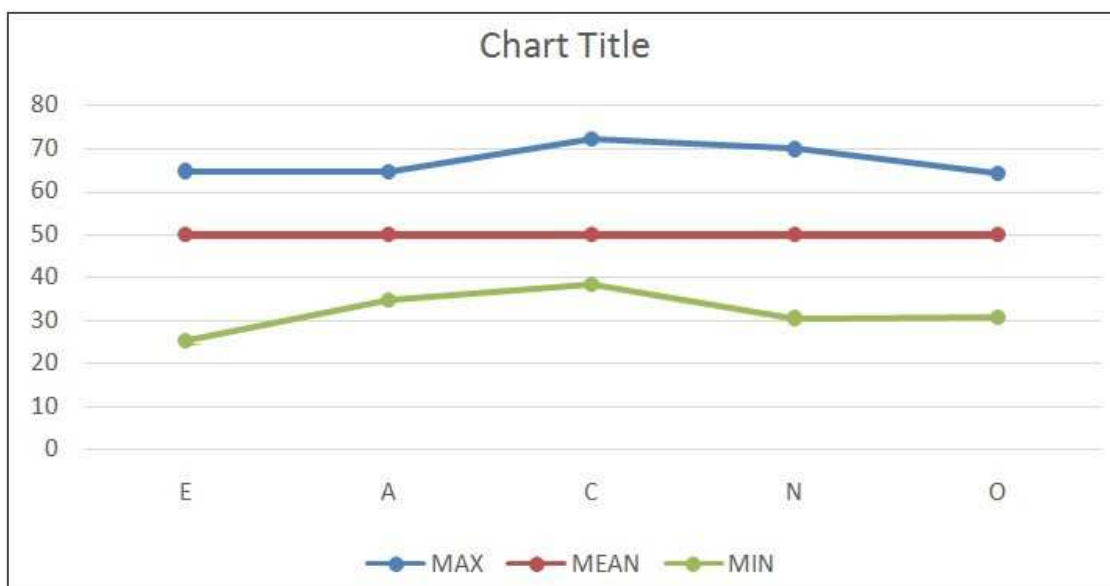


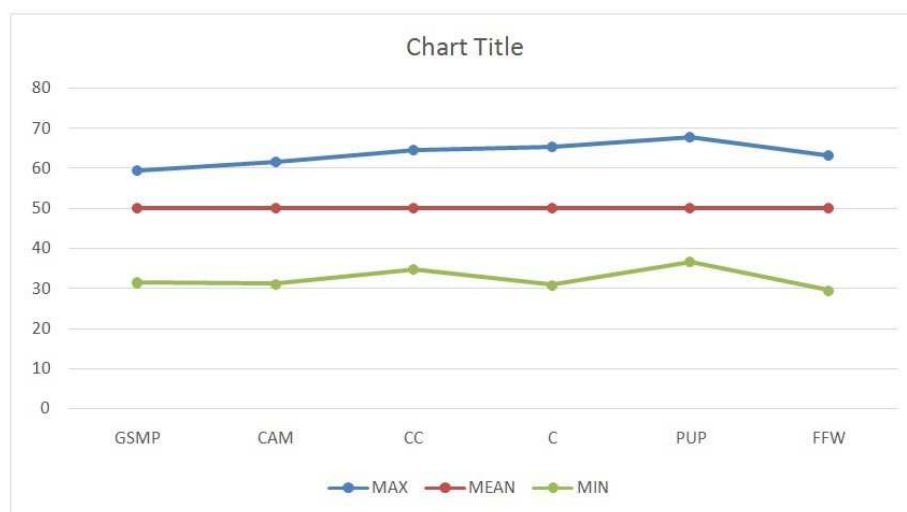
Figure 2:

From table 2 results, the various interpretation could be made. Few of the findings are below:

- In Para-swimmers, the standard error of mean is the least for agreeableness .98676, whereas the extreme for openness is 1.90770.
- As a guideline, a skewness value more than twice its standard error specifies an exit from equilibrium. According to this principle, the data is skewed negatively in the case of agreeableness, extraversion, and openness.
- Mean and median in the above information are found nearly equal in all the variables like Conscientiousness, Agreeableness, Extraversion, Openness, and Neuroticism.
- It is found that the Para swimmers have very less extraversion and high level of conscientiousness.
- A maximum value is found almost equal in case of openness and conscientiousness which is more as compared to other variables like agreeableness, extraversion, and neuroticism, whereas the minimum values show the neuroticism and extraversion.

Table 3: Statistics analysis of Copying Skill Inventory

	Max	Mean	Min
Goal Setting And Mental Preparation	59.60512	50	31.45988
Confidence And Achievement Motivation	61.74333	50	31.15604
Coachability Cohesion	64.62679	50	34.76376
Coping With Adversity	65.45413	50	30.83688
Peaking Under Pressure	67.8329	50	36.62532
Free Freedom Worry	63.23834	50	29.54074

**Figure 3**

From table 3 results, various interpretations could be made. Few of the findings are below:

- A skewness value is more than twice its standard error indicating a parting from symmetry. The data is skewed negatively in case of mental preparation and goal setting, cohesion and free freedom work, confidence and achievement motivation.
- The standard error of mean is the least for free freedom work .47587, whereas the maximum is for mental preparation and goal setting in Para swimmers.
- Median and mean in the above data are found almost equal in all the variables like goal setting and mental preparation, achievement motivation, confidence, coachability cohesion coping with misfortune glancing under free freedom work and pressure.
- A maximum value is almost seen equal in case of mental preparation and goal setting, achievement and confidence motivation, peaking under pressure and copying with adversity, which is more as compared to the added variables like cohesion.
- It is observed that the Para swimmers have a high level of cohesion.

DISCUSSIONS OF FINDINGS

To begin with, the findings of the discussion of the total sample for the study, their vivid statistics on CERQ measure the factors such as:

- PPI: As a degree of mental roughness in the sport. Although, the empirical data were supportive generally of the psychometric assets of the PPI–A, methodological (i.e., revalidated a flawed inventory), measure of mental toughness, and conceptual (e.g., lack of conceptual underpinnings).
- BFI: Neuroticism vs. emotional stability, Agreeableness vs. antagonism, Conscientiousness vs. lack of direction, Extraversion vs. introversion, Openness vs. closeness to experience.
- CSI: Professed significance of the competition, perceived goal attainment and sense of control.

CONCLUSIONS

The data analysis available in tables obviously discloses that the global para-swimmers at the international level have more attention control, negative energy control as compared to another variable in PPI. It means they have a very silent character with strong determination and will power. They are the persons who focus primarily on their own mind, feeling or affairs.

Through the copying skill available data, it is obviously visible that the para-swimmers have a very high mental preparation and goal setting and at the same time having achievement, confidence, and motivation. Thus, it shows that the swimmers are more psychologically self- motivated and strong to attain their mark.

Through the big five obtainable data showed that the para-swimmers are more agreeableness, conscientiousness and highly openness. It shows that the swimmers are seen to be more aware of words their board at the same time talented to skilled the tough circumstances and having a high level of thoughtfulness.

REFERENCES

1. Abberley, P. (1996) *Work, Utopia and impairment*. In L.Barton (ed.) *Disability and Society: Emerging Issues and Insights*. (p.61-79).
2. London: Longman. Abrams, P. (1982) *Historical Sociology*. Shepton Mallet: Open Books. Adler,
3. P. A. and Adler, P. (2002) *The Reluctant Respondent*. In. J.Gubruim and J.Holstein (eds.)
4. *Handbook of Interview Research: Context and Method*. (p.515-535). London: Sage. Albrecht, G.; Seelman, K.;
5. Amis, J. (2005) *Interviewing for case study research*. In D.Andrews; D.Mason; M.Silk (eds.) *Qualitative Methods in Sports Studies*. (p.104-138).
6. Oxford: Berg. Anderson, J. (2003) *'Turned into Taxpayers': Paraplegia, Rehabilitation and Sport at Stoke*
7. Ashton-Shaeffer, C.; Gibson, H.; Autry, C.; Hanson, C. (2001) *Meaning of Sport to Adults with Physical Disabilities: A Disability Sport Camp Experience*. *Sociology of Sport Journal*. 18: 95-114.

8. *Bailey, S. (2008) Athlete-First: A History of the Paralympic Movement.*
9. *Chichester: John Wiley & Sons. Bairner, A. (2009) Sport, Intellectuals and Public Sociology: Obstacles and Opportunities. International Review for the Sociology of Sport.*
10. *44: 115-130. Barnes, C. (1994) Disabled People in Britain and Discrimination: a case for anti-discrimination legislation.*
11. *London: Hurst. Barnes, C. (1996) Theories of disability and the origins of the oppression of disabled people in western society.*
12. *In L.Barton (ed.) Disability and Society: Emerging Issues and Insights. (p.43-60). London: Longman.*
13. *Bury, M. (2001) The formation of disability studies. In G.Albrecht; K.Seelman; M.Bury (eds.) Handbook of Disability Studies. (p.1- 8). London:Sage.*
14. *Burke, Shaunna (2003) Mental strategies of elite Mount Everest climbers. M.A. dissertation, University of Ottawa (Canada), Canada.*
15. *Retrieved October 28, 2008, from Dissertations & Theses: Full Text database. (Publication No.AAT MQ90038).*
16. *Bull, S. J., Sham brook, C. J., James, W. & Brooks, J. E. (2003, February). Towards an understanding of mental toughness in elite English cricketers.). University of Port Elizabeth.*
17. *Devonport Tracey J. (2006) Perceptions of the Contribution of Psychology to Success in Elite Kickboxing Journal of Sports Science and Medicine CSSI, 99-107 Retrieved from <http://www.jssm.org>*
18. *FouriesandPotgieter J.R.(2001) The nature of mental toughness in sport Research in South African Journal for Sport, Physical Education and Recreation*
19. *Karen M. Gil, Jennifer J. Wilson, et. al., Effects of Cognitive Coping Skills Training on Coping Skills Training on Coping Strategies in African American Adults With Sickle Cell Disease, Health Psychology, Vol. 15(1), Jan 1996, 3-10.*
20. *U.Johnson, Coping Strategies Among long-term injured and Non-injured Competitive Athletes, Scandinavian Journal of Medicine & Science in Sports, Vol.7-6, 367-372, December, 1997.*
21. *RodafinesKaissidis, MH. Anshel, Personal and Situational Factors that Predict Coping Strategies for acute Stress among Basketball Referee, Journal Sports Science, Vol.15-4, 427-436, August, 1997.*
22. *Michael E. Robinson, et. al., The Coping Strategies Questionnaire: A Large Sample, 1 item Factor Analysis, Clinical Journal of Pain, Vol.13-1, 43-49, March, 199*
23. *MarkH.Anshel, J Jamieson, S Ravi, Cognitive Appraisals and Coping Strategies Following acute Stress Among Skilled Competitive Male & Female, Journal of Behavior, Vol.24-2, 128-143, 2001*
24. *Nadia, Garenfeski.Nadaia, Kraaij.Vivian .et, al., Cognitive Coping Strategies and Symptoms of depression and anxiety: a Comparison between Adolescents and Adults, Journal of Adolescence, Vol.25-6, December, 2002, 603-611*

25. Jones, Graham (2002) *What Is This Thing Called Mental Toughness? An Investigation of Elite Sport Performers* *Journal of Applied Sport Psychology*, Volume 14, 3, 205 - 218 .
26. Jones, G., Hanton, S., &Connaughton, D. (2002). *What is this thing called mental toughness? An investigation of elite sport performers.* *Journal of Applied Sport Psychology*, 14, 205-218.(pp. 172-174 Retrieved from <http://www.breakthroughsports.net.au>
27. Nicholas L.Holt, *Coping in Professional Sport: A Case Study of an Experienced Cricket Player*, *The Online Journal Of Sport Psychology*, 2004.
28. Middleton, S.C., Marsh, H.M., Martin, A.J., Richards, G.E., Perry, C., (2004b). *Mental Toughness: Is the mental toughness test tough enough?* *International Journal of Sport & Exercise Science*. 35, 91-108.
29. Middleton, S.C., Marsh, H.M., Martin, A.J., Richards, G.E., Perry, C.,(2004c). *Developing the Mental Toughness Inventory (MTI).* *Self Research Centre Biannual Conference, Berlin.*Retrieved from <http://www.breakthroughsports.net.au>.
30. Middleton, S.C., Marsh, H.M., Martin, A.J., Richards, G.E., Perry, C.,(2004c). *Developing the Mental Toughness Inventory (MTI).* *Self Research Centre Biannual Conference, Berlin.*Retrieved from <http://www.breakthroughsports.net.au>.
31. Rogelio Puente-Diaz, Mark H Anshel, *Sources Of Acute Stress, cognitive Appraisal, and Coping Strategies, among Highly Skilled Mexican and U.S. Competitive Tennis Players*, *The Journal Of Social Psychology*, Vol.145-4, 429-446, 2005.
32. MohamedNizam, A; Omar-Fauzee, M.S; and Abu Samah, B (2009) *The Affect of Higher Score of Mental Toughness in the Early Stage of the League towards Winning among Malaysian Football Players* *Research Journal of International Studies - Issue 12,October*, 67-78.
33. E. Kristiansen, G. C. Roberts, *Young elite athletes and social support: coping with competitive and organizational stress in "Olympic" competition.* *Scandinavian Journal of Medicine & Science in Sports*, 20: 686-695, August, 2010.
34. Cruz Jose. Fernando, Dias Claudia, *Coping Skills, Multidimensional Competitive Threat Appraisal: Difference Across, Sex, Age & type of sport*, *Journal of psychology*, 2010.
35. MieczyslawRadochoriski, Wojciech J. Cynarski, Lidia Perenc, LucynaSiorek-Maslanka, *Competitive Anxiety and Coping Strategies in Young Martial Arts and Track and Field Athletes*, *Journal of Human Kinetics*, Vol.27,189-189, April 6,2011
36. Kimberly, Rowe *Stress and Coping Difference in College Students from three High School Background*, *Dissertations Abstract International*, Vol.72-4, October 2011, (1175-A).
37. Mandeville, 1944-56. *Journal of Contemporary History*. 38(3): 461-475. Argyris, C. (1969) *Diagnosing DefensesAgainst the Outsider.* In G.Mc Call and J.Simmon (eds.) *Issues in Participant Observation: A text and reader.* (p.115-127). London: Addison-Wesley.

