

Psychological Factors and its Effects on Nepalese Athletes

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Article Info	Abstract
Received : August 1, 2024	<i>This study aimed to investigate the psychological factors affecting sports performance. Five variables of psychological factors were included in the study: Motivation, Dedication, Stress and Anxiety, Satisfaction, Group Dynamics as independent variables. On the other hand, Sports performance as an indicator is its dependent variable. Systematic random sampling was applied as a sampling technique. Population of this study comprised the Athletes form different sports of Nepal. 230 respondents were distributed questionnaires. Only (200) responses were valid for the test. Descriptive and analytical methods was used for analysis. Study has shown that attributes such as Motivation, Dedication and Satisfaction have a significant positive correlation relationship with Sports performance of Nepalese athletes. Improvement in such factors will help in developing positive mindset towards desired Sporting goal on athletes of Nepal and will help in improving the performance of Nepalese athletes. Stress and Anxiety has Negative correlation with sports performance. And Group dynamics has no significant relationship with dependent variables. As such, the researcher recommends Sports associations, Coaches and Athletes of Nepal have give specific attention on psychological part of sports which will help in performance of an athletes. This research also concludes that athletes having positive mentality or without any mental pressure can give a better performance.</i>
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Introduction

Psychology is the study of human mind and the behavior he performs, so as sports psychology is a subfield of psychology that examines how players and sports teams behave with each other when competing. The area of psychology known as sports psychology studies how people behave on the playing field during both practice and competition. An interdisciplinary field of study, sport psychology incorporates information from a variety of related disciplines, including biomechanics, physiology, kinesiology, and psychology. It entails researching how psychological variables impact performance as well as how engaging in physical activity and sport affects both psychological and physical elements which is an important aspects related with athletes performance (Weinberg RS, 2010). Sports psychology focuses on supporting players through their ordinary athletic activities and advancing their professional growth. Like this, sport psychology has benefited in recognizing the societal concerns that underlie sports environments and organizations, boosting participation in various sports among individuals. (Grimmer & Bingham, 2013).

Applied sport psychology may involve work with players, coaches, and parents on injury, rehabilitation, communication, team building, and career transitions, in addition to education and training in psychological skills for performance development. The study of how the mind impacts physical activity and athletic performance is known as sports psychology. According to the American Psychological Association (2012), “Sports psychology is concerned with the interplay between psychology and sport performance, such as the psychological aspects of peak athletic performance, the psychiatric counseling and well-being of athletes, coaches, and sport organizations, and the connection between physical and psychological functioning. Efforts to discover the characteristics most important for athletic achievement have mostly focused on physiological factors from the beginning of sports

medicine. (Costill, 1986)) Sporting success is inversely connected to psychopathology'. The model assumes that athletes with greater levels of neuroticism, trait anxiety, depression, disorientation, and exhaustion would be less successful than athletes with low to normal levels of these characteristics. Another way to state the model's central premise is that better characteristics of psychological health should relate to higher athletic achievement. As a result, successful sportsmen are expected to have positive psychological traits such as emotional stability, low trait anxiety, and strong psychic vigor. (Morgan, 1978, 1980, 1985). Over the past 20 years, academics have investigated the link between anxiety and athletic performance, attempting to explicate this relationship via the development of various models and theories. One of these is multidimensional anxiety theory. (Martens et al., 1990). Anxiety is a bodily disturbance. (Johnson, 1951). Anxiety manifests itself as an unreasonable and uncomfortable condition of body and mind. (Pikunas, 1969). Aside from the methodological utility of integrating measures of response distortion, current research reveals that social desirability has health implications that may impair performance. (Brody S, Wagner D, Heinrichs M, et. al.2000)

The sports medical community is paying more attention to athletes' mental health. While sports involvement has numerous advantages, the nature of competition can cause, exacerbate, or expose psychological disorders in athletes. Certain personality qualities can help athletes succeed, but they can also be linked to mental health issues. Importantly, sporting culture may influence performance and psychological health through influencing pre-existing personality characteristics and mental health conditions. A variety of groups have issued consensus or position statements, with each society providing its particular focus and perspective. (Henriksen K, Schinke R, Moesch K, et al. 2019). The introduction of constructs and the detrimental consequences of mental ability on sports performance caused the second major shift in research viewpoints. The investigation and action on these negative characteristics that hampered complete sports achievement enabled Physical Education to become more multidisciplinary, incorporating, in addition to pure psychology research, medical-clinical, rehabilitation, and disability studies. (Girelli, C.2012).

The third advancement is the transition of the Bio psychosocial paradigm from medical to social and sport disciplines; this model positions the individual at the center of a complex system impacted by various variables. Physical education and sports disciplines must be concerned not only with functions and muscles, and physical performance in terms of measuring individual and physiological variables, but also with the psychological, social, and family aspects of the individual, between interacting with them and being able to influence the evolution of a sports competition which is associated with human psychology. (Donizzetti, A. R. 2014). The general objective of this study is to understand the association between the Psychological Factor Affecting the sports performance. Within this guiding this study focuses to identify weather Psychological Factors, affect Athlete Performance and examine the relationship between Determinants of Psychological Factors and Sports performance.

Methods

Descriptive research design following with casual comparative was used in this study as it seeks response directly from respondents. The structured set of questionnaires was distributed to 230 respondent athletes of different sports from Nepal. The sample size were chosen in such a manner that it gives most of the information maximum accuracy & relevancy to the research objectives. Total 230 questionnaires were distributed to the respondents. Only 200 questionnaires were collected and filled up by the respondents. 30 questionnaires were not completed by the Respondents. So, only 200 questionnaires were taken for study. The statistical tools such as Mean, Standard deviation, Correlation Analysis, multiple regressions, Cronbach's alpha, and Likert scale were used, and Pearson's correlation was also used in the study.

Results and Discussion

Motivation

Motivation is often understood as a force that explains why people or animals initiate, continue, or terminate a certain behavior at a particular time.

Table 1*Score of Motivation*

Motivation factor	Mean	Std. Deviation
Good family support, what motivates me to pursue my Sports profession.	4.20	.895
I get motivated by the Facilities Respect and Remunerations that am receiving as an Athlete.	3.59	1.204
When my coach and teammates encourage me during our training and game session that motivates me to work harder	4.52	.814
Respect and love from supporters & well-wishers motivate me.	4.46	.701
Total	4.1925	

Table 1 shows responses on the motivation factor associated with the athletes, “Whenever I ask for if “When coach and teammates encouragement during training and game session that motivates to work harder.” With mean value 4.52 has the highest-ranking followed by “Respect and love from supporters & well-wishers motivate me.” and “Good family support, what motivates me to pursue my Sports profession.” with the mean value of 4.46 and 4.20, respectively. “I get motivated by the Facilities Respect and Remunerations that am receiving as an Athlete.” have the lowest ranking with mean value 3.4. This shows that the Associations should focus more on providing good Sports facilities and Remunerations to Athletes.

Dedication

The quality of being dedicated or committed to a task or purpose, dedication gives us the sense of good results how much a person is directed towards his objectives lies under his or her dedication level which is directly related with overall performance.

Table 2*Score of Dedication*

Dedication Factor	Mean	Std. Deviation
I maintain emotional control no matter how things are going for me good or bad	4.01	.851
When I fail to reach my goals, it makes me try even harder and perform better	4.53	.715
I set my own performance goal for each practice	4.26	.650
I tend to do lots of planning about how to reach my goals and directed toward my objective	4.28	.724
Total	4.27	

Table 2 shows responses on the Dedication factor associated with the athletes of Nepal, “When I fail to reach my goals, it makes me try even harder” with mean value 4.53 has the highest-ranking followed by “I tend to do lots of planning about how to reach my goals” and “I set my own performance goal for each practice” respectively with the mean value of 4.28 and 4.26. “I maintain emotional control no matter how things are going for me” have the lowest ranking with mean value 4.01. This shows that the athletes are not able to control the emotional challenges they face before, during or after the game.

Stress and Anxiety

People under stress experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive troubles, and difficulty sleeping. Anxiety, on the other hand, is defined by persistent, excessive worries that don't go away even in the absence of a stressor.

Table 3

Score of Stress and Anxiety

Stress and Anxiety factor	Mean	Std. Deviation
I put lots of pressure on myself by worrying how I will perform in competition.	3.46	1.151
While competing, I worry about mistakes or failing to come through which makes me more nervous.	3.35	1.251
When a coach or manager criticize or yells at me, I become upset rather than helped which demotivates me.	2.99	1.141
Total	3.26	

Table 3 shows responses on the Stress and Anxiety factor associated with the Athletes of Nepal, while competing, I worry about my mistakes or failing to come through which is triggering the performance level. 3.46 has the highest-ranking followed by “I put lots of pressure on myself by worrying how I will perform.” with the mean value of 3.35. “When a coach or manager criticize or yells at me, I become upset rather than helped.” have the lowest ranking with a mean value of 2.99. This shows that the athletes putting lot of pressure on them self before game rises Stress and anxiety which directly affects their performance.

Satisfaction

A pleasant feeling that you get when you receive something you wanted, or when you have done something you wanted to do, sense of happiness which gives inner peace and makes mentally positive towards any work to be done and make person objective oriented to the particular thing.

Table 4

Score of Satisfaction

Satisfaction factor	Mean	Std. Deviation
I am not satisfied with the training facilities provided by government.	4.03	1.198
The income I am earning through my sports profession does not satisfy me.	4.10	1.107
I am not satisfied as a Player with the facilities Rewards and Remuneration provided by Government.	4.26	.967
Total	4.13	

Table 4 shows responses on the satisfaction factor associated with the Nepalese athletes, “I am not satisfied as a player with facilities rewards and remuneration provided by Government”. With mean value 4.26 has the highest-ranking followed by “The income I am earning through my sports profession does not satisfies” with the mean value of 4.10. “I am not satisfied by training facilities provided by government” has the lowest ranking with mean value 4.03. It shows that Government must provide good facilities rewards and remunerations to Athletes.

Group Dynamics

Group dynamics involves the influence of personality, power, and behavior on the group process which makes a person able to perform well and put his opinion in a simplest way.

Table 5
Score of Group Dynamics Factor

Group Dynamics Factor	Mean	Std. Deviation
I feel comfortable working as a team to achieve common goal.	4.49	.665
I can cope up with all my team during training and game sessions.	4.23	.763
I always get mutual trust and support from all the member of our team.	4.26	.796
Total	4.326	

Table 5 shows responses on the Group dynamics factor associated with Nepalese athletes, “I feel comfortable working as a team to achieve common goal” with mean value 4.49 has the highest-ranking followed by “I always get mutual trust and support from all the members of our team have the lowest ranking with mean value” 4.23. This shows that the Athletes have no problems on working together and have good team chemistry.

Sports performance

Performance is the best outcomes of an athletes which helps to show case an athlete’s personality and potentiality in particular sports.

Table 6
Score of Sports performance

Sports Performance	Mean	Std. Deviation
Well-motivated athletes can have positive attitude towards their goal which affects positively on their performance	3.23	.944
Strong commitment toward goal enhances my performance.	3.78	1.062
Stress before game leads me to Anxiety which affects my performance.	2.69	1.004
I can give better performance in a team than working individually.	3.29	.812
Total	3.2475	

Table 6 shows response on the Sports Performance associated with Athletes of Nepal, “Strong commitment towards goal enhances my performance.” with mean value 3.78 has the highest-ranking followed by “I can give better performance in a team than working individually” and “Well motivated athletes can have positive attitude towards their goal which affects positively on their performance.” with the mean value of 3.29 and 3.23, respectively. “Stress before game leads me to Anxiety which affects my performance” have the lowest among all with a mean value of 2.69. This shows that when Athletes go through situations of Stress and Anxiety, they cannot give a good performance.

The results of regression which were based on collected data through a questionnaire among 200 respondents by using a linear regression model. The report results also include the values of F statistics (F) and coefficients of determinants (R2).

Table 7
Regression of Independent variable Psychological factors

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.272 ^a	.074	.050	.42801

a. Predictors: (Constant), Average motivation, Average dedication, Average stress and anxiety, Average satisfaction, Average group dynamics

The Pearson correlation coefficient (R) result of .272 shows a positive correlation. The strength of the relationship between Motivation, Dedication, Stress and Anxiety, Satisfaction and Group Dynamics is moderate. But this prediction may vary by .42801 as shown by the figure in the column of the standard error of estimate (SEE). A close examination of the results presented above indicates that the R² value of .074 indicates that about 7.4% of the total systematic variations in the Sports Performance (dependent variable) were due to the variations in Motivation, Dedication, Stress and Anxiety, Satisfaction and Group dynamics. This means that about 92.6% of the systematic variations in the Sports performance are left unexplained hence captured by the external factors.

Table 8
Coefficients

Coefficients					
Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
(Constant)	.622	.237		3.045	.000
Avg motivation	.023	.068	.198	2.900	.000
Avg dedication	.145	.070	.061	.790	.004
Avg stress and anxiety	.266	.079	.264	3.377	.002
Avg Satisfaction	.090	.081	-.109	1.306	.001
Avg group dynamics	-.009	.066	.347	5.515	.886

Table 8 shows the results of coefficients which shows the positive relationship indicated by the coefficients B = .622 and $\beta_1 = .023$ with motivation, B = .622 and $\beta_2 = .145$ with dedication and B = .622 and $\beta_3 = .266$ with stress and anxiety. B = .622 and $\beta_4 = 0.90$ with satisfaction. This implies that motivation, dedication, stress/anxiety, and satisfaction influences sports performance positively. Whereas data shows negative relationship B = .622 and $\beta_5 = -0.009$ with group dynamics. This implies that group dynamics dose not influence sports performance.

In the growing sporting world sports psychology has been one of the critical components in the field of sports (Bandura, A., & Cervone, D. 1983). To be a successful athlete many factors play a role where the psychological factor is one of them (Crano WD. 2000). Athletes having good psychological balance can give a good performance. As we all know, psychological factors can directly or indirectly affect sports performance (Cooper, L. 1969).

Conclusion

Psychological factors play a prominent role in affecting sports performance of Nepalese athletes. The study has shown that attributes such as Motivation, Dedication, and Satisfaction have a significant positive relationship with sports performance of Nepalese athletes i.e., with the increase in such psychological factors helps in improving the performance of an Athletes. And Stress / Anxiety has a negative relationship with dependent variables. Based on the findings of this study conclude that there

is a positive relationship between psychological factors like Motivation, dedication satisfaction and Group dynamics which means improvement in such factor can bring positive change in athletes' sports performance.

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