



INTER CORRELATION BETWEEN EGO-STRENGTH AND GENERAL WELL-BEING OF MALE SPORTSPERSONS OF VARIOUS GAMES

Zamirullah khan & Naseem Ahmed khan

ABSTRACT:

In the present time of sports all are leaned towards the performance of sports person and they forget to look after their psychological factors like ego-strength, general well being, competitive anxiety, etc that too influence on their performance as well as their health. So the present researchers have tried to study the correlation between general well being and ego-strength of male sports persons of various sports. For this study Hasan's Ego-strength scale and PGI general well being scale was applied upon Panjab University (Chandigarh) players. The sample of study was 121 sports persons in the age group of 17-24. Result has indicated that there is a significant relationship between Ego-Strength and general well being of Basketball and total number of players.

INTRODUCTION:

Sports psychology embraces such fundamental concerns and concepts as motivation, an arousal level, skill acquisition, feed back reinforcement anticipation, psychological preparation, attention attitudes, emotional wealth and the management of stress. Psychological variables such as competitive anxiety, ego strength and general well beings are critical to performance. Not much research work has been conducted on said variables and there effect on performance. The present



investigator has made an attempt to explore this field of knowledge.

Until the advent of psychoanalysis all psychology was the psychology of the ego. Among the common emotions, raising included, different names were used for this. Since psychiatrists have turned their attention to the phenomenon of depersonalization, there have been numerous investigations of disturbances of ego feeling. All definitions of ego come to grief owing to the fact that they represent the ego as distinct entity, something opposed to external reality, "ego feeling" can be described as the feeling of bodily and mental relations in respect to time and content the relation being regarded as an uninterrupted or a restored unity.

The term Ego-Strength is not meant to denote an absolute quantity of ego forces, which are in them, not measurable. It refers to the relative efficiency of the ego with regard to the contents of the id (the instincts) and to the forces of the environment with which the ego has to deal. The Ego-Strength varies repeatedly in the course or normal development. In the beginning of life the instincts are of over whelming strength and the first crystallizations of an ego are completely under their domination and at their service. The better the ego development of an infant, the better are its chances to gratify its desires and to use the out side world for the fulfillment of its wishes. No real ego superiority is established in the first period of childhood, the pull of wish fulfillment is still too strong and the principle which governs the child's life remains to a large extent the pleasure principle it is only the final frustration of the



Oedipus wishes, with the consequent fading out of the early libido organizations which changes the situations decisively in favour of Ego-Strength (Freud, A 1945).

Different researchers have tried to use the term ego in their own ways. In motivation psychology, the ego is viewed as a source of objective of motivation, similar to the meaning of the ego involvement denoting the extent to which motivates centering on the objects own person (self assertion, achievement motivation striving for recognition and influence etc.) enter into the motivation for a specific behaviors. The ego in accordance with the psychoanalytical a concept of the ego as the reality principle is held responsible for controlling and maintaining the adaptation of the individual to his (physical mental and social) environment. The term Ego-Strength denotes the level of this control over reality (in conflict with competing needs and drives) on the functional level various mechanisms of ego defense have been described.

Sally A White and J. L. Duda (1994) studied the relationship of gender, level of sport involvement and participation motivation to task and ego orientation. The task and ego orientation in sports questionnaire (TEOSQ) was developed to assess dispositional differences in goal perspective in sports contexts. The task (Coeff. alpha = .77 - .87) and ego (Coeff alpha = .77 = .91) orientation sub scales demonstrated acceptable internal consistency across groups. The highest competitive level group (i.e. IS athletes) was significantly more ego-oriented than YS, HS or RS athletes. Males were higher in ego orientation than females.



Michael Boyd and John Callaghan (1994) studied task and ego goal perspectives in organized youth sport. The purpose of this study was to underscore the salience of task and ego achievement goals in children's sport, replicating research with older athletes. Results indicated that where as a task perspective was related to effort exerted during competition, an ego perspective was found to be associated to demonstrated ability.

Edgar E. Thill and Philippe Brunel (1995) conducted a study, ego-involvement and task involvement: Related conceptions of Ability, Effort, and Learning strategies among soccer players. The results tend to confirm previous findings showing that in comparison to ego-orientation subjects tend to use more deep processing strategies irrespective of the kind of feedback provided. These results were interpreted with effort required by allocating mental resources to social comparisons or task components, effort which amount is specified by the goal and feed back loop. Zilbach, (2000) studied hope and ego-identity in adolescence to elucidate the impact of hope on adolescent development the relationships of specific dimensions of hope and ego identity were considered within the context of 2 mediating variables temporal perspective and Ego-Strength. Forty First year college student (9 men, 31 women) living in campus were interviewed and responded to questionnaires, participants. Hope scores and participants Ego-Strength scores were positively related. The findings also suggest a positive relationship between participants. Hope scores and their grade point average. It is interesting to note that the most powerful



predictor of grade point average was the participants hope scores. The results suggest that a state of high hope is related to Ego-Strength.

Literature on general well-being (positive mental health, quality of life and subjective well being) is relatively scant in the wealth of literature. The concepts of well being quality of life mental health (positive), subjective well beings are closely related to each other or are overlapping. General Well-Being is defined as the subjective feeling of contentment, happiness, satisfaction with life experiences and of one's role in the world of work, sense of achievement, utility, belongingness with no distress dissatisfaction, worry etc. (Verma et al., 1989).

Nico W. Van Yperen (1998) studied, being a sport parent: Buffering the effect of your Talented Child's poor performance on his or her subjective well-being. The focus of this longitudinal study was the processes that can be explain why poor performance (as assessed by the coach) may lead to less subjective well-being.

D. Alfermann and O. Stoll (2000) studied effects of physical exercise on self-concept and well-being. In 2 field experiments with middle-aged adults the effects of exercise on self-concept and well-being were investigated. In Experimental one, a total of 24 female and male participants took part in an exercise program for six months. Physical self-concept, self esteem and subjective well-being were assessed before and after the 6 months programme compared with a wait-list control group (13 participants), exercisers improved significantly in physical self-concept and decreased in psychosomatic complaints. The second experiment was related to the improvement of health.



PROCEDURE:

The study has been delimited to the Inter college level male athletes. Basketball, Softball, Handball, Hockey and Judo players in the age group of 18-24 years were drawn from Punjab University and its affiliated colleges.

SELECTION OF SAMPLES:

To achieve the objective of study, the subjects were drawn from the colleges affiliated to the Punjab University Chandigarh. Random sampling technique was employed to select 121 subjects. Since the data were collected from Judo, handball, softball, hockey and basket ball male players. The break-up of sample is given in table.

Judo	College level	Male	23
Softball	College level	Male	25
Handball	College level	Male	30
Hockey	College level	Male	22
Basketball	College level	Male	21
Total			121

TOOLS USED:

With a view to measure the selected variables the following tests were administered to the subjects.

- (i) Assessing your Anxiety scale developed by Rainer Martens (1977).
- (ii) PGI well-being scale developed by Verma and Verma (1989).



ADMINISTRATION OF TEST AND COLLECTION OF DATA:

The subjects included in the present study were the selected probable to represent their colleges at Punjab University. The purpose of the project was explained to the subject's true responses. The questionnaires were distributed to subjects just before the competition in a single attempt.

ANALYSIS OF DATA AND RESULT OF STUDY:

The collected data was tabulated and computerized to find out the relationship of competitive anxiety and general well-being of players. The results have been presented in table below:-

INTER CORRELATION BETWEEN EGO-STRENGTH AND GENERAL WELL-BEING OF MALE GROUPS

Sr. No.	Sports	N	R
1	Judo	23	0.300
2.	Soft Ball	25	0.21
3.	Hand Ball	30	0.33
4.	Hockey	22	0.25
5.	Basket Ball	21	0.50*
6.	Total number	121	0.370*

* Significant at .05 level (p < 0.05 level)

Result in the table indicates that there is a significant relationship between Ego-Strength and General Well-Being of Basketball and total number of players as obtained r-values 0.49 and 0.37 respectively



were found significant at 0.05 level of significance. In other case, Judo 0.30, Softball 0.21, Handball 0.32 and Hockey 0.24 no significant relationship was noted.

DISCUSSION:

Inter correlation between ego-strength and general well being of judo, softball, handball and hockey male players were found non significant where as a positive significant relationship was found between ego-strength and general well being of basketball players and total number of players. Keeping in view the results of total number which includes all five sports groups, ego-strength of the male players have to be trained high in order to obtain better general well being of the players. These findings may be attributed to various extraneous variables, their psychological sophistication, their socio-demographics and experimental condition.

However, research in this direction may be conducted to present the true picture. There is a need to conduct longitudinal studies for more authentic results.



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