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## An evaluation comprising the scrutiny of sensitivity between individual and team sports

**Vipan Kumar, Dr. Baljinder Singh Bal, Baldeena D Khokhar, Pankaj Kumar, Suchitra Senapati, Kanchan Thappa and Dr. Mehak Arora**

### Abstract

**Study Aim:** The aim of this study was to find out the significant difference of sensitivity between individual and team sports.

**Materials and Methods:** A total of 620 male subjects between the age group of 18-25 years participated in this cross-sectional research. The participants were members of the Individual Sports (*viz.*, Athletics, Archery, Gymnastics, and Badminton & Chess) and Team Sports (*viz.*, Cricket, Basketball & Volleyball). The Social Intelligence Scale, developed in 1986 by Ms. Usha Ganesan and N.K. Chadda, was used to assess sensitivity.

**Statistical Technique:** Unpaired t-test was employed for the present investigation.

**Results:** There were significant differences ( $0.0224 < 0.05$ ) in scores for individual sports ( $M=20.2871$ ,  $SD=2.7433$ ) and team sports ( $M=20.8097$ ,  $SD=2.9383$ ).

**Keywords:** Sensitivity, individual sports, team sports, athletics, archery, gymnastics, badminton, chess, cricket, basketball, volleyball

### Introduction

Sports psychology has now become an important facet of sports science in India. Even though the field of sports psychology is developing in India and promises to be a critical component of sports science in the future, as of today, there is a great need for a more integrative approach of psychology and sports science [1]. Sport psychology might be a relatively new research and applied discipline in India, but these concepts and practices have existed in various cultures for decades [2]. Sports is fundamental to the early development of children and youth and the skills learned during sports contribute to the holistic development as it enables to learn the imperativeness of key values such as honesty, teamwork, fair play, respect for themselves and others and adherence to the rules [3]. It has long been acknowledged that psychological skills are critical for player at the elite level. Player with the requisite "mental toughness" is more likely to be successful [4]. Sports psychology is the study of how psychology influences sports, athletic performance, exercise and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation [5]. Additionally, we sought to determine to effectively monitor post-match changes in physical performance, valid, reliable and practical measures which are sensitive to change are required [6]. Despite possessing acceptable levels of reliability, jump height has been demonstrated to have limited sensitivity to change in training loads in youth and senior soccer players [7, 8]. Sensitivity to pain varies in different people. Distorted reactions to pain may pose a substantial risk in the process of rehabilitation and convalescence [9]. Positive emotions experienced by athletes during sports competitions are satisfaction enjoyment and eudaimonia [10]. Sports-related anxiety, which differs from the anxiety experienced in other life situations, is particularly important [11]. The concept of athletic performance in sports psychology has also been explained according to social facilitation theory. It has been shown that the presence of spectators during the competition contributes to the better performance of athletes [12]. Players with dominant negative beliefs about spectators will be more sensitive to their behavior. In the present study, we examined the relationship between athletes' sensitivity to the positive and negative behavior of supporters and a variety of psychological factors [13].

## Materials and Methods

### Participants

A total of 620 male subjects between the age group of 18-25 years participated in this cross-sectional research. The participants were members of the Individual Sports (*viz.*, Athletics, Archery, Gymnastics, and Badminton & Chess) and Team Sports (*viz.*, Cricket, Basketball & Volleyball). The following universities were selected for the purpose of this investigation:

1. Guru Nanak Dev University, Amritsar
2. Punjabi University, Patiala
3. Panjab University, Chandigarh
4. Lovely Professional University, Phagwara

### Research Design

This is an exploratory study that has employed method of data collection and analysis quantitatively with the aim to find out the significant differences between Individual and Team Sports on the variable, Sensitivity.

### Statistical Analysis

The normality of the data was checked by using the Shapiro-Wilk test of normality. Under the data analysis, exploration of data was made with descriptive statistics and graphical analysis. Unpaired t-test was employed for the present investigation. The SPSS (statistical package for the social

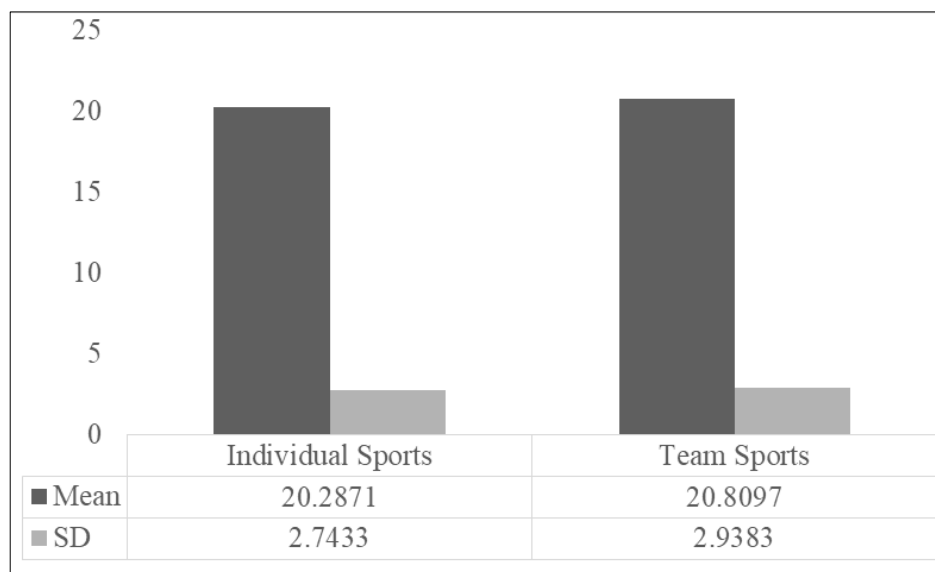
sciences) version 20.0 was used for all analyses. For testing the hypotheses, the level of significance was set at 0.05.

## Results

**Table 1:** Descriptive statistics and independent samples t-test result comparing individual sports and team sports on sensitivity.

	Sensitivity	
	Individual Sports	Team sports
Sample size	310	310
Arithmetic mean	20.2871	20.8097
95% CI for the mean	19.9805 to 20.5937	20.4813 to 21.1380
Variance	7.5257	8.6336
Standard deviation	2.7433	2.9383
Standard error of the mean	0.1558	0.1669
Mean Difference	0.5226	
Pooled Standard Deviation	2.8425	
Standard Error	0.2283	
95% CI of difference	0.07422 to 0.9709	
Test Statistic T	2.289	
Degrees of Freedom (DF)	618	
P-Value	0.0224	

An independent-samples t-test was conducted to compare the sensitivity for individual sports and team sports. There were significant differences ( $0.0224 < 0.05$ ) in scores for individual sports ( $M=20.2871$ ,  $SD=2.7433$ ) and team sports ( $M=20.8097$ ,  $SD=2.9383$ ).



**Fig 2:** Mean and standard deviation scores for individual sports and team sports on sensitivity.

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### Conclusion

The integration of sports psychology within the realm of sports science in India is crucial for the holistic development of athletes. Despite being a relatively new field, sports psychology has a promising future and has shown significant benefits in enhancing athletic performance and mental resilience. The current study demonstrates that there are notable differences in sensitivity between individual and team sports, highlighting the importance of tailored psychological strategies. As India continues to advance in sports science, the incorporation of comprehensive

psychological training will be essential in fostering both physical and mental well-being of athletes, ultimately contributing to their overall success and development.

### Conflict of interest

The authors declare no conflicts of interest.

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