Impact Of Behaviour Orientation On Performance Of Hockey Players Participating in Inter Collegiate Level Tournaments

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1.0 Introduction

Good physical education programs provide the structure and discipline that young people need to perform in school effectively, make positive choices in their lives, persevere to see a project through to the end, and earn the respect of their peers. However, it seems that our society is struggling with these things. It also provides a forum for young people to learn how to deal with competition and how to cope with both winning and losing. These learning aspects highlight the impact of physical education and sport on a person's social and moral development in addition to physical skills and abilities. Amongst the above mentioned aspects, the behaviour orientation of a person significantly affects his/her way of dealing with different situations and sports is not an exception.

Any behavior we can observe by watching a person is overt behavior. In humans, this usually includes responses to external stimuli as well as spontaneous activities that are related to its internal (physiological) needs. In general, overt behavior may be classified as innate, learned, or complex. Innate behavior is genetically programmed. Individuals inherit a suite of behaviors just as they inherit physical traits such as body color and structure. Since innate behavior is encoded in DNA, it is subject to genetic change through mutation, recombination, and natural selection. They usually fit into one of the following categories, like reflex, orientation behaviours, kinesis, taxis and fixed action patterns. To excel in any game, players need to develop the skills required for those games and Hockey is also no exception.

Excellent sport performance is necessary to achieve desirable goals. Sport performance may be defined as the level of execution of sports skill for the benefit of team or individual while competing or playing. The adequacy of demographic and psychological factors is necessary for performing best in the sports. It is quite possible to perform well in the competition when player was satisfied with his demographic and psychological status. In the modern parlance is has been elevated to the level of a 'sports psychology'. The science deals with complex analysis of various facts of human psychology affecting the human organism, physically, mentally and socially. The principles based on the knowledge of these disciplines (physical fitness and psychological attributes) are of great importance from the very early phase of initial selection of players for advanced training and they can prove to be the limiting factors in performance. In the back drop of above information this study has been carried out to assess the impact of behavior orientation of hockey players on their performance.

2.0 Research Methodology
2.1 Design of Study

The design of the study was random group design, where 300 hockey players belonging to age group 18 to 25 years were selected for the purpose of data collection. Only the players participating in inter collegiate level tournaments were selected from the six districts of the Nagpur Administrative Division comprising of Nagpur, Wardha, Bhandara, Gondia, Chandrapur and Gadchiroli.

2.2 Data Collection

Data collection was done by using survey method.

2.3 Selection of Variables

Based on literature review and with the discussion with experts and scholar's own understanding the following variables were selected for the purpose of the study.

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2.4 Behaviour Orientation:

For data collection purpose following standardized psychological tests was used. The information regarding behaviour orientation of hockey players was collected by using Behaviour Orientation Scale prepared by Praveen Kumar Jha.

2.5 Sports Performance

Sports performance related information of hockey players was collected using a short self made questionnaire.

2.6 Tester's Reliability

To ensure that the investigator was well versed with techniques of conducting the tests, the investigator along with an assistant had a number of practice sessions in testing procedure under the guidance of supervisor. The tester's reliability was evaluated together with reliability of tests. A Pearson's product moment correlation was computed between the two measures of each variable.

2.7 Statistical Analysis and Significance Level

The data characteristics like Frequency, Percentage, Mode, etc. were determined. Chi-Square test was used to check the difference in proportions and Pearson's Product Moment Correlation Coefficient test was used to study the relationship between Behaviour Orientation and sports performance of hockey players. The data was analyzed using SPSS 18.0 Software. The significance level was chosen to be 0.05 (or equivalently, 5%).

3.0 Statistical Analysis and Interpretation

3.1 Behaviour Orientation – Tactics

Table 1: Behaviour Orientation tactics of Hockey players participating in inter collegiate level tournaments

Tactics	No. of Players	Percentage
Very High	58	19.3
High	169	56.3
Moderate	30	10.0
Low	27	9.0
Very Low	16	5.3
Total	**300**	**100**

Chi–square 263.5; **df:** 4, **Table Value:** 9.49, **P**=<0.05

Above **Table 1** presents information pertaining to the status of behavior orientation tactics used by hockey players participating in inter collegiate level tournaments. Study result shows that behaviour orientation of 19.3% hockey players with respect to tactics is very high, whereas 56.3% hockey players have high behaviour orientation (regarding the tactics). Further, 10.0% hockey players had moderate level of behaviour orientation while 9.0% and 5.3% hockey players had low and very low level of behaviour orientation in view of tactics respectively.

3.2 Behaviour Orientation – Views

Table 2: Behaviour Orientation views of Hockey players participating in Inter Collegiate Level Tournaments

Views	No. of Players	Percentage
Very High	42	14.0
High	73	24.3
Moderate	135	45.0
Low	31	10.3
Very Low	19	6.3
Total	**300**	**100**

Chi–square 144; **df:** 4, **Table Value:** 9.49, **P**=<0.05

Above **Table 2** presents information pertaining to the status of behavior orientation views used by hockey players participating in inter collegiate level tournaments. Study result shows that behaviour orientation of 14.0% hockey players with respect to views is very high, whereas 24.3% hockey players have high behaviour orientation (regarding the views). Further, 45.0% hockey players had moderate level of behaviour orientation while 10.3% and 6.3% hockey players had low and very low level of behaviour orientation regarding views respectively.

3.3 Behaviour Orientation – Morality

Table 3: Behaviour Orientation morality of Hockey players participating in Inter Collegiate Level Tournaments

Morality	No. of Players	Percentage
Very High	23	7.7
High	29	9.7
Moderate	57	19.0

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Low	119	39.7
Very Low	72	24.0
Total	**300**	**100**

Chi–square 99.4; **df:** 4, **Table Value:** 9.49, **P**=<0.05

Above **Table 3** presents information pertaining to the status of behavior orientation morality used by hockey players participating in inter collegiate level tournaments. Study result shows that behaviour orientation of 7.7% hockey players with respect to morality is very high, whereas 9.7% hockey players have high behaviour orientation (regarding the morality). Further, 19.0% hockey players had moderate level of behaviour orientation while 39.7% and 24.0% hockey players had low and very low level of behaviour orientation morality respectively.

3.4 Overall Behaviour Orientation

Table 4: Overall Behaviour Orientation of Hockey players participating in Inter Collegiate Level Tournaments

Overall Behaviour Orientation	No. of Players	Percentage
Very High	52	17.3
High	108	36.0
Moderate	81	27.0
Low	40	13.3
Very Low	19	6.3
Total	**300**	**100**

Chi–square 81.5; **df:** 4, **Table Value:** 9.49, **P**=<0.05

Above **Table 4** presents information pertaining to the status of overall behavior orientation used by hockey players participating in inter collegiate level tournaments. Study result shows that overall behaviour orientation of 17.3% hockey players is very high, whereas 36.0% hockey players have high overall behaviour orientation. Further, 27.0% hockey players had moderate level of overall behaviour orientation while 13.3% and 6.3% hockey players had low and very low level of overall behaviour orientation respectively.

3.5 Relationship between Behaviour Orientation and Sports Performance

Table 5: Relationship between Behaviour Orientation and Sports Performance of Hockey Players participating in Inter Collegiate Level Tournaments

	Sports performance Correlation coefficient (r^2)
Behaviour Orientation – Tactics	0.721**
Behaviour Orientation – Views	0.511*
Behaviour Orientation – Morality	0.537*
Overall Behaviour Orientation	0.694**

* : Significant at p 0.05 level

** : Significant at p 0.01 level

Above **Table 5** presents results regarding the relationships between coordination ability and sports performance of hockey players participating in inter collegiate level tournaments.

- Behaviour Orientation – Tactics: The data showed that there is significant positive relationship between Behaviour Orientation – Tactics and Sports Performance (r^2= 0.721, p<0.01) of the hockey players.
- Behaviour Orientation – Views: The data showed that there is significant positive relationship between Behaviour Orientation – Views and Sports Performance (r^2= 0.511, p<0.05) of the hockey players.
- Behaviour Orientation – Morality: The data showed that there is significant positive relationship between Behaviour Orientation – Morality and Sports Performance (r^2= 0.537, p<0.05) of the hockey players.
- Overall Behaviour Orientation: The data showed that there is significant positive relationship between Overall Behaviour Orientation and Sports Performance (r^2= 0.694, p<0.01) of the hockey players.

4.0 Conclusions

4.1 Behaviour Orientation – Tactics

- On the basis of study results it is evident that most of the hockey players have high level

of behaviour orientation with respect to tactics.

4.2 Behaviour Orientation – Views

- On the basis of study results it is evident that most of the hockey players have moderate level of behaviour orientation with respect to views.

4.3 Behaviour Orientation – Morality

- On the basis of study results it is evident that most of the hockey players have low level of behaviour orientation with respect to morality.

4.4 Overall Behaviour Orientation

- On the basis of study results it is evident that most of the hockey players have high level of overall behaviour orientation.

4.5 Relationship between Coordinative Ability and Sports Performance

- On the basis of study results it is evident that there is significant positive relationship between Behaviour Orientation and Sports Performance of the hockey players.

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