

Study of Mood States of Intercollegiate Handball Players from Pune City

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ABSTRACT

The purpose of the current study was to find the mood of handball players during intercollegiate competition of Pune City. Intercollegiate handball players 59 males and 30 females were the sample for the study. To identify the mood states the researcher used Brunel Mood Scale (BRUMS) consisting of 24 mood descriptors divided into 6 subscales. The BRUMS has 5 point Likert scale (0 = not at all, 1 = a little, 2 = moderately, 3 = quite a bit and 4 = extremely). The derived scores were converted into standard scores and then categorized into positive and negative moods and then sub divided into Low, Average and high based on the water line at 50 score. Chi-Square was employed on the derived data to present the mood of Handball players. From the analysis it is clear that negative moods are more in both female and male players whereas positive moods are less. Frequency and Chi square analysis shows that there is significant difference between the negative moods in both male and female whereas in positive moods only male show significant difference. The reasons for more negative moods might be due to inactivity due to the pandemic or even due to less time for practice or no match practice.

Keywords : Mood States, Handball Players, negative and positive mood scales

Introduction

In today's life Sports and Games have tremendous importance and most of the individuals have been participating in these activities for physical fitness, mental and social developments and many other benefits. These increase in participation and fight for excellence is bringing more science into sports but the psychological status of individuals while performing is still one of the major issue for coaches and administrators. Most sportsmen have been unable to maintain their high or optimum psychological status for long duration. These players have been blaming their mood

for their poor or high performances. Poor performance to bad or negative mood and great positive mood for optimum performances. Research has proven that negative moods affect performances to great extent and can even affect elite performers.

Despite the pronounced emphasis on physical matters in the sport sciences, it is widely accepted that sport performance is influenced not only by physical attributes, but also by psychological factors. The ability to produce and maintain appropriate emotional feelings before competition is universally recognized by athletes and coaches as one of the most important factors contributing to athletic performance. Thus, it is not surprising that the relationship between precompetitive emotions and sport performance has generated considerable interest from researchers in the field of sport psychology.

Many athletes believe that mood is one of those random psychological factors over which they have no real control. Most athletes associate being in a good mood with a state that enables them to achieve their best performances. All of us, at some point, have waited to catch a parent or guardian in the right mood before asking them for something expensive! The concept of mood and how it affects performance has received relatively little coverage in applied sport psychology texts despite the fact that it has been of considerable interest to sport researchers for many decades. Sport generates powerful emotional responses that influence both participants and spectators. The well-known American psychology professor Richard Lazarus suggested that emotion represents one third of the “trilogy of mind.” The other two parts of this trilogy are thought processes and motivation, which, together with emotion, shape our behavior. In a nutshell, emotion is a response to the meaning we attach to our interactions with the world around us. Even though similar studies in other countries have been performed the grassroots players in India have been neglected and rarely are analysed for mood states. Hence the researcher decided to conduct study at intercollegiate competition to identify mood states of handball players. To find the mood of handball players during intercollegiate competition of Pune City.

Method

The researcher performed this survey to find the mood of handball players during intercollegiate competition of Pune City. The population for the current study was all the players who played at intercollegiate competition from Pune City. From the defined population total of 59 males and 30 females were selected using random sample technique. To identify the mood ‘states Brunel Mood Scale’ (BRUMS) was employed on Intercollegiate Handball Players from Pune City. BRUMS consists of 24 mood descriptors divided into negative and positive moods. The raw scores were

then converted into standard scores and the sub-divided into Low, Average and High Levels.

Analysis and Interpretation

The derived scores were analyzed using Frequency and Chi-Square. The analysis is presented below:

Table 1 : Chi-Square Analysis of Moods of Female Handball Players at Intercollegiate Competition from Pune City

Sub-Scale	Negative Mood	Positive Mood
Low	12	12
Average	2	5
High	16	13
Total	30	30
Chi-Square	10.400 ^a	3.800 ^a
df	2	2
Asymp. Sig.	.006	.150

- Out of the total 30 female subjects more than 50% subjects show high negative scores whereas 40% show low negative score. Subjects with average scores are very less.
- Out of the total 30 female subjects 43% subjects show high negative scores whereas 40% show low negative score. Subjects with average scores are very less.
- The chi-square analysis of low, average and high negative moods shows that the significant score is 0.006 which is significant at 0.05 level of significance whereas in positive moods the significant score is 0.150 which is not significant at 0.05 level of significance.

Table 2 : Chi-Square Analysis of Moods of Male Handball Players at Intercollegiate Competition from Pune City

Sub-Scale	Negative Mood	Positive Mood
Low	18	22
Average	2	8
High	39	29
Total	59	59
Chi-Square	35.017 ^b	11.627 ^b
df	2	2
Asymp. Sig.	.000	.003

- Out of the total 59 male subjects more than 50 % subjects show high negative scores and about 30% subjects show low negative moods.
- Out of the total 59 male subjects about 50 % subjects show high negative scores and about 37% subjects show low positive moods.
- Out of the total 59 male subjects about less than 15% subjects show average positive moods whereas average negative moods is very negligible.
- The chi-square analysis of low, average and high positive and negative moods shows that the significant score is 0.000 and 0.003 respectively which is significant at 0.05 level of significance.

Conclusions

- From the frequency scores of female handball players it is clear that more females have high negative moods than low or average.
- From the frequency scores it is clear that more female handball players have high positive moods than low or average positive moods.
- From the scores it is clear that male and female handball players with average positive moods are more than average negative moods.
- From the frequency scores of male handball players it is clear that more males have high negative and positive moods than low or average
- From the frequency it is clear that more females and males handball players have high negative moods than high positive moods.

- Chi-Square analysis shows no significant difference in low, average and high positive mood scores in female handball players.
- Chi-Square analysis shows significant difference in low, average and high negative and positive mood scores of male handball players.

Discussion

The researcher thinks that the intercollegiate handball players tend to show more negative moods than positive moods due to away from sports or activity in the pandemic period. The negative mood also might be due to their match status i.e. loss in the intercollegiate competition. Players only winning the competition might show positive mood than negative mood. The other reasons might be that these players are at primary level of competition and hence are not matured enough to overcome their negative moods and create positive mood beneficial for higher performance. The researcher suggests similar studies on different levels of competition to identify if players at higher levels show different mood states than intercollegiate players.

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