

## RELATIONSHIP OF EGO-STRENGTH WITH THE PERFORMANCE IN CONTACT AND NON-CONTACT SPORTS

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### ABSTRACT

*The purpose of the study was to investigate the relationship of ego-strength with the performance in contact and non-contact sports. Four hundred forty eight subjects were selected from contact and non-contact sports. Their age ranged from 18 to 25 years. To determine the performance of the contact and non-contact sportsmen, subjective judgment was made with the help of three judges. The Ego-Strength Questionnaire framed by Barron, were administered to find out the relationship of ego-strength with the performance in contact and non-contact sports. Pearson's Moment Correlation was used for data analysis. The analysis of data reveals a significant relationship of ego-strength with the performance in contact sports whereas in non-contact sports ego-strength did not show any significant relationship with the performance.*

**Keyword:** *Ego-strength, performance, contact sports, non-contact sports.*

### 1. INTRODUCTION

The core of ego orientation is that the students in the learning situation are preoccupied with themselves and how others perceive them, that judgment of ability is normatively referenced, and that the students are concerned with social comparisons. Skaalvik (1997) argued that this orientation might lead to different goals for different students. They claimed that, for some ego-oriented students, the goal might be to be best or to demonstrate superior ability, which is the typical understanding of the concept. For other students, ego orientation may result in trying not to be poorest, to avoid looking stupid, or to avoid negative reactions from other.

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Kavussanu and Ntoumanis (2003) in their study found that the contact sports positively predicted ego orientation, which in turn predicted low levels of moral functioning. The direct effects of sport participation on moral functioning became no significant in the presence of ego orientation indicating that the latter construct mediates the relationship between the first two variables (Stucke, & Baumeister, 2006). Task orientation corresponded to high level of moral functioning. These findings help us further understand the processes operating in contact sports and are discussed in terms of their implications for eliminating un-sportsperson like conduct from the sport context.

Meyer (2000) found that the Rorschach Prognostic Rating Scale (RPRS) had a strong ability to predict subsequent outcome. However, that review did not directly address questions of incremental validity. This article focuses on the ability of the RPRS to predict outcome after taking into account other sources of data. Across studies that examined both the RPRS and the MMPI Ego Strength scale, the RPRS had a strong ability to predict outcome, whereas the MMPI scale did not. Nine studies examined the RPRS along with an intelligence test and allowed direct numerical estimates of incremental validity to be calculated. Across studies, the RPRS demonstrated strong incremental validity after controlling for intelligence (incremental). It is clear that the Rorschach can make unique contributions to understanding clinically relevant processes in ways that self-reports or measured intelligence cannot. Contemporary Rorschach scales should continue to be evaluated for their distinctive and incremental contribution to clinical practice.

Further much of the information collected by the social psychologists related to ego strength has not been transmitted to coaches and to team sports (Baumeister, Bratslavsky, Muraven, & Tice, 1998). Therefore the investigator, in this study has directed this attention towards an understanding of the relationship of Ego-Strength with the performance in contact and non-contact sports.

## **2. METHODS AND MATERIALS**

### **2.1 Subjects**

Four hundred forty eight (448) male subjects were selected from contact and non-contact sports for this study. Their age ranged from 18 to 25 years. These subjects belonged to All India Inter-University first four position holders and for relay events (Swimming and Track & Field) that finished in first eight positions.

The scholar chose 224 male subjects from Hockey, Football, Basketball and Handball as contact sports. In the same way the scholar chose 224 male subjects from Cricket, Volleyball, Track & Field (relay events) and Swimming (relay events) as non-contact sports.

## 2.2 Collection of Data

The data pertaining to Ego-Strength data was collected by administrating “Ego-Strength Scale” developed by Sprock and Bienek, (1998). The data was collected on 448 All India Inter-University men players belonging to contact sports (Hockey, Football, Basketball, and Handball) and non-contact sports (Cricket, Volleyball, Track & field relay events and Swimming relay events). Before administrating the questionnaire the purpose of the study was explained to the subjects and the researcher solicited their co-operation which all of them readily agreed to extend. The questionnaire was administered one day before the tournaments.

## 2.3 Assessment of the Performance

To determine the performance of the contact and non-contact sportsmen, subjective judgment was made with the help of three judges from coach/trainer of the particular team and other experts.

## 2.4 Statistical Technique

Pearson Product Moment Correlation Coefficient was used to find out the relationship of ego-strength with the performance in contact and non-contact sports. The level of significance was set at 0.5 level of confidence.

## 3. RESULTS

**Table 1: Relationship between ego-strength with the performance in contact and non-contact sports**

S.No.	Variable Correlated	Team	<i>r</i>
1.	Ego-Strength and Performance	Contact	0.16*
2.	Ego-Strength and Performance	Non-Contact	-0.09

\*Significant

Tab  $r_{0.05(222)}=0.13$

Table 1 indicates that the relationship between ego-strength and performance in contact sports as the obtained value of  $r$  (0.16) is high as compared to the tabulated value of correlation  $r$  (0.13). The above mentioned value indicates that there is a significant relation between ego-strength and performance in contact sports. It is revealed from the table 1, which indicate that the relationship between

ego-strength and performance in non-contact sports as the obtained value of  $r$  (0.09) is low as compared to tabulated value of correlation  $r$  (0.13). The above mentioned value indicates that ego-strength has no significant relationship with performance in non-contact sports.

#### **4. DISCUSSION**

The analysis of data reveals the significant relationship of ego-strength with the performance in contact sports. However, in the case of non-contact sports analysis of data shows insignificant relationship of ego-strength with the performance. It means that Ego-Strength is positively related to the performance in contact sports. It shows that performance of contact sports mostly depends upon the ego-strength of the players which means if the players know each other very well, understand each other, have full self confidence, with the ego feeling to achieve the goal and try whole heartedly towards the common goal of the team, they will definitely improve their performance as individual players as well as that of the team as a whole (Alberts, Martijn, Greb, Merckelbach, & de Vries, 2007).

Results revealed that Ego-strength does not show a positive relationship with the performance in non-contact sports. It means ego-strength does not affect the performance of the non-contact sports. So it is clear from the results of this study that if the players collectively try to achieve the aim with the positive self-esteem, mutual understanding, self-confidence, and self-possession, they will definitely improve the performance of the team (Vohs, Baumeister, Schmeichel, Twenge, Nelson, & Tice, 2008).

#### **5. CONCLUSIONS**

On the basis of the results of the present study, significant relationship was found ego-strength with the performance in contact sports, while in non-contact sports did not show any significant relationship with the performance. This indicate if the players know each other, understand each other, have full self-confidence, without the ego feeling to achieve the goal and try whole heartedly towards the common goal of the team, this will definitely improve their performance as individual players as well as the team.

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