

Comparison of Fear of Failure between Senior National Level Elite and Non-Elite Boys Mallakhamb Players

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ABSTRACT

Failure is known as the state or condition of not meeting a desirable or intended objective, and may be viewed as the opposite of success. Loss or failure is something that is looked down upon and sportspersons begin to fear it even at a young age. The Purpose of the study was to compare the fear of failure among Senior National level elite and non-elite boys Mallakhamb players. The subjects of the study were twenty three senior national level elite and non-elite Boys Mallakhamb players, who participated 33rd senior national Mallakhamb Championships held at Ujjain in the year February, 2017. The fear of failure questionnaire (FOFQ) consisting of 48 items and constructed by Shukla (2015) was used for the purpose of data collection. To assess the fear of failure of elite and non-elite boys on six dimensions of senior National level above 18 years, mean and standard deviation, t-ratio were computed. Results of study revealed that Senior National level elite and non-elite boys mallakhamb players were found similar on six dimensions of fear of failure i.e. goal setting, self adequacy, uncertain future, self control, self evaluation and coping strategies .

Keywords: Fear, Failure, Success, Mallakhamb, Boys, National level

I INTRODUCTION

Mallakhamb could be a pure Indian game. It's a sport that mixes numerous exercises that improve speed, flexibility, strength, concentration, coordination and gracefulness. Along with neuromuscular development, areas of personal character, discipline and self-motivation are powerfully increased. Turning into prime player is not for everybody. It improves the concentration, helps enhancing immunity power, will increase the competitive spirit,

Sport represents a major accomplishment domain for kids and adolescents (Treasure, 2001), being a extremely competitive field, wherever considerations regarding performance failure and negative social analysis are the foremost predominant sources of worry for young athletes (Passer, 1983). Fear of failure analysis in sport domain has been related to cases of burnout (Rainey, 1995), youth drop out, barriers to sport participation (Orlick, 1974), misuse by athletes (Anshel, 1991), and athletic stress (Gould, Horn, & Spreeman, 1983).

Many psychological studies have shown the concern of failure is preferred barrier to personal success. we have a tendency to concern regarding failure as a result of we do not separate task from ourselves and thus our self worth is in danger anytime we have a tendency to decide to do something we actually need to realize. In different words we have a tendency to area unit afraid being humiliated; as a result of at the sub-conscious level we have a tendency to link failure to humiliation. So, however will we overcome concern of failure and its misguided companion humiliation? Admit you're afraid to fail, understand that each time you fail, you have got become a stronger author, acknowledge that every failure brings you one step nearer to success, understand the educational expertise and reject the illusion of

humiliation. The person additional powerfully intended to avoid failure, instead of to realize success, tends to be additional unrealistic in aspiration.

Fear could be a subjective feeling that has its roots within the surroundings and triggers physiological changes (e.g., exaggerated pulse rate, muscle tension), resulting in sure consequences in behavior (Gray, 1987). Concern as a construct exists from infancy to adulthood (Field & Lawson, 2003).

Fear of failure so, happens because of the contestant activating feelings and thoughts connected to things that are terrifying. This is often on account of attainable failure and inability to fulfill internal standards in those things. Athletes could any build evaluations of events and knowledge an associated anxiety supported which means they attach to those things. Thereby, Associate in Nursing dislike interpretation of the results of failure (E.g. my coach can lose faith in me if I do not win) leads people to concern failure itself (Willow & Metzler, 2002; Conroy, Poczwadowski & Henschen, 2001).

II METHODOLOGY

- (a) **Selection of Subjects**-The subjects of the study were twenty three senior national level elite and non-elite Boys Mallakhamb player, who participated 33rd senior national Mallakhamb Championships held at Ujjain in the year February, 2017. Boys Mallakhamb players were selected during Senior National Mallakhamb championship. $M \pm SD$ of senior age of boy's category was 21.52 ± 2.41 years.
- (b) **Instrumentation**-The fear of failure questionnaire (FOFQ) is a sport-specific scale consisting of 48 items which was constructed by Shukla (2015). It is a multidimensional inventory

that measures the psychological characteristics of athletes on six subscales; Goal Setting, Self Control, Self Adequacy, Self Evaluation, uncertain Future and Coping Strategy.

- (c) **Statistical Analysis**-To assess the fear of failure of elite and non-elite boys on six dimensions of senior National level above 18 years, mean, standard deviation and t-ratio were computed.

III RESULTS

To find out the significance of difference between means of six dimensions of fear of failure of elite and non-elite boys Mallakhamb players, mean, SD and t-ratio were computed and data pertaining to this has been presented in Table 1 to 6 and depicted in figure 1 to 6.

Table 1
Significance of Differences between Mean Scores of Senior National Level Elite and Non-Elite Boys Mallakhamb Players on Goal Setting Dimension of Fear of Failure

Dimensions of Fear of Failure	Sex	Mean	MD	σ DM	t-ratio
Goal Setting	Elite	17.25	2.34	1.52	1.54
	Non-Elite	14.91			

Insignificant at .05 level,, t .05 (21) = 2.08

Table 1 indicates that senior national level elite and non-elite boys Mallakhamb players did not differ significantly in their goal setting, dimension of fear of failure, as the obtained t-value of 1.54, was less than the required t .05

(21) = 2.08.

The graphical representation of mean scores of goal setting dimension of fear of failure is depicted in Figure 1

Table 2
Significance of Differences between Mean Scores of Senior National Level Elite and Non-Elite Boys Mallakhamb Players on Goal Setting Dimension of Fear of Failure

Dimensions of Fear of Failure	Sex	Mean	MD	σ DM	t-ratio
Self Adequacy	Elite	19.58	0.31	1.23	0.25
	Non-Elite	19.27			

Insignificant at .05 level,, t .05 (21) = 2.08

Table 2 indicates that senior national level elite and non-elite boys Mallakhamb players did not differ significantly in their self adequacy dimension of fear of failure, as the obtained t-value of 0.25 was less than the

required t .05 (21) = 2.08.

The graphical representation of mean scores of goal setting dimension of fear of failure is depicted in Figure 2

Table 3
Significance of Differences between Mean Scores of Senior National Level Elite and Non-Elite Boys Mallakhamb Players on Goal Setting Dimension of Fear of Failure

Dimensions of Fear of Failure	Sex	Mean	MD	σ DM	t-ratio
Uncertain Future	Elite	14.42	2.03	2.10	0.96
	Non-Elite	16.45			

Insignificant at .05 level,, t .05 (21) = 2.08

Table 3 indicates that senior national level elite and non-elite boys Mallakhamb players did not differ significantly in their uncertain future dimension of fear of failure, as the obtained t-value of 1, 0.96 was less than the

required t .05 (21) = 2.08.

The graphical representation of mean scores of goal setting dimension of fear of failure is depicted in Figure 3

Table 4
Significance of Differences between Mean Scores of Senior National Level Elite and Non-Elite Boys Mallakhamb Players on Goal Setting Dimension of Fear of Failure

Dimensions of Fear of Failure	Sex	Mean	MD	σ DM	t-ratio
Self Control	Elite	12.08	1.47	1.49	0.98
	Non-Elite	13.55			

Insignificant at .05 level, t .05 (21) = 2.08

Table 4 indicates that senior national level elite and non-elite boys Mallakhamb players did not differ significantly in their self control dimension of fear of failure, as the obtained t-value of 0.98 was less than the required t .05

(21) = 2.08.

The graphical representation of mean scores of goal setting dimension of fear of failure is depicted in Figure 4

Table 5
Significance of Differences between Mean Scores of Senior National Level Elite and Non-Elite Boys Mallakhamb Players on Goal Setting Dimension of Fear of Failure

Dimensions of Fear of Failure	Sex	Mean	MD	σ DM	t-ratio
Self Evaluation	Elite	12.42	0.69	1.26	0.55
	Non-Elite	11.73			

Insignificant at .05 level, t .05 (21) = 2.08

required t .05 (21) = 2.08.

Table 5 indicates that senior national level elite and non-elite boys Mallakhamb players did not differ significantly in their self evaluation dimension of fear of failure, as the obtained t-value of 0.55 was less than the

The graphical representation of mean scores of goal setting dimension of fear of failure is depicted in Figure 5

Table 6
Significance of Differences between Mean Scores of Senior National Level Elite and Non-Elite Boys Mallakhamb Players on Goal Setting Dimension of Fear of Failure

Dimensions of Fear of Failure	Sex	Mean	MD	σ DM	t-ratio
Coping Strategies	Elite	10.75	0.57	1.57	0.36
	Non-Elite	10.18			

Insignificant at .05 level, t .05 (21) = 2.08

Table 6 indicates that senior national level elite and non-elite boys Mallakhamb players did not differ significantly in their coping strategies dimension of fear of failure, as the obtained t-value of 0.36 was less than the required t .05 (21) = 2.08.

The graphical representation of mean scores of goal setting dimension of fear of failure is depicted in Figure 6

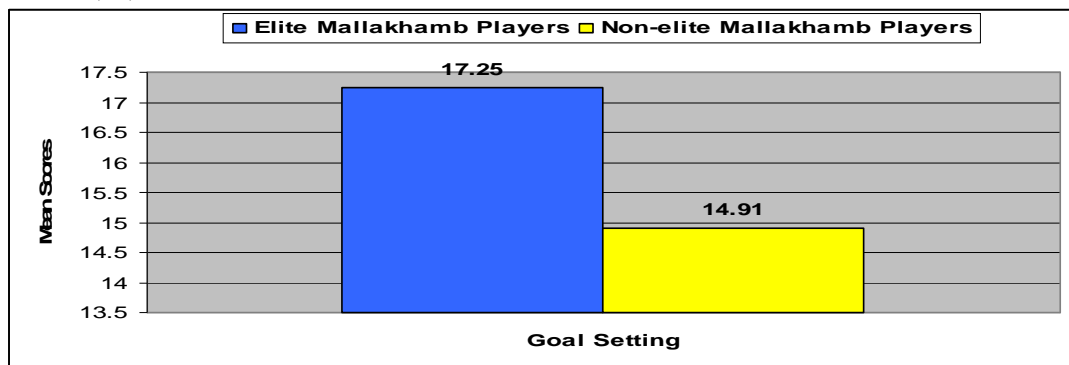


Fig. 1

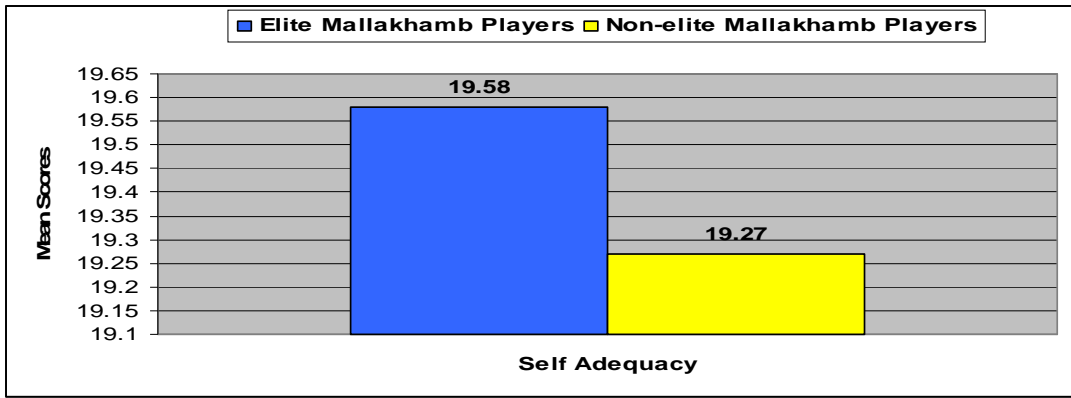


Fig. 2

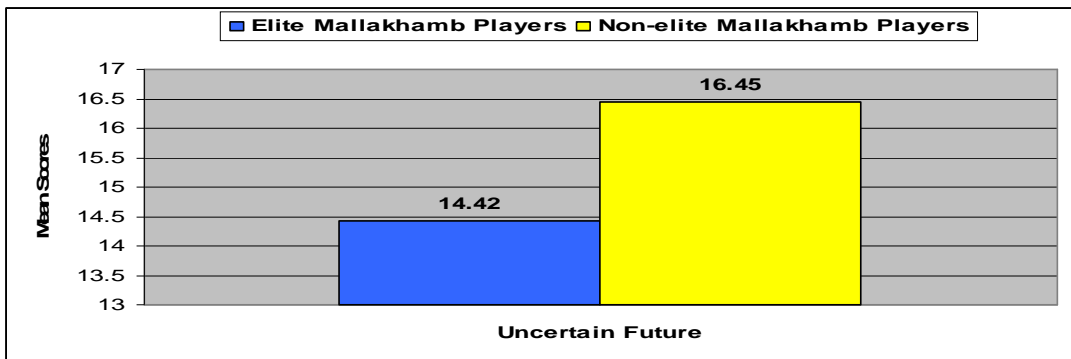


Fig. 3

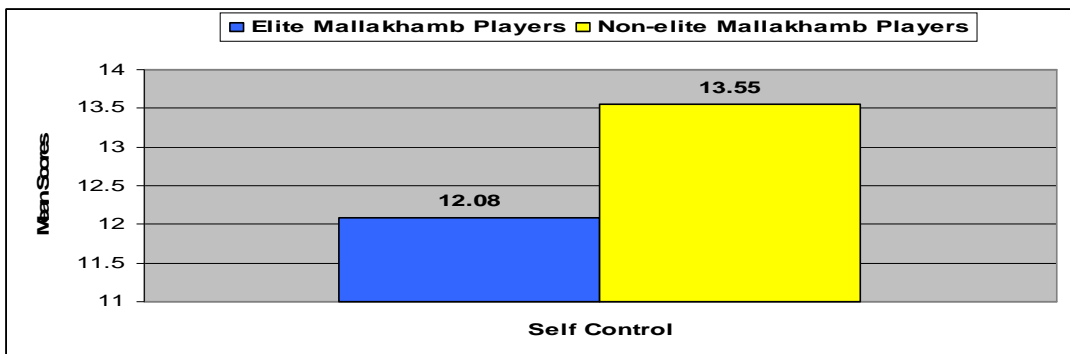


Fig. 4

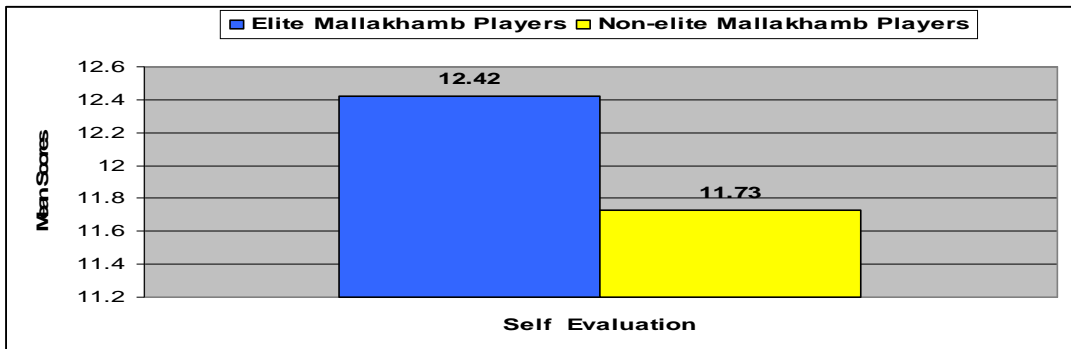


Fig. 5

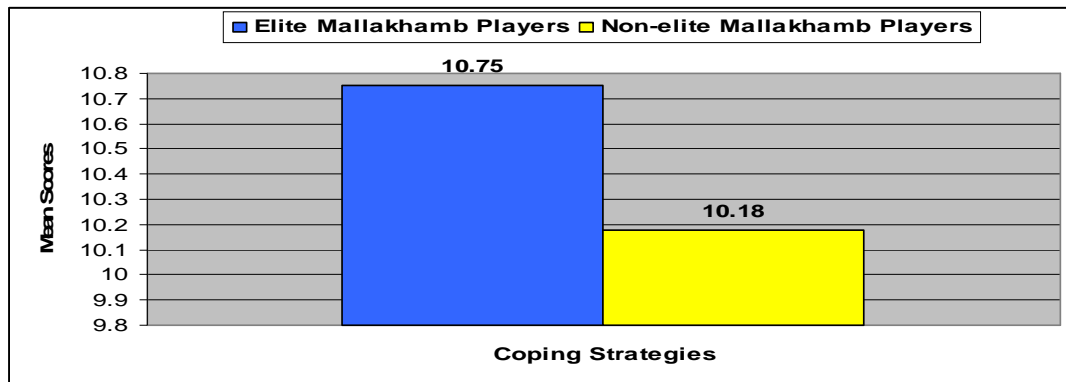


Fig. 6

IV DISCUSSION

The senior national level girls Mallakhamb players expressed insignificant mean differences on self adequacy (0.34), uncertain future (1.67), self control (0.33), and coping strategies (0.75) dimensions of fear of failure. But they had significant difference in goal setting (3.63) and self evaluation (2.06) dimensions of fear of failure. When the elite and non-elite boys Mallakhamb players compared together on six dimensions of fear of failure, The t-ratio indicated that the elite and non-elite senior national level boys Mallakhamb players did not differ significantly in all the strategies dimensions of fear of failure i.e. goal setting, self adequacy, uncertain future, self control, self evaluation and coping strategies.

It was hypothesized that there would be no significance of difference in fear of failure. between elite and non-elite Boys Mallakhamb players of different age groups, is accepted, as the senior national level elite and non-elite boys Mallakhamb players had insignificant differences in goal setting, self adequacy, uncertain future, self control, self evaluation and coping strategies dimensions of fear of failure,

V CONCLUSION

Senior National level elite and non-elite Boys Mallakhamb players were found similar on goal setting, self adequacy, uncertain future, self control, self evaluation and coping strategies dimensions of fear of failure.

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