



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2017; 4(2): 279-280
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www.kheljournal.com
Received: 29-01-2017
Accepted: 28-02-2017

Dr. Rammehar
Associate Professor, Government
College Sector-1, Panchkula,
Haryana, India

A study of frustration tolerance between male and female basketball players

Dr. Rammehar

Abstract

The purpose of the present study is to find out the difference between on male and female inter-college players on the variable of frustration tolerance. The subjects were chosen from the different male and female basketball players from the different colleges of the Haryana state. The age range of the subjects was 18-25 years. Total 48 female and 48 male inter-college basketball players were taken for the study. The result of the study showed that no significant difference ($p>0.05$) was found between male and female Basketball players on frustration tolerance.

Keywords: Frustration tolerance, basketball players

Introduction

Sports performance is reliant on a variety of factors, including physical, psychological, social, and other factors, all of which must be continually improved regardless of the activity or game being played. Particularly in team activities where coaches and players must deal with the psychophysiological harmony of their team members, where performance is reliant on more complex factors than in individual events.

When it comes to improving a player's performance in a given game, psychological factors are crucial. For example, in a basketball game where opposing players frequently make physical contact with one another, it takes a lot of patience and frustration tolerance to handle the tense situations on the field effectively. In the current situation, the person has a lot of concerns, tensions, and issues to deal with in their daily lives. In their daily lives, people encounter both little and big sorts of disappointments. When there are difficulties in the way of accomplishing a life goal, it might cause frustration (Kumari, & Sandhya, 2015) ^[4].

Method

Selection of subjects

The descriptive survey method was used in the present study to collect the relevant data. Total 96 male (n=48) and female inter college basketball players selected as subjects for the study through purposive sampling method. All the subjects were examined on variables that are frustration tolerance.

Criterion measures

Frustration tolerance test by S.N. Rai published by Meerut psychological research (1997).

Statistical procedure

In the present study the comparison between the groups was done by using Independent t-test.

Correspondence
Dr. Rammehar
Associate Professor, Government
College Sector-1, Panchkula,
Haryana, India

Results

Table 1: Mean differential among frustration tolerance of male and female inter-college basketball players.

Dimensions of Frustration tolerance	Male Basketball players Mean \pm SD	Female Basketball players Mean \pm SD	t-value	df	Level of Significance
Time Devoted	13.84 \pm 3.29	14.52 \pm 2.70	1.13	94	Not Significant
Number of attempts	31.74 \pm 7.21	32.00 \pm 7.47	0.156	94	Not Significant
Frustration Tolerance	44.58 \pm 8.61	45.52 \pm 9.55	0.517	94	Not Significant

The result presented in Table 1 shows that there was no significant difference was found between frustration tolerance level as well as time devoted and number of attempts to complete the frustration tolerance test between male and female basketball players.

Conclusion

The study's findings suggest that the development of talent in terms of physical fitness, skills, technique, psychological aspects, social aspects, anthropometrical domains, biomechanical abilities, etc., as well as how these domains are honed in various environmental situations, is the foundation for sports performance.

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