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Investigation of intuitive between individual and team sports

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Abstract

Study Aim: The aim of this study was to find out the significant difference of intuitive between individual and team sports.

Material and Methods: A total of 620 male subjects between the age group of 18-25 years participated in this cross-sectional research. The participants were members of the Individual Sports (*viz.*, Athletics, Archery, Gymnastics, Badminton & Chess) and Team Sports (*viz.*, Cricket, Basketball & Volleyball). Decision Making Style questionnaire constructed by Scott and Bruce (1995) was used to measure intuitive.

Statistical Technique: Unpaired t-test was employed for the present investigation.

Results: There were no significant differences ($0.1135 > 0.05$) in scores for individual sports ($M = 20.0806$, $SD = 2.4725$) and team sports ($M = 20.4161$, $SD = 2.7889$).

Keywords: Intuitive, individual sports, team sports, athletics, archery, gymnastics, badminton, chess, cricket, basketball & volleyball

Introduction

In the social sciences, domain-specific primers on sports psychology have gained popularity [1, 2]. Since the 1980s, researchers in sports psychology have carried out quantitative reviews of extensively researched constructs [3]. Psychology encompasses a number of subfields and applications linked to many subjects, such as sports education and human development. Because psychology is the study of behavior and mental processes and because it is applied to a wide range of aspects of human existence, it is significant. Psychology is closely tied to everything we do. Psychology is the study of who we are, what we do, why we act and think in certain ways, and what kind of person we could be. The best thing about modern research is that sports psychology has advanced significantly in a short amount of time, with sports psychology serving as an applied psychology. Sports psychology studies athletes' conduct both on and off the field. The study of how psychology affects athletic performance, physical activity, exercise, and sports is known as sports psychology [4]. The psychological elements that are essential to an athlete's performance. Psychological resilience is a crucial attribute for athletes who achieve success [5]. Making choices is essential to performing well in sports. For instance, choosing whether to force a shot or pass to a teammate who is open can have a significant impact on the outcome of a close basketball game. In a crucial circumstance, choosing the right choice could mean the difference between success and failure. Making decisions can be influenced by motivational reasons [6]. Certain types of passion may influence someone to make the best choice regardless of the circumstances, while other types may encourage choices that boost their ego or sense of self-worth even when they result in less-than-ideal outcomes for the team [7]. The Decision-Making Styles (DMS) model is an innovative tool that demonstrates an individual's response to and interpretation of a given decision-making scenario. Decision making styles theory helps us understand why a person uses distinct processes of decision making when faced with a given issue [8]. Studies have demonstrated that a variety of factors, including self-worth and locus of control, influence how decisions are made. Indicated that internal locus of control is favourably correlated with rational decision-making styles [9].

However, little research has been done regarding the relationship between LH and DMS and the relative efficacy of drug misuse prevention and treatment ^[10].

Materials and Methods

Participants

The cross-sectional study consisted of 620 male participants aged between 18-25 years. The participants were associated with the realms of Individual Sports, such as Athletics, Archery, Gymnastics, Badminton, and Chess, along with Team Sports, which included Cricket, Basketball, and Volleyball. The designated universities for this inquiry were as follows:

- Guru Nanak Dev University, Amritsar
- Punjabi University, Patiala
- Panjab University, Chandigarh
- Lovely Professional University, Phagwara

Statistical Analysis

During the data analysis phase, the examination of the data involved both descriptive statistics and graphical analysis. The current investigation employed an unpaired t-test. All analyses were carried out using SPSS (Statistical Package for the Social Sciences) version 20.0. A significance level of 0.05 was established for the purpose of hypothesis testing.

Results

Table 1: Descriptive statistics and independent samples t-test result comparing individual sports and team sports on intuitive

Intuitive		
	Individual Sports	Team Sports
Sample size	310	310
Arithmetic mean	20.0806	20.4161
95% CI for the mean	19.8043 to 20.3570	20.1045 to 20.7278
Variance	6.1132	7.7777
Standard deviation	2.4725	2.7889
Standard error of the mean	0.1404	0.1584
Mean Difference	0.3355	
Pooled Standard Deviation	2.6354	
Standard Error	0.2117	
95% CI of difference	0.08022 to 0.7512	
Test statistic t	1.585	
Degrees of Freedom (DF)	618	
P value	0.1135	

An independent-samples t-test was conducted to compare the intuitive for individual sports and team sports. There were no significant differences ($0.1135 > 0.05$) in scores for individual sports ($M = 20.0806$, $SD = 2.4725$) and team sports ($M = 20.4161$, $SD = 2.7889$). The magnitude of the differences in the means (mean difference = 0.3355, 95% CI: 0.08022 to 0.7512) was very small.



Fig 1: Mean scores for individual sports and team sports on intuitive

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