

Effects of Psychological Factors on Sports Training: Evidences of Male Athletes

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Abstract— Sports and training are interrelated with each other. The role of training in sports is always considered as pivoting tool to enhance sports performance of athletes. In past, there was no proper concept of training in sports. In the recent technological era of sports and physical education, the training has gained significant importance. Sports training is a systematic process which prepare athletes physically, mentally and tactically for sports events. It is also a fact that different factors affect the process of sports training. Examining the available literature, this study was designed to assess separately the effects of psychological factors on sports training of male athletes in, Khyber Pakhtunkhwa (KP), Pakistan. This study is mainly focused to examine the effects of various psychological factors like training style, lack of motivation, fear of sports injuries and punishment. A sample of 106 athletes from different sports clubs was taken as a representative sample for the study. A structured questionnaire was used to collect required information from the respondents.

Key Terms— Effects, Psychological, Factors, Sports Training, Male Athletes.

1 INTRODUCTION

Human beings have come to understand the importance of sports activities with reference to various aspects of their lives and because of this, importance of sports training has also increased to a considerable extent. Sports training is a process which prepare athletes for different level of sports competitions. Sports training is considered as important process for individual who participate in various sports events. Sports training helps an athlete to achieve better results in sports activities. Sports training helps in learning skills and techniques which results in achieving peak performance in sports. [1]

To have an effective sports training, the process must be acquainted of certain basic factors, which serves as a key role for the smooth conduct of effective sports training programs. There may be different factors that can directly or indirectly affect the sports training process. Various factors like physical, physiological and more significantly psychological factors affect the process of sports training. [2] He further suggest that a trainer should consider all the factors affecting sports training during the course of training.

In this connection, [3] indicates that the type of training behavior employed by trainer can significantly effect on the psychological wellbeing of trainee. Therefore, the author suggest that proper and accepted training behaviour may be preferred to adopt during the course

of training.

Another factor that relate to sports training is the lack of motivation on part of trainer. Motivation is a force which inspires an athlete to behave in a particular manner. Research conducted by [4] indicated that superstructure of sports learning is based on motivation. The research further substantiated that if the trainer lacks an ability to motivate his trainee, his training will remain unable to achieve the set objectives of the sports training program. Therefore, trainer must consider all those means by which trainee can be motivated towards the achievement of set goals.

The program of sports training is increasing among athletes who are participation in different sports from different sports clubs. Therefore, athletes are compulsory to be in sports training programs carried out for different sports activities. In this connection, different researcher have worked upon the factors influencing sports training. In the light of this circumstances, the study in hand was designed to assess the psychological factors affecting sports training of male athlete participating at club level in Khyber Pakhtunkhwa (KP), Pakistan.

2 PROBLEM STATEMENT

The purpose of this study was to assess the psychological factors

affecting sports training among the athletes in different sports clubs of KP, the province of Pakistan. The special psychological factors focused in this study were leadership style of trainer, lack of motivation on part of trainer, fear of sports injury and punishment.

met with respondents and discussed the objectives of study. The researcher also ensured them that their responses will only be used for research purposes only. After this, the questionnaire handed over to them with request that your early response in data returning the filled questionnaire will highly be solicited.

3 OBJECTIVE OF THE STUDY

The study in hand was guided by the following main objective:

1. To assess that effect of different psychological factors on sports training of male athletes.

4 HYPOTHESIS OF THE STUDY

This study is based on the following hypothesis.

H₀ 1 There is no significant effect of different psychological factors on sports training of male athletes.

5 METHODS AND MATERIAL

For reaching at certain findings and conclusions, the researcher adopted following procedure.

5.1 Population

The population of this study comprised of all the players participated at different levels of sports activities within the province of KP, Pakistan.

5.2 Sampling Procedure

Due to many factors like time, financial expenses and academic involvement it was quite difficult to contact each and every player of the population. So, the researcher confined his population and selected a representative sample of 106 athletes from different districts of the selected province. The selected respondents were then conveniently selected in the study.

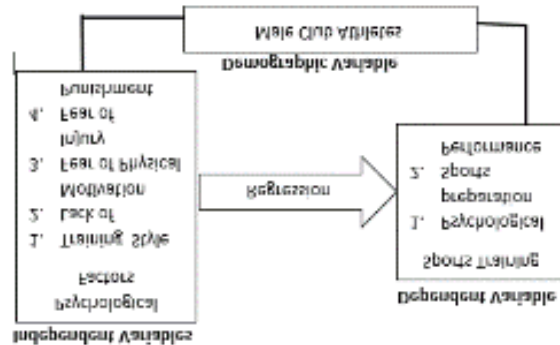
5.3 Instrumentation

The researcher prepared and used questionnaire consist of three options ranging from Agree to Disagree on Likert Scale in order to collect information regarding effects of psychological factors on sports training. The questionnaire was developed under the guidance of research supervisor and literature review. Validity and reliability were done following the due course of the procedure and the result of the responses were calculated through Cronbach Alpha which was found .80. The valid questionnaire was then served among the athletes in order to collected needed information.

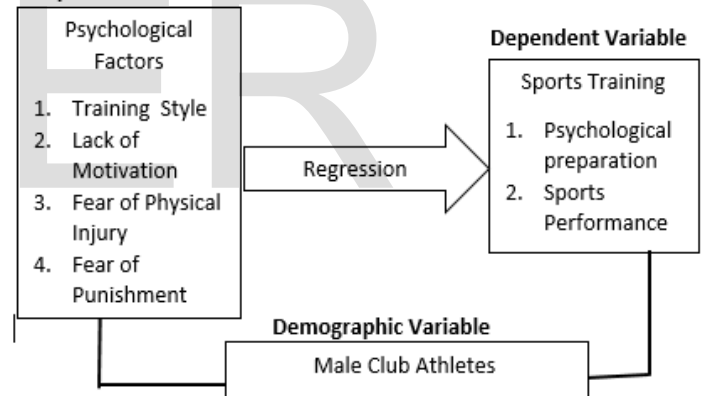
5.4 Research Ethics

Before serving questionnaire the researcher however ensured to take the consents from the respondents. In this context, the researcher

6 Conceptual Framework



Independent Variables



7 LITERATURE REVIEW

7.1 Concept of Sports Training

In the last decade the topic of factors affecting sports training has been one of the main themes of research and debate. It is widely known that trainer play a critical role in the lives of young athletes and have the potential to influence, positively or negatively, their sporting experiences.

Coaching and training involves a central tenet of improving team or athlete performance that requires a cognitive activity to make decisions upon a multitude of dynamic situational factors. Due to the adverse and unstable conditions of their activity, trainer are required to possess the ability to make dynamic decisions, requiring strategic intervention plans, supported by an intensive activity of reflection, decision and

implementation. Similarly, [5] consider sports training as key to success in sports. He further disclose his view regarding important of sports training that training programs offer variety of exercise and practice which produce qualities required for sports events.

7.2 Psychological Factors Affecting Sports Training

At present, it is known that an adequate training of the athletes is the fundamental condition for the development of sports elites. On the other hand it is also a fact that sports training can affect by several factors. These factors include Physiological, Psychological and socio-economical. Physiologically, an exhausted behaviour causes a weakening in the weight inclination crosswise over cell layers, making it harder for the tissues of the body to take up and use oxygen. [6] While [7] found that psychological factors like coach behavior, motivation and fear of injuries among athletes significantly affect the process of training.

As indicated by [8] that athletes generally prefer co-operative coaching and training style which includes participation in decision making. He further stated that athletes feel comfort in co-operative training method.

Motivation is considered as important tool to encourage athletes to behave in a particular manner. On the hand lack of motivation effects the process of training as well. Motivation instigates the athletes to show maximum results in sports training. Verbal appreciation, admiring one's performance and acknowledgement were the motivation factors suggested by author in his study.

Physical education and sports are physical oriented disciplines, while sports training is the process of systematic physical practices in which the chances of injury occur. Because of this fear, athlete training process can affect. Athlete's fear of physical injury can have effects on the process of sports training. [9] In a research study, [10] highlighted some factors influence sports training program. These factors included fear of physical injuries resulting from training, fear of strenuous physical exercises and more significantly training leadership behaviour.

8 PRESENTATION AND ANALYSIS OF DATA

H₀: There is no significant negative effect of Training Style on sports training of male athletes.

Model Summary

Model	R	R Square	F	Sig.
1	.746 ^a	.557	126.753	.000 ^b

a. Predictors: (Constant), Training Style
b. Dependent Variable: Athletes Sports Training

Coefficients^a

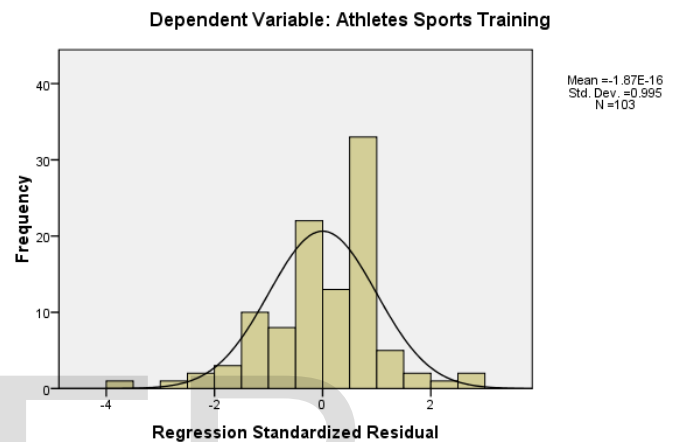
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.961	.255		3.771	.000
	Training Style	.730	.065	.746	11.258	.000

a. Dependent Variable: Athletes Sports Training

Table No. 1

The above table indicate that there is significant negative impact of Training style on athletes sports Training. The R Square is .557 which mean that 55% negative effect on athlete's sports training is due to Training style of trainer. The B is .730 (P=.000) which indicate that if one unit increase in independent variable then .730 unit will overall increase hence, the null hypothesis is hereby rejected.

Histogram



Histogram of negative effect of training style on Athletes sports Training
H₀: There is no significant negative effect of Lack of Motivation on sports training of male athletes.

Table No. 2

Model Summary^a

Model	R	R Square	F	Sig.
1	.743 ^a	.743	281.533	.000 ^b

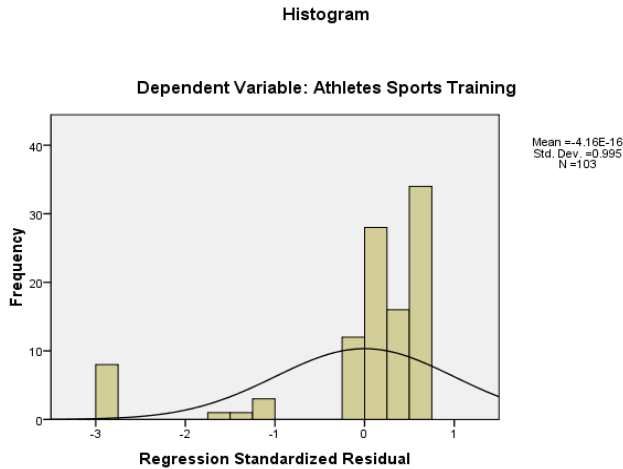
a. Predictors: (Constant), Lack of Motivation
b. Dependent Variable: Athletes Sports Training

Coefficients^a

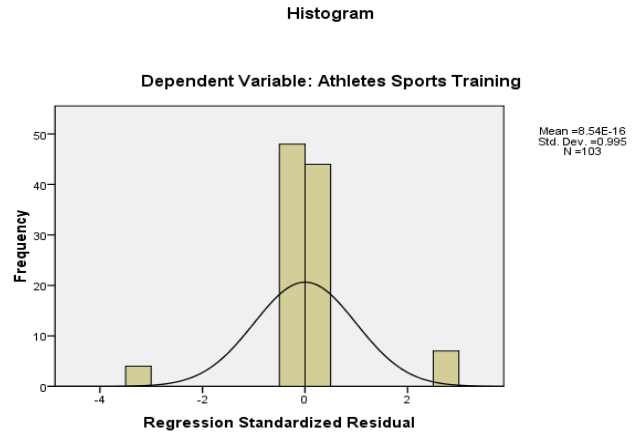
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.433	.200		2.155	.034
	Lack of Motivation	.838	.040	.862	17.076	.000

a. Dependent Variable: Athletes Sports Training

The above table indicate that there is significant negative impact of lack of motivation on athletes sports Training. The R Square is .743 which mean that 74% negative effect on athlete's sports training is due to lack of motivation of trainer. The B is .838 (P=.000) which indicate that if one unit increase in independent variable then .838 unit will overall increase hence, the null hypothesis is hereby rejected.



Histogram of effect of lack of motivation of trainer on sports Training



Histogram of effect of fear of injury on athletes sports training

H₀: There is no significant negative effect of Fear of Sports Injuries on sports training of male athletes.

Table No. 3

Model Summary ^a				
Model	R	R Square	F	Sig.
1	.942 ^a	.887	794.311	.000 ^b

a. Predictors: (Constant), Fear of Physical Injury
b. Dependent Variable: Athletes Sports Training

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	.727	.144		5.052	.000
	Fear of Physical Injury	.952	.034	.942	28.104	.000

a. Dependent Variable: Athletes Sports Training

The above table depict that there are total 89% negative effect is due to fear of physical injury on Athletes Sports training. The B is .952 (P=.000) which explore that if on unit increase in Fear of injury will cause of .952 unit overall increase in Athletes sports training. Hence, the null hypothesis stated that there is no significant effect of fear of physical sports injury on athletes sports training is here by rejected because the P-Value is .000 which is less than alpha level 0.05 (.000 < 0.05).

H₀: There is no significant negative effect of fear of punishment on sports training of male athletes.

Table No. 4

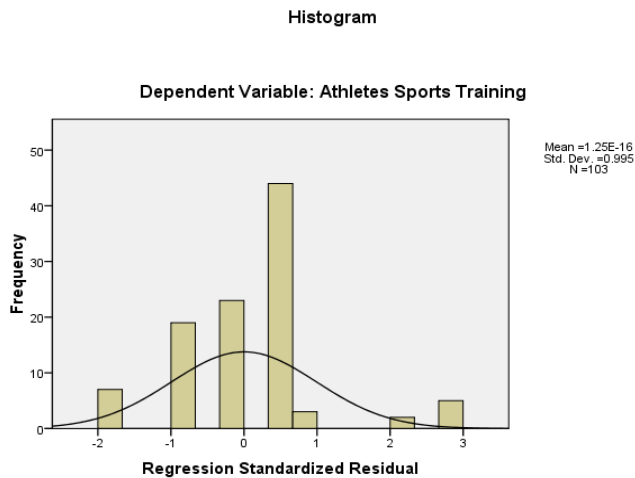
Model Summary ^a				
Model	R	R Square	F	Sig.
1	.610 ^a	.372	61.609	.000 ^b

a. Predictors: (Constant), Fear of Punishment
b. Dependent Variable: Athletes Sports Training

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.338	.249		9.387	.000
	Fear of Punishment	-.483	.062	-.610	-7.802	.000

a. Dependent Variable: Athletes Sports Training

The negative effect of fear of punishment on athlete's sports performance is found significant as noted in the above table. The p-value is .000 which is less than the alpha level 0.05 (.000 < 0.05) which indicate that the null hypothesis is hereby rejected.



Histogram of negative effect of fear of injury on athletes sports performance

9 Result and Discussions

The study was designed to assess the effects of psychological factors on sports training of male athletes. After analysis of data, the study revealed that vast majority of the athletes conceived that 55% effect on sports training is due to the training styles. In the selected area of the study, most of the trainer used autocratic style because of inheritance and thus the athletes backed up that training styles significantly influence on athlete's training. This implies that the trainer should make the training session friendly and adopt such style of training in which everyone can participate without any pressure.

A research conducted by [11] also concluded that trainer can assume a basic part in preparing competitors with the capacity to overcome mental snags. He further stated that trainer have the best measure of impact and obligation regarding each part of the athletic sports training program. In another study, [12] found that Contrasts among training styles through the qualities of identity, learning, knowledge, relational abilities, group administration, and inspiration strategy, can straightforwardly impact the same attributes in the athletes. An absence of oxygen all through the body prompts physiological changes that have been appeared to diminish delayed athletic execution.

Similarly, it is further shown in Table No.02 that 74% effects on sports training was due to lack of motivation on part of their trainer with reference to the course of sports training. This implies that the trainer must have the knowledge and means through which athletes can be motivated towards achievement of set goals. The findings of the present study are supported by [13] who found that trainer serves as a motivator to enhance athlete's performance. He further stated that trainer motivating behaviour improves intrinsic and extrinsic motivation and

self-determination of athletes.

The table No. 04 indicated that sports training influenced by the fear of physical injury due to strenuous practices and exercise expressed by (95%). This is because that sports program carried out by tough physical training and exercise and because of these, the participants can feel fear. This suggests that the trainer should implies strategies for developing self confidence in order to reduce the fear of injuries. In supports of the above mentioned findings, [14] stated that athlete's fear of physical injury can have effects on the process of sports training. Similarly, [15] presents that athletes fear of physical injury due to hard strenuous can have influence sports training. Therefore, the study recommended for trainers to use self-development strategies among athletes for reduction of fear of injuries.

As for as the fear of punishment is concerned, the table No. 04 indicated that fear of punishment has 37 % influence on sports training as perceived by athletes. This implies that the trainers should avoid physical punishment on part of the trainee mistakes. The finding further suggests that in order to instigate male athletes to be involved in training programs, athletes should avoid punishment in training. This piece of finding is in line with the literature [16] who noted that trainee feels comfort in free of punishment sports training as well as praise and encouragement. Similar it has also been found that the concept of punishment decrease the interest of athlete in sports training.

10 Conclusion

The study in hand as conducted to assess solely the psychological factors affecting sports training of male athletes' participating in different sports events. The data was collected from various athletes belong to various registered clubs in Khyber Pakhtunkhwa (KP), Pakistan. After data analysis, it is found that majority of the respondents perceived that various psychological factors like training style, lack of motivation, fear of sports injuries and punishment negatively affect sports training. On the basis of findings, the researcher recommended that trainers should keep in mind the factors affecting process of sports training and also make certain measures to overcome the factors. In addition, it is also recommended that the trainers must have the relevant knowledge to train and motivate the trainee.

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