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Mood Profile in Male Participants During Sports Competition: A Study on Players of Selected Universities in Karnataka

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ABSTRACT

This study intends to identify the intensity of mood states whilst playing competitive sports games and verify the existing the participants sporting record. has selected universities men players from various universities of Karnataka namely Mangalore, Mysore, Nitte and Yenepoya. who participated in All India Inter University or inter collegiate Tournament for Men during the academic year 2023 – 2024. Four universities are selected from Karnataka. Hence total number of players who volunteered in this study were become 100 subjects. The selected subjects were each university 25. The age of the subjects was ranged between 19-25 years. Took part in the research, who completed the POMS (Profile of Mood State) questionnaire. Mean, Standard Deviation and ANOVA were the statistical analyses used in the study. Analysis showed that the tension and vigour dimensions were experienced with greater intensity in sports games, while the depression and anger dimensions decreased in intensity. Total vigour mood profile was slightly higher in male Mangalore University than the others selected university. Having experience playing sports was an important factor, showing that players with a record of playing sports scored higher levels in the vigour dimension. The results help to guide interventions by future professionals due to practical experience gained in the field of education and sports.

Key words: Profiling, Mood States, players, University.

1. INTRODUCTION

Sports psychology can help a lot in assessing the personality and self-concept of the players or individuals. Performance in physical education activity or sports not only demands systematic training to develop

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physical and physiological variables but also demands training and consideration of psychological characteristics for success in this field. Sports psychology is primarily interested in the analysis of behaviour of sportsmen. Sportsmen are those who go onto play fields and play some games with the aim of higher competition in that particular game. Kroll (1967) contends that there is a possibility that 4 some discrete set of personality factors cause some people to select and participate in sports.

Setting a goal, then visualizing each step needed to reach that goal can help mentally prepare the athlete for training or competition. Visualization involves creating a mental image of what you "intend" to happen. Athletes can use this skill to envision the outcome they are pursuing. They might visualize themselves winning an event, for instance, or going through the steps needed to complete a difficult movement. Visualization can also be useful for helping athletes feel calmer and more focused before an event.

There is a strong intuitive and anecdotal association between mood states and sport performance. However, empirical support for mood-performance relationships has been equivocal, despite the fact that more than 250 published studies have examined mood responses in sport and exercise settings (LeUnes & Burger, 1998) Sport psychology researchers have relied almost exclusively upon the Profile of Mood States (POMS: McNair, Lorr & Droppleman, 1971) as the measure of mood when examining links with athletic performance. The use of the POMS in sport was pioneered by Morgan and his co-workers (e.g. Morgan 1974; Morgan & Johnson, 1978; Morgan & Pollock, 1977; Nagle, Morgan, Hellickson, Serfass, & Alexander, 1975) who demonstrated that, when compared to population norms, the mood profiles of athletes particularly at the elite level were characterized by above average Vigor scores and below average scores for Tension, Depression, Anger, Fatigue, and Confusion. Morgan termed such a pattern of mood responses an iceberg profile and proposed that it was reflective of positive mental health (Morgan, 1980, 1985).

Nature of Mood

There is considerable literature demonstrating the essential roles that moods play in human functioning. Mood states influence perception, cognition, and behavior (Ekman & Davidson, 1994). Moods have been conceptualized as ever-present frames of mind (Morris, 1989), influencing how we interact with the world around us and directing how we behave by providing us with information on the probability of success or failure in our interactions with the environment (Bless, 2001; Brehm, 1999; Gendolla & Krüsken, 2002; Schwarz, 1990). For example, positive moods may indicate that a situation carries little threat while unpleasant moods may indicate that a situation is potentially challenging or threatening (Clore et al., 2001) and that additional resources need to be deployed in order for us to cope and adapt to the environment (Batson, Shaw, & Oleson, 1992; Brehm, 1999; Morris, 1992).

Mood is also likely to affect motivation (e.g., Bowles, Curtis, Davies, Lengerich, & Bugajski, 2019) and performance (e.g., Gendolla, Brinkmann, & Richter, 2007). It has been widely documented that intense emotional responses are elicited when individuals are involved in tasks or events that carry personal Importance to them (e.g., major exams; Collins & Onwuegbuzie, 2003; Pekrun, 2017) or competing in major sporting events (e.g., Terry, 1995; Totterdell & Leach, 2001).

However, the empirical support for mood-performance relationships in sport has been more equivocal than clear cut, even though more than 250 published studies have examined mood responses in sport and exercise settings (LeUnes & Burger, 1998). The equivocality of the mood-performance relationship can

be attributed to the lack of clarity or consensus in the sport psychology literature about the nature of the mood construct and its definition (Augustine & Hemenover, 2009; Batson et al., 1992; Lane & Terry, 2000), an inconsistency in the methods used in mood-performance research (e.g., differing response timeframes, see Terry, Stevens, & Lane, 2005), and a dearth of theoretical frameworks to guide research (Beedie et al., 2000).

The Influence of Mood on Sport Performance

The intuitive link between mood states and performance has provided a catalyst for psychologists to investigate this relationship (Lane & Terry 2000), which has been researched extensively over the past 40 years (see LeUnes & Burger, 1998; Renger, 1993; Rowley et al., 1995; Terry, 1995). The use of the POMS in sport was pioneered by Morgan and colleagues (e.g., Morgan, 1974; Morgan & Johnson, 1978; Morgan & Pollock, 1977; Nagle et al., 1975) who demonstrated that the mood profiles of athletes particularly those at the elite level, when compared to population norms, were characterized by above average vigour scores and below average scores for tension, depression, anger, fatigue, and confusion.

Past research had not always sufficiently distinguished between the level of performer and level of performance (Terry & Lane, 2011). As mood is transient, it is not obvious how and why mood profiles would distinguish between performers with different levels of achievement, because elite athletes do not have a monopoly on

Positive moods (Terry & Lane, 2011) and are potentially affected by negative moods too. In reality, athletes may deviate from the iceberg profile, following injury, loss, tough training or stressful events and may experience a certain degree of disturbed mood during such periods (Terry, 1995), producing similar findings as Rowley and colleagues (1995), concluding that the line of research looking at whether mood could predict levels of achievement was questionable. While the results of more than 300 cross-sectional studies conducted in this area have offered many insights into the mood-performance link, it is likely that models emphasizing an intra-individual focus, like the individual zone of optimal functioning (IZOF) model (Hanin, 1997) can help improve our understanding of the mood-performance relationship.

2. STATEMENT OF THE PROBLEM

The aim of this study was to investigate the Comparative study on anxiety and mood profile of male university players of selected universities in Karnataka

OBJECTIVES OF STUDY

The purpose of this study was to compare the profile mood of between Male university players.

HYPOTHESIS

It is hypothesized Mangalore and Mysore university players increased positive mood in other selected university players in Profile of Mood States of vigour.

3. METHODOLOGY

To achieve the purpose of this study, the investigator has selected universities men players from various universities of Karnataka who participated in All India Inter University or inter collegiate Tournament for Men during the academic year 2023 – 2024. Four universities are selected from Karnataka. Hence total

number of players who volunteered in this study were become 100 subjects. The selected subjects were each university 25. The age of the subjects was ranged between 19-25 years.

Procedure: McNair, et al., (1971) developed the instrument profile of mood States (POMS). This questionnaire constitutes 8 items which measures levels the positive variable (vigor). Reported for the Karnataka selected universities all India inter-university and inter collegiate players.

Scoring for POMS

Scores for each item is recorded as 0 for 'Not at all' up to 4 for 'extremely' except for the two (relaxed and efficient) affect subscale which are reverse-scored prior to being combined with the other items.

Vigor

This element assesses the state of lively, active, energetic, cheerful, alert, full of pep, carefree, and vigorous. The raw score on the element of vigor is the sum of values corresponding to statements 7, 15, 19, 38, 51, 56, 60 and 63 were scored.

4. STATISTICAL TECHNIQUE

Mean and Standard Deviation were the statistical analyses used in the study. The mean assists in determining the average score of the collected data. The standard deviation measures how far the scores deviate from the average (mean) or expected value. The analysis of variance (ANOVA) was calculated for POMS test of positive mood states for male players of selected four universities in Karnataka Whenever, the interaction effect is found significant, Results were reported as the mean ± SD of all observations, and the level of statistical significance was set at $p < 0.05$ level of confidence.

5. RESULTS

Table. 01 Mean and Standard Deviation of mood profile (Vigour) Scores among Male University Players in Karnataka

Mood profile variables (VIGOUR)	Mangalore university		Mysore university		Nitte university		Yenepoya university	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Lively	2.6	1	2.2	1.1	2.1	0.73	2.12	0.72
Active	3.4	0.6	3.2	0.7	2.9	0.67	2.88	0.66
Energetic	3.7	0.5	3.5	0.6	3.1	1.05	3.12	1.05
Alert	2.8	1.1	2.3	1.1	2.6	1.04	2.56	1.04
Full Of Pep/Zest	2.1	0.9	2	0.9	2	0.84	2.04	0.84
Care Free	1.7	0.7	1.6	0.8	1.7	0.75	1.68	0.74

Vigorous	2.6	1.1	2.5	1	2.2	0.87	2.2	0.86

From table 4.1, it is evident that the statistical description of the mean scores of seven positive mood profile variables of male Mangalore university players were the mean value of lively is 2.6, SD value is 1, the mean value of active is 3.4, SD is 0.6, the mean value of energetic is 3.7,SD value is 0.5, the mean value of alert is 2.8, SD is 1.1, the mean value of Full of PEP/zest is 2.1, SD is 0.9, , the mean value of care free is 1.69, SD is 0.67, the mean value of vigor is 2.6,SD is 1.1 . Mysore university players were the mean value of lively is 2.2, SD is 1.1, the mean value of active is 3.2, SD is 0.7, the mean value of energetic is 3.5, SD is 0.6, the mean value of alert is 2.3, SD is 1.1, the mean value of Full of PEP/zest is 2, SD is 0.9, the mean value of care free is 1.6, SD is 0.8, the mean value of vigor is 2.5, SD is 1. Nitte university players were the mean value of lively is 2.1, SD is 0.73, the mean of active is 2.9, SD is 0.67, the mean value of energetic is 3.1, SD is 1.05, the mean value of alert is 2.6, SD is 1.04, the mean value of Full of PEP/zest is 2, SD is 0.84, the mean value of care free is 1.7, SD is 0.75, the mean value of vigor is 1.7, SD value is 0.87. Yenepoya university players were the mean value of lively is 2.12, SD is 0.72, the mean value of active is 2.88, SD is 0.66, the mean value of energetic is 3.12,SD is 1.05, the mean value of alert is 2.56, SD is 1.04, the mean value of Full of PEP/zest is 2.04, SD is 0.84, , the mean value of care free is 1.68, SD is 0.74, the mean value of vigor is 2.2,SD is 0.86, respectively. The mean score for total mood profile was slightly higher for male Mangalore University than the others selected universities in Karnataka.

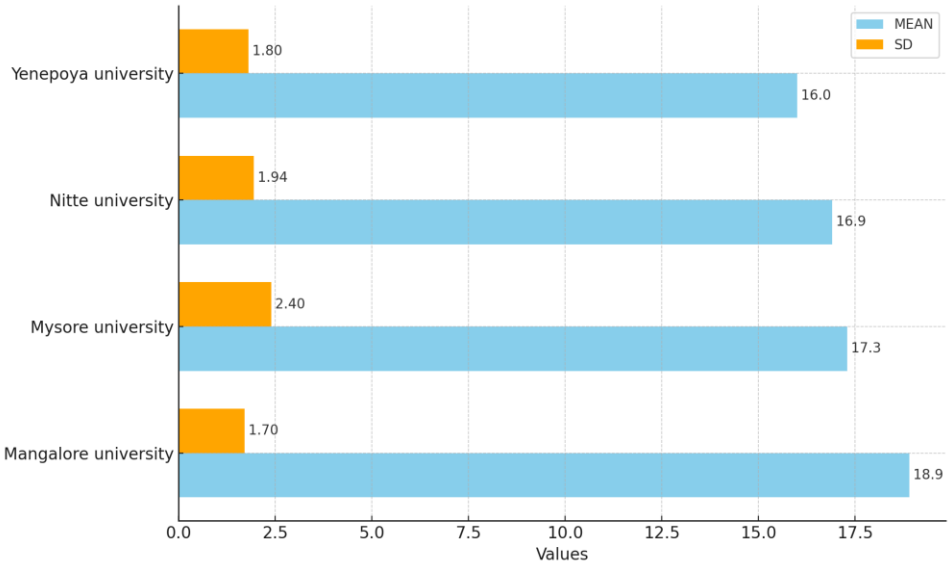
The mean score for total mood profile was slightly lower for male Mysore University than the Mangalore University and slightly higher than others Nitte and yenepoya universities in Karnataka.

The mean score for total mood profile was slightly lower for male Nitte University than the Mangalore and Mysore University and slightly higher than yenepoya universities in Karnataka.

The mean score for total mood profile was slightly lower for male Yenepoya University than the Mangalore, Mysore University and Nitte universities in Karnataka.

Table.02 Comparison Analysis of Total positive vigour mood profile Level of male university players of selected universities in Karnataka

Variable	**Mangalore University** **N=25** **Mean± SD**	**Mysore University** **N=25** **Mean± SD**	**Nitte University** **N=25** **Mean± SD**	**Yenepoya University** **N=25** **Mean± SD**
Positive Mood Profile (Vigour)	18.9±1.7	17.3± 2.4	16.9±1.94	16.0±1.80



Graph.01 Comparison Analysis of Total positive vigour mood profile Level of male university players of selected universities in Karnataka

Table 02, and graph 01 show the comparison analysis of the mean and SD for Total positive vigour mood profile Level is 18.9 and ±1.7 of Mangalore university male players, Mysore university male players, it is 17.3 and ±2.4, and Nitte university male players it is 16.6±1.94, whereas yenepoya university male players it is 16.6±1.80. Statistical comparison has shown that total positive vigour mod profile level is male Mangalore university players higher among as compared to other selected university like Mysore, Nitte and Yenepoya universities in Karnataka.

Table. 03 Analysis of variance of vigor total mood profile of the male players of selected universities in Karnataka.

Source of Variation	SS	DF	MS	F	P-value	F crit
Between Groups	85.48	3	28.49333	7.334	0.00018	2.699
Within Groups	372.96	96	3.885			
Total	458.44	99				

Significant at 0.05 level

Table-03 it was reveal that the calculated f- value (7.33) was greater than the tabulated value (2.69), so there was significant difference between the vigor mood profiles and. There for we will reject null hypothesis and conclude that the vigour profile mood is not same level in all four selected universities in Karnataka.

6. DISCUSSION

The main objective of the present study was to Comparative study on mood profile of male university players of selected universities in Karnataka, who has participated in inter university and intercollegiate sports competition. The researcher selected variables anxiety and profile mood assessments of SCAT and POMS positive profile mood (VIGOUR) questionnaires of male university players. For the purpose of the present study, finally 100 players were selected as subjects. Out of total 100 subjects, 25 subjects from

four universities of Mangalore, Mysore, Nitte and Yenepoya universities. Although these result tally with the observation of better Mangalore university players has increased vigour positive mood profile level compared to other universities players in Karnataka. These findings will support for the related study and results. Their psychological interest towards daily routine activities helps us to find out difference between Mangalore, Mysore, Nitte and Yenepoya university male players of selected universities in Karnataka

7. CONCLUSIONS:

With the limitation of the study and on the basis of finding the following conclusion may be drawn. Based on the findings of the present study, it is concluded that selected universities sports players in Karnataka.

- Total vigour mood profile was slightly lower in male Mysore University than the Mangalore University and slightly higher than others Nitte and yenepoya university.
- Total vigour mood profile was slightly higher in male Mangalore University than the others selected university.
- Total vigour mood profile was slightly lower in male Nitte University than the Mangalore and Mysore University and slightly higher than Yenepoya University.
- Total vigour mood profile was slightly lower for male Yenepoya University than the Mangalore, Mysore University and Nitte University.
- It is concluded that there was significant difference in (mood profile vigour) positive mood test of male selected universities in Karnataka.

8. RECOMMENDATION

In the light of findings, the conclusion drawn the following recommendations are made.

- It is recommended to take a study to compare the Sensation Mood profile of Physical education teachers and other academic teachers.
- It is recommended to compare the Mood profile Scale of individual game.
- It is recommended to compare the Mood profile Scale of rural and urban sports.

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