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**COMPARATIVE STUDY OF ANTICIPATION TIME AMONG PLAYERS OF CONTACT, SEMI CONTACT AND NON-CONTACT SPORTS** p.p.102-111



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**Lal Manohar\*\***

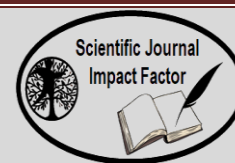
**ABSTRACT**

The aim of the study was to compare the anticipation time among the players of Contact, Semi Contact and Non-Contact sports. One hundred eighty contact, one hundred eighty semi-contact and one hundred eighty non-contact sports players were selected as a subject. All of them were participating in the regular activity classes in accordance with the requirements of the inter-college competition of Panjab University, Chandigarh. Anticipation time was considered as the parameter of this study and this was measured by Bassin Anticipation Timer to determine the difference in anticipation time among the male players of contact sports, semi-contact sports and non-contact sports One-Way ANOVA was used for normal distribution and Post-hoc test of Tukey HSD was used for determining the differences across groups through SPSS Package 22.0 and the significant level was set at 0.05. The findings of this research paper showed that there were significant differences in anticipation time between contact, semi-contact and non-contact sports. Post-hoc test of Tukey HSD reveals that the players of non-contact sports have significantly more anticipation time in comparison to players of semi-contact and contact sports. However, there was an insignificant difference found between players of contact and semi-contact sports in anticipation time.

**Keywords:** Anticipation time, contact sports, semi-contact sports & non-contact sports.



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**INTRODUCTION**

In sports, the outcomes of competitions are often determined by the results of winning and losing. Winning refers to achieving a favorable outcome or victory in a particular game, match, or tournament. It is the desired outcome for athletes, teams, and their supporters, as it signifies success, accomplishment, and the attainment of set goals. Winning can be a result of superior skill, strategy, teamwork, preparation, and sometimes even luck. On the other hand, losing in sports refers to experiencing an unfavorable outcome or defeat. It signifies falling short of the desired outcome and not achieving victory. Losing can be disappointing and frustrating for athletes and teams, as it may indicate shortcomings in performance, strategy, or execution. However, losing can also serve as a valuable learning opportunity, providing insights into areas that need improvement and motivating athletes to work harder and strive for future success. Both winning and losing are integral aspects of sports, and they contribute to the competitive nature of athletic endeavors. They can evoke a range of emotions, such as joy, pride, disappointment, and determination, among athletes, coaches, and fans alike. The outcomes of winning and losing in sports not only impact individual athletes and teams but also have wider implications in terms of rankings, records, and the overall perception of success within the sporting community (Ghildiyal, (2015).

Sports psychology plays a vital role in optimizing athletic performance through its multifaceted interventions targeting stress management, motivational enhancement, anxiety regulation, bolstering mental fortitude, and other psychological factors.



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Moreover, it extends its benefits beyond performance enhancement by actively aiding in injury rehabilitation, fostering team cohesion, mitigating burnout, facilitating career transitions, and addressing a range of psychological challenges faced by athletes. These areas of focus reflect the extensive research and academic contributions made in the field of sports psychology, which continue to deepen our understanding of the psychological intricacies associated with athletic achievement and well-being (Mehta, 2022).

Anticipation time in normal life refers to the period during which individuals anticipate and prepare for future events, situations, or outcomes in their everyday routines. It involves the cognitive process of forecasting and mentally preparing for upcoming events based on past experiences, expectations, and available information. In personal life, anticipation time can manifest in various ways. For example, individuals may anticipate important life milestones such as graduation, marriage, or the birth of a child. They may also anticipate upcoming vacations, social gatherings, or personal achievements. Anticipation time allows individuals to mentally prepare, plan, and set goals related to these events, fostering a sense of excitement, motivation and preparedness (Kuznetcova, 2018).

Anticipation timing has been defined as the ability to correctly estimate the arrival of a stimulus at a point in time in which a response can be programmed to occur and executed simultaneously (Tresilian, 1995). A seminal investigation by Abernethy, Gill, Parks, and Packer (2001) examined the significance of contextual factors in the realm of anticipation. The study revealed that proficient squash players demonstrated remarkable



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accuracy in predicting their opponent's shot, surpassing chance levels, even prior to ball-racket contact by a considerable timeframe exceeding 620 milliseconds. This observation suggests that the players' assessments were made in advance of the availability of postural cues associated with the moment of ball-racket contact. Dubey et al. (2022) investigated the coincidence-anticipation time across different racquet sports. They selected 30 skilled male players, aged 18 to 26, from badminton, tennis, and table tennis in Gwalior city, M.P. The study treated coincidence-anticipation time as the independent variable (IV) and the players of the three sports as the dependent variable (DV). The researchers utilized the Bassin Anticipation Timer to measure coincidence-anticipation time. Prior to the test, the subjects were briefed on the test and its procedure. They underwent five initial trials, and the best score from the two final trials was recorded. The test was conducted under the supervision of two research scholars and an expert to minimize errors and confounding effects. By analyzing the results using a one-way analysis of variance and HSD Turkey post hoc test in SPSS 25, the study found a significant difference among male tennis players at a 0.05 level of significance. The objective of the study is to compare the anticipation time of contact sports, semi-contact sports and non-contact sports. It is hypothesized that there would be no significant difference in the anticipation time among contact, semi- contact and non- contact sports male athlete.

**DESIGN OF THE STUDY**

The descriptive research technique was used for the present study. The researchers applied a Purposive random sampling procedure to select the appropriate



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sample for the study. The total sample of the present study comprised 540 subjects including contact sports players (180), semi-contact sports players (180) and non-contact sports players (180). Anticipation time was measured by the Bassin Anticipation Timer. To determine the difference of anticipation time among the male players of contact sports, semi contact sports and non-contact sports One-Way ANOVA was used for normal distribution and Post-hoc test of Tukey HSD was used for determining the differences across groups with through SPSS Package 22.0 and the significant level was set at 0.05. The assumptions for applying independence were also taken into consideration.

**RESULTS AND DISCUSSION**


**Table 1: Descriptive Statistics of Anticipation Time of Contact, semi contact and non-contact sports Players**

Sports	N	Mean	S. D
Contact sports	180	36.29	4.19
Semi contact sports	180	35.49	3.66
Non-contact sports	180	34.35	4.04

Table 1 depicts the mean and standard deviation of anticipation scores of contacts, semi-contact and non-contact sports players. It has been found that players of non-contact sports demonstrated better anticipation time (34.35), followed by players of semi-contact




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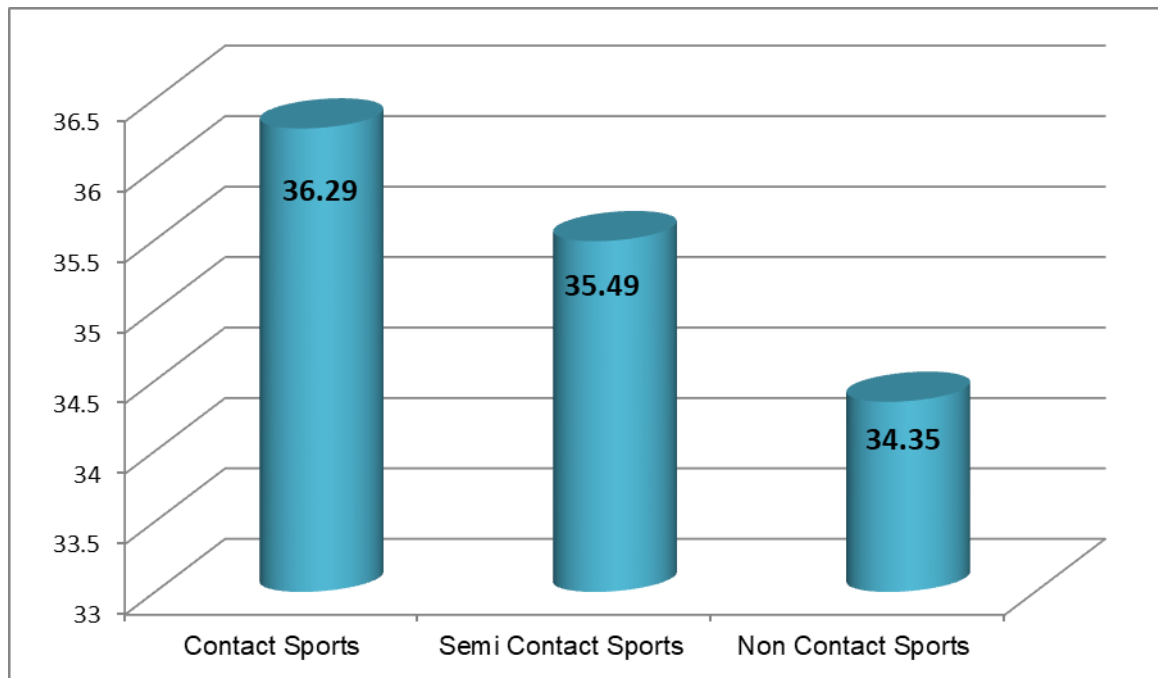
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sports (35.49) and players of contact sports (36.29). The graphical representation for the same has given in figure-1



**Fig 1: Comparison of Mean Scores of Anticipation time of contact, semi contact and non-contact sports players**

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**Table 2: Analysis of variance (ANOVA) of anticipation time among contact, semi contact and non-contact sports players**

Source of Variation	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	355.89	3	177.94	11.35	0.00
Within Groups	8368.3	3	537	15.67	
Total	8724.2	1	539		

\*0.05 > 1.647712 (2, 539 df)

From Table-2, it can be seen that when statistical differences were observed among the players of contact sports, semi-contact sports and non-contact sports, the f ratio is significant in the variable of anticipation time at 0.01 level. That means the players of different categories differ significantly from each other in the anticipation time. However, it does not help to identify the groups in which anticipation time differs significantly. Thus, post hoc 't' test is necessitated to check the differences.

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**Table- 3: Post hoc t value of anticipation time among contact, semi contact and non-contact sports players**


Types of Sports	Contact sports	Semi-contact sports	Non-contact sports
Contact sports	-	4.64**	
Semi-contact sports	1.92	-	
Non-contact sports	4.64**	2.71**	-

\* Significant at .05 level; \*\* Significant at .01 level


Table-3 displays the "t" value obtained from the post hoc analysis of anticipation time among contact, semi contact and non-contact sports players. The data shows that non-contact sports players have a better anticipation time value compared to the other groups. When these differences were analyzed statistically, it was found that non-contact sports players had significantly higher anticipation time than contact sports and semi-contact sports players, with "t" values of 4.64 and 2.72, respectively at the 0.01 level. Additionally, the results show that there is no significant difference in anticipation time between contact sports and semi-contact sports players.

**DISCUSSION ON FINDINGS**


From the findings, it is clearly seen that non-contact sports demonstrated better anticipation time followed by players of semi-contact sports and players of contact sports. It has been also found that there was a significant difference in the anticipation time among contact sports, semi contact and non-contact sports players. Further, it has




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been found that non-contact sports players had significantly higher anticipation time than contact sports and semi-contact sports players. The result of Bhambri (2021) did not support the result of the present study. She found that there is no significant difference in the anticipation time between contact game sports person & non-contact game sports persons. Additionally, the results show that there is no significant difference in anticipation time between contact sports and semi-contact sports players. The reasons could be that apart from anticipation time plays a very significant role in playing the sports by contact sports, semi-contact sports, and non-contact sports players. The result of the findings might be due to the different physiological make-up of all the groups. The other reason could be that the subjects were in the age group of 18-25 years. In this group of age, all the senses are well-developed.

**CONCLUSION**

Within the limitations of the present study and on the basis of the analysis of data, it was concluded that there were significant differences in anticipation time between contact, semi-contact and non-contact sports. Further, it reveals that the players of non-contact sports have significantly more anticipation time in comparison to players of semi-contact and contact sports. However, there was an insignificant difference found between players of contact and semi-contact sports in anticipation time.

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