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COMPARATIVE STUDY OF MOOD STATE OF UNDERGRADUATE AND POSTGRADUATE PHYSICAL EDUCATION STUDENTS OF BALIAPAL p.p.58-64



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ABSTRACT

The purpose of the study was to compare the mood state of undergraduate and postgraduate physical education students of Baliapal. For this purpose researcher has selected twenty (20) male undergraduate (BPed) students and twenty (20) male postgraduate (MPed) students from Baliapal College of Physical Education, Odisha. Students were selected with simple random sampling methods. The age of the subjects were ranged between 18 to 21 years. The Brunel Mood Scale was used to measure mood state of under graduate and post graduate students. Mean and SD were used as descriptive statistics, level of significance was kept at 0.05 level. From the above study it can be concluded that there is difference between mean of undergraduate and postgraduate students in reference to anger, tension & calmness, to see this differences is significant or not researcher further calculate 't' test and the difference was found to be significant. Whereas, the mood state: depression, vigour, fatigue, confusion & happy was found to be insignificant.

Keywords: Mood State, UG & PG Students & Baliapal (Odisha).

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INTRODUCTION

In today's competitive arena the values of games and sports is increasing tremendously. Psychological factors are playing a key role to a player for showing their best performance and it is now being recognized that physical talent is not the only component which leads to success in various games and sports but also psychological factors. In the field of sports arena, mental toughness is seen as one of the most significant attributes that lead to a successful athletic performance. To perform at the highest level it is often the mental makeup which separates the elite performers from the best performers. The involvement of psychological principles for improvement of performance in sports has received greater attention in these days. There are certain accepted psychological principles which must have to be applied, so that the athletes and players are able to show their best in performances in competition. Coaches, physical educationists and sports scientists have always eager to know more about those psychological principles, which are helpful in improving the performance of the players. It is important to know about the role of anxiety, aggression, tension, fear, emotional phenomena like competitive anxiety and some personality traits like extroversion and neuroticism of the players during training as well as in competitions.

The players who are alert and relaxed, they take better, quicker decision during a match. An over-anxious player may take incorrect decision. Players can be more motivated when they realize that they can control their inner ability like mood state, anxiety, aggression, tension, fear, etc and are then free to play at their top level. It has been observed that there are few studies were conducted on mood state, mood state is seen as one of the most overused and least understood term in the area of sport psychology as well as in games and sports. In games and sport the mood state of player were taken very less under consideration by coaches, performers and sport psychologists,



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and it is only recently those psychologists have attempted to define and understand the concept of mood state of players. Mood state or any parameters of psychology differ to each other. It is unique to each and everyone. It may be differ according to their age, level, game, etc. Weather it is varied in different games and sports.

Mood can be defined as a short-term feeling state that may fluctuate within minutes to days. In contrast to emotions, moods are more flash, frequently unconnected to external events and have varying intensities. Moods impact on overall sense of well-being, as well as behavior patterns and perceived health. Mood state has also been found to have an impact on individual’s performance in high stress situations. For example, low mood can lead to poorer cognition generally and can also affect how people approach stressful situations. Individual may report more depress day-to-day stressors, had a reduction in the amount of perceived uplifting events, and reported a poorer quality of life. In contrast, a positive outlook on life has been found to be beneficial to people both in everyday life and in high stress situations individual enhanced immune function compared to those who were more pessimistic. Hence the researcher has taken the study of “Comparative study of mood state of undergraduate and postgraduate physical education students of Baliapal”

DESIGN OF THE STUDY

The purpose of the study was to compare the mood state of undergraduate and postgraduate physical education students of Baliapal. For this purpose researcher has selected twenty (20) male undergraduate (BPed) students and twenty (20) male postgraduate (MPed) students from Baliapal College of Physical Education, Odisha. Students were selected with simple random sampling methods. The age of the subjects were ranged between 18 to 21 years. The Brunel Mood Scale was used to measure mood state of under graduate and post graduate students. The questionnaire was distributed to

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the under graduate and post graduate students and the same were collected back after having filled by the students.


STATISTICAL ANALYSIS

To compare the mood state of undergraduate and postgraduate physical education students paired sample ‘t’ test was used. Mean and SD were used as descriptive statistics, level of significance was kept at 0.05 level.


Table No: 1
Comparison of mood state of undergraduate and postgraduate
Physical education students

Mood State	L.S	Mean	S.D.	M.D.	S.E	D.F.	O.T.	T.T.												
Anger	UG	2.65	0.87	0.65	0.24	38	2.024	2.656*												
	PG	3.3	0.66																	
Tension	UG	2.45	0.69	0.75	0.20				38	2.024	3.638*									
	PG	3.2	0.61																	
Depression	UG	1.05	0.69	0.1	0.21							38	2.024	0.466						
	PG	1.15	0.67																	
Vigour	UG	2.9	0.64	0.3	0.19										38	2.024	1.51			
	PG	3.2	0.61																	
Fatigue	UG	2.8	0.62	0.15	0.20													38	2.024	0.727
	PG	2.95	0.69																	
Confusion	UG	2.75	0.79	0.15	0.24	38	2.024	0.629												
	PG	2.9	0.72																	
Happy	UG	2.95	0.69	0.05	0.21				38	2.024	0.236									
	PG	3	0.65																	
Calmness	UG	2.4	0.94	0.8	0.26							38	2.024	3.058*						
	PG	3.2	0.69																	


*Significant at 0.05 level



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RESULTS

Above table shows that the Mean and SD of undergraduate students in reference to Anger is 2.65 ± 0.87 , Tension is 2.45 ± 0.69 & Calmness is 2.4 ± 0.94 and postgraduate students in reference to Anger is 3.3 ± 0.66 , Tension is 3.2 ± 0.61 & Calmness is 3.2 ± 0.69 by seeing the mean of undergraduate and postgraduate students in reference to anger, tension & calmness we can observe that there is difference, to see this differences is significant or not researcher further calculate 't' test. The calculated 't' value 2.656, 3.638 & 3.058 are greater than the tabulated 't' value i.e. 2.024 which shows that the difference is significant. Whereas, the Mean and SD of experimental group of undergraduate students in reference to Depression is 1.05 ± 0.69 , Vigour is 2.9 ± 0.64 , Fatigue is 2.8 ± 0.62 , Confusion is 2.75 ± 0.79 & Happy is 2.95 ± 0.69 and postgraduate students in reference to Depression is 1.15 ± 0.67 , Vigour is 3.2 ± 0.61 , Fatigue is 2.95 ± 0.69 , Confusion is 2.9 ± 0.72 & Happy is 3 ± 0.65 are lesser than the tabulated 't' value i.e. 2.024 which shows that the difference is significant.

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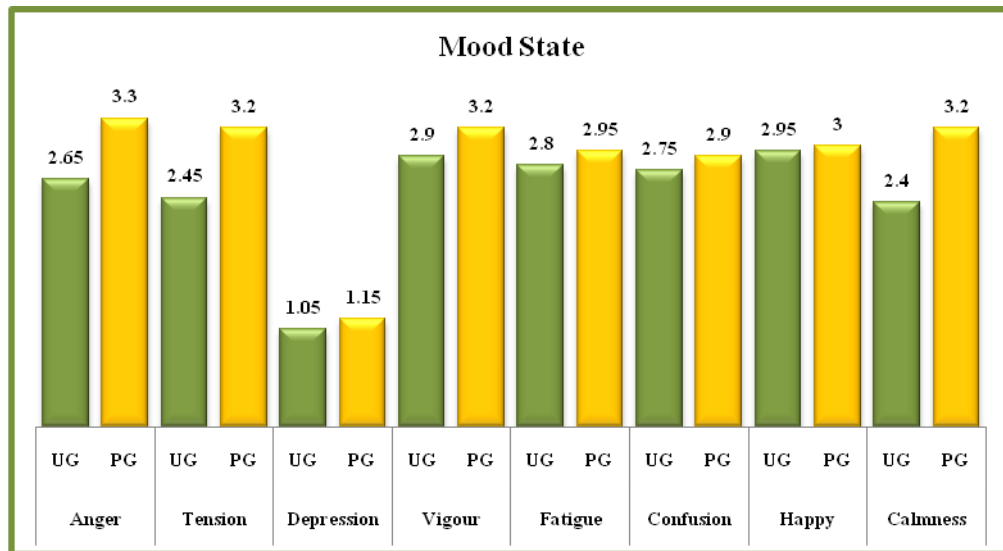
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Graph No. – 1




Comparison of sub-scale of mood state between UG and PG students

CONCLUSION


From the above study it can be concluded that there is difference between mean of undergraduate and postgraduate students in reference to anger, tension & calmness, to see this differences is significant or not researcher further calculate ‘t’ test and the difference was found to be significant. Whereas, the mood state: depression, vigour, fatigue, confusion & happy was found to be insignificant. The difference may be attributed that as the level of education increases the mood state also change.

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