

# **Physical Factors that Influencing Pre and Post Competition for Telangana Senior Cricket Players**

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## **ABSTRACT**

Cricket is a multi-level sport that is entirely unique. It is a group game, with 11 people who work together to field a team that's more effective, where one main goal is to think and act as a unit. Unlike in baseball, in cricket, on the other hand, the batter has almost no impact on the game because each batter has his own personal game plan, and therefore the overall results and statistics are essentially out of his control. The field of sport psychology is the study of how physical, emotional, and mental factors impact sport performance and fitness. Sport psychology is an interdisciplinary science that is based on both psychological knowledge and knowledge of the human mind. Several sport psychologists work with professional athletes and trainers to increase performance and motivation. In addition to serving as a means to maintain fitness and a healthy lifestyle, exercise and sports are used by other professionals to improve the health and well-being of their clients. To both train players, coaches, and parents in communication, team building, injury and rehabilitation, as well as, provide improved performance for the player, coach, and parent alike, applied sports psychology is used. Sports psychology is one of the more diverse fields of psychology today. Sports Psychology will most certainly be an important aspect, as it will seek to discover ways to help players as well as aid non-cricketers with exercise

and physical activity. This paper is dedicated to Telangana senior cricket players before and after competition and intends to investigate psychological behaviour.

**KEYWORDS:** Cricket, Psychology, Rehabilitation, Contemporary, Interdisciplinary science.

## **INTRODUCTION**

The competition between the batter and the bowler during cricket is a joust to try to get the upper hand, but the two individuals also use the practise of sparring and jousting to better their skills. Cricket can be enjoyed over the course of a day, or during one game, or for several days. Restrictions such as time, drinks games, lunch, tea, and weather breaks in the game, all of which are relevant, cause various problems for successful players to address. In conclusion, perhaps the biggest challenge a cricket player faces is to learn most players' skills. The most difficult obstacle is to take into consideration numerous psychological influences that may influence a player's thinking and overall performance in a game. Let's identify and discuss the psychological aspects of performance that are at stake.

Although significant progress has been made in the field of sport psychology research in regards to psychological resilience, existing research has instead concentrated on more complex studies on specific experiences of adversity with individual participants, as the relationship is dynamic and influenced by a wide range of other situational factors. Resilience is context-specific, so the type of adversity that individuals are exposed to will shape their resilience. By studying how sports stressors impact the resilience process, like in cricket batting drops, a more in-depth analysis of the resilience process is made possible.

Success in cricket is largely dependent on self-control; various uncontrollable factors in cricket (such as playing conditions, and the arbitrary nature of decisions) and statistics demonstrating that cricketers often fail combine to compound the problem. A batsman's effectiveness changes, based on the bowler, the weather, and the game situation. For success in a given situation, players should be aware of how their self-efficacy and the most important influences on their self-efficacy are affected. To play a game, a series, and the season well, they must practise self-efficacy techniques. Data show that empirically that athletes who have high levels of self-efficacy tend to perform well.

People who have high levels of self-efficacy are more likely to be physically active and athletic, and it is possible that their level of physical activity influences their levels of self-efficacy. A study has found that self-efficacy judgments can influence certain thinking patterns, for example goal intentions, concerns, and causal attributes (for example, pride, shame, happiness, sadness). People who work hard and believe in their own abilities usually work longer and continue on with the task, surpassing those who are uncertain about their abilities. The more one believes in their ability to succeed, the more they will be successful. Therefore, sport psychologists have used a wide range of psychological strategies (e.g. modelling, feedback, pictures, autonomy, and hypnosis) to boost the self-efficacy levels of athletes. One or more sources of information on self-efficacy are consulted for guidance, and their advice and recommendations influence expectations and behaviour. Providing evidence of successful model observation and self-design of actions increases self-efficacy. Cricket self-modeling could include a player who records his own performance (whether it be in practise or competition), who records a number of tasks or competences, and subsequently applies the data to new techniques or skills (e.g. playing a particular shot or taking a catch in the slips). At the beginning of the recording, the player views it as part of their preparations for games, where they learn more about their past experiences and simulate past experiences for better outcomes.

Researchers have examined how feedback on performance influences confidence, efficiency, and preference. Images of effective behaviour can maintain a person's belief in their own capabilities. You can have photos from earlier in the game, as the captain calls, and in the days preceding important games. Research also found that expectations of efficiency increase due to self-debate. for example, when elite swimmers were tested, they showed a reduction in their anxiety and had an increase in their self-efficacy, all of which resulted in increased performance Positive self-talk is an effective technique for doing task-related work, increasing efficiency, and limiting the consequences of self-deception (often due to negative self-talk).

The concept of 'self-efficacy' and 'self-worth' are both enhanced for participants through the concept of 'ego-strengthening,' which also has the effect of reducing anxiety and concerns. In summary, the key element of the method is to keep repeating suggestions to be confident and self-assured, so that the suggestions reach the unconscious mind and influence feelings, thoughts,

and behaviour. We've found in multiple studies, using both idiographic and nomothetic methods that cricket self-effectiveness and performance have improved significantly.

One must fill one's spirit with the things needed to ensure success in order to ward off thoughts other than the game.

Because of the start-stop nature of cricket, as well as the potential time it may take, and the distractions that go along with it (players talking to themselves, scoreboards, spectators, and their opponents), the cricketers who are good at regulating their concentration are in high demand. Since he has experienced belonging to an early school chorus, he has gained the ability to be present in the game for extended periods, and as a result, distractions are not a problem for him. In addition, players older, more dedicated to the team, and more emotionally vulnerable to infection found that the mood link was better. These findings suggest that the mood displayed on a cricket pavilion inside a sanctuary can influence a team's performance.



**Figure 1: Psychological factors that affect senior cricket players**

## **LITERATURE REVIEW**

According to Chauhan, et al (2021), one of the most recognised aspects of "sledging" is encouraging emotional instability and loss of composure. One way to remain focused during deliveries is to look for players who frequently use the preview routines. For example, the batter checks their gloves or batting hand on the handle of the bat, the bowler spins the ball in one direction, and the wicket keeper uses a specific order when they cock their gloves. When routines are used, they function as an 'alarm clock' to begin or re-engage (recognizing as humans we cannot focus with the same intensity all of the time). Even though it's not mandatory, it is helpful if the various components of the routine are in relation to what a player is doing (execute their skills).

During Khan et al's study (2021), it was stated that we must understand while simultaneously avoiding that players display technical thinking, as it will prevent their effective execution of skills and will likely lead to unexpected shocks. Developing consistent ideas connected to current behaviours is the ideal approach. All the different emotions experienced by cricket players and coaches, from joy and happiness experienced through tremendous anxiety when preparing for a final to disappointment and sadness after a defeat, are brought about by the sport. Emotions are essential for enhancing performance, so it is of critical importance that players maximise their usage of them. While mood and emotions affect overall team performance, cricket performance is also affected. Two teams in the British professional cricket league used pocket computers to gather player data to measure "emotional contagion" in cricket during a four-day competition that took place over four days.

## **RESEARCH METHODOLOGY**

This explores the research methodology behind the findings and tries to present and interpret the views of cricket participants about the psychological use of cricket and their reactions to the different inventories

Cross-tabulations of data with chi square analysis were used to determine if statistically significant relations existed between cricket participation levels and the perception of cricket players of psychological uses in cricket. One-way analysis of variances (parametric statistics) has been used to determine whether the mental skills, the levels of participation, specific roles and

batting order differ statistically significantly. The non-parametric Kruskal-Wallis one-way variance analysis was used in order to confirm the results of the one-way parametric variance analysis. Since the study utilised an exploratory descriptive research design to highlight possible trends, the researcher will also report on findings which prove marginally important.

	Frequency	Percent	Valid Percent
Small	3	2.7	1.6
Ordinary	63	51.8	41.3
High	83	67.8	57.2
Overall	237	88.1	100.0
Method	2	.9	67.1

**TABLE 1: PERCEPTIONS OF SELF-CONFIDENCE**

When the respondents were asked to report their self-confidence levels, 67.8% of respondents rated their self-confidence as high and 88.1% rated it as average. Just 2.7% rated it low. It was no surprise that most cricket players rated their self-confidence as high in this study, as it was shown to be a key psychological feature associated with cricket success.

**TABLE 2: Continued: Chi-square Tests**

	Value	df	Asymp. Sig. (2-sided)
Likelihood Ratio	4.2 <sup>a</sup>	3	.4
Pearson Chi-square	5.1	3	.2
N of Valid Cases	.60	3	.66

Linear-by-Linear Association	23		
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a. 4cells (44.5%) have expected count less than 4. The minimum expected count is .20.

When asked if they thought of mental skills as an important part of successful cricket participation and performance, all of them agreed to the same extent that mental skills actually contribute to cricket success. A number of senior academics felt that mental skills were extremely important for cricket success. The highest numbers of agreements to this statement were signed by senior provincial actors with reports on the role of mental skills.

So, regardless of the level of participation in cricketing, the majority of respondents felt they needed mental skills for cricket performance. The chi-square analysis confirmed that the level of participation and consent to that statement did not have a statistically significant relationship.

One-way variance analysis (parametric statistics) was used to determine if there were statistically significant differences between mentality and level of participation, specialised roles and order of batting.

### Levels of anxiety before and after competition

**TABLE 3: LEVELS OF ANXIETY BEFORE AND AFTER COMPETITION**

		Mean	Std. Deviation	Minimum	Maximum	p-value
<b>Cognitive anxiety</b>	Before competition	66	20	30	99	.332
	Premier League Club/Senior Academy Level	67	24	31	71	

	After competition	70	20	55	79	
	Total	203	64	116	247	
<b>Somatic anxiety</b>	Before competition	64	20	30	71	.643
	Premier League Club/Senior Academy Level	64	22	25	67	
	After competition	66	31	14	74	
	Total	194	73	69	212	
<b>Self-confidence</b>	Before competition	61	25	36	86	.069*
	Premier League Club/Senior Academy Level	58	22	25	83	



	After competition	66	62	47	82	
	Total	185	109	108	251	

$p < .2^*$

The results in Table 3 show that the different levels of participation in cognitive anxiety and somatic anxiety are similar. There were no statistically significant differences. However, there was a statistically significant difference in self-confidence between the three levels ( $p < .2$ ).

## RESULTS

The previous contestants had greater self-confidence scores than the highest **league/senior academic level participants**. At the .2 level this difference was significant. The non-parametric analysis confirmed this difference.

**The first league / senior academy participants** scored slightly higher than the junior academy respondents and slightly lower in cognitive and somatic concern than the senior provincial respondents. Compared to those at other levels, they recorded the lowest self-confidence score.

On the other hand, the later participants recorded the lowest levels of cognitive and somatic anxiety. Their self-confidence was relatively high.

## CONCLUSION

An analysis of the results was subsequently presented and interpreted. From the collective results of cricket players' psychological profiles at different levels of competition, it was clear that there is no significant relationship between mental abilities and the level of participation in cricket during a day. Yet although the strong connection between mental skills and optimum sport performance is demonstrated, it is still uncertain whether mental skills are capable of distinguishing or determining the level of performance in a complex team mix or in competition sports such as cricket. A prominent mental profile consisting of high motivation, self-confidence,

coaching ability, concentration ability, imaging and the ability to peak under pressure seems fundamental for cricket performance across all three levels of involvement. The same degree of anxiety among senior provincial cricket players as in premiers but indicates higher self-confidence in distressing game situations before and after competition.

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