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A systematic and comparative examination of patience in the context of individual and team sports

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Abstract

Study Aim: The aim of this study was to find out the significant difference of patience between individual and team sports.

Material and Methods: In total, 620 male participants in the 18–25 age range took part in this cross-sectional study. The individuals who took part in the activities belonged to the Individual Sports (Athletics, Archery, Gymnastics, Badminton, and Chess) and Team Sports (Cricket, Basketball, and Volleyball). The Social Intelligence Scale, developed in 1986 by Ms. Usha Ganesan and N.K. Chadda, was used to assess patience.

Statistical Technique: The current investigation used an unpaired t-test.

Results: There were significant differences ($0.0001 < 0.05$) in scores for individual sports ($M = 19.3742$, $SD = 2.6479$) and team sports ($M = 20.4323$, $SD = 2.6720$).

Keywords: Patience, athletics, archery, gymnastics, badminton, chess, cricket, basketball, volleyball, individual sports, team sports

Introduction

Sports psychology is a subcategory of psychology in which the principles and techniques of psychology are applied in a sports setting. The primary interest of sports psychologists is to provide and maintain an athlete's mental health and well-being in the midst of the stresses of a competition and to improve their athletic performance. Sports psychology as a field of study in India is extremely young and still evolving^[1]. Sport psychology is a branch of sport science and psychology applied to sportsmen/women in athletic situations. The discipline of sports psychology is associated with attempts to study individuals in sports situations, analyze and explain or described in order to modify, alter or predict behaviour through various psychological means^[2]. Sports psychology that is both culture-inclusive and culture-comparative can only be valid if its theories and methods are suited for the topics and populations being studied. For cross-cultural sports scholars, this entails a stronger emphasis on indigenous notions of human nature, spirituality, and motivation, as well as a concern for non-verbal, frequently unnoticed, and cross-culturally confusing signals^[3]. The relationship between social intelligence and popularity appears to be positive for both boys and girls. Sociometrically popular students are prosocial and helpful to their peers^[4]. Social intelligence refers to an individual's ability to deal with various life situations effectively. Social intelligence brings insight and awareness about how others treat and build social relationships in society, thereby creating more favorable conditions for building a harmonious social environment^[5]. Social intelligence as one's capacity to fit into social interactions. This social interaction is better in person who can understand and manage others in society. Social intelligence is the term used in the context of individual's capacity to adjust to social environment by adjusting with stressors that cause problems in building positive relationship with others^[6]. Whereas patience once signaled strength of character and garnered admiration, it now "seems perilously close to a kind of weakness, and any excess provokes pity or contempt^[7]. Social intelligence, Emotional intelligence and adjustment play a very important role in present society. While living in today's society one need to adjust according to social and emotional needs and at that point of time social intelligence and emotional intelligence plays a major role especially for adolescents^[8]. The first goal of this study was to further examine the role of social intelligence in high peer group status by determining its unique contributions to sociometric versus perceived popularity^[9]. One construct in the social-cognitive domain that seems highly relevant to popularity is social intelligence. It seems that popular students, either sociometric or perceived, have the knowledge and skills to behave in ways that lead to high status.

Sociometrically popular adolescents behave in prosocial ways and know how to maintain positive relations with peers [10]. Social intelligence takes on a completely different dimension in each person, such as understanding, adapting, reasoning, planning, problem solving, abstract thinking, understanding complex thoughts, rapid comprehension and learning from experience [11]. Additionally, their model showed support for existence of an underlying general social intelligence and possibly a hierarchical model of social intelligence. Academic achievement occupies a very important place in education as well as in the learning process. It has become an index of child’s future in this highly competitive world [12].

Materials and Methods

Participants

Participating in this cross-sectional study were 620 male subjects ranging in age from 18 to 25. The athletes belonged to two sports groups: Individual sports (gymnastics, archery, gymnastics, badminton, and chess) and Team sports (volleyball, basketball, and volleyball) and. For the purposes of this inquiry, the following universities were chosen:

1. Guru Nanak Dev University, Amritsar
2. Punjabi University, Patiala
3. Panjab University, Chandigarh
4. Lovely Professional University, Phagwara

Research Design

In order to determine the significant differences between individual and team sports on the variable of patience, this exploratory study used a quantitative method of data collection and analysis.

Statistical Analysis

The Shapiro-Wilk test of normalcy was used to verify that

the data was normal. Graphical analysis and descriptive statistics were used to explore the data under the data analysis. The current study used an unpaired t-test for every analysis, the statistical package for the social sciences (SPSS) version 20.0, was utilized. The level of significance for testing the hypotheses was fixed at 0.05.

Results

Table 1: Descriptive statistics and independent samples t-test result comparing individual sports and team sports on patience.

Patience		
	Individual Sports	Team Sports
Sample size	310	310
Arithmetic mean	19.3742	20.4323
95% CI for the mean	19.0783 to 19.6701	20.1336 to 20.7309
Variance	7.0116	7.1394
Standard deviation	2.6479	2.6720
Standard error of the mean	0.1504	0.1518
Mean Difference	1.0581	
Pooled Standard Deviation	2.6600	
Standard Error	0.2137	
95% CI of difference	0.6385 to 1.4776	
Test statistic t	4.952	
Degrees of Freedom (DF)	618	
P value	0.0001	

An independent-samples t-test was conducted to compare the patience for individual sports and team sports. There were significant differences ($0.0001 < 0.05$) in scores for individual sports ($M = 19.3742$, $SD = 2.6479$) and team sports ($M = 20.4323$, $SD = 2.6720$).

The magnitude of the differences in the means (mean difference = 1.0581, 95% CI: 0.6385 to 1.4776) was significant.



Fig 1: Mean and standard deviation scores for individual sports and team sports on patience.

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Conflict of interest

The authors declare no conflicts of interest.

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