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Comparison of Specific Psychological Skills of Cricket Players at Different Levels of Achievement in Uttar Pradesh

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Abstract---*This study compared specific psychological skills among cricket players at different achievement levels in Uttar Pradesh. The questionnaire used in the study for collecting the data was the Athletic Coping Skills Inventory (ACSI-28). A total of 150 subjects were selected and divided into three groups based on their achievement levels, which are U-16, U-19, or Ranji. The Athletic Coping Skill Inventory Questionnaire (ACSI-28) was administered to assess seven key psychological components, such as coping with adversity, Peaking Under Pressure, Goal setting/mental preparation, Concentration, Freedom from worry, confidence, achievement motivation, and coachability. The data were analyzed using single-factor ANOVA to determine significant differences among the three groups. The findings showed that players at a higher level of achievement demonstrated superior psychological skills compared to those at lower levels.*

Keywords---*psychological skills, cricket players, achievement levels, ANOVA, sports psychology.*

Introduction

Sports performance is influenced not only by physical, physiological, and technical abilities but also by psychological skills. Cricket, a game of high mental demand, requires athletes to have concentration, Confidence, goal-setting, and mental preparation to perform under pressure. Psychological skills training enhances focus, motivation, and coping mechanisms essential for achieving success at different levels of competition. Cricket is a competitive game. When players gather on the ground to play a game, they compete against one another ([Kangasniemi et al., 2014](#)). If winning is the primary goal of competition, then the player's performance in the game is a deciding element in winning. The factors used to evaluate a performance include the player's talent (strokes or tactical ability), fitness (speed, agility, strength), and attitude (determination, focus, etc.). The objectives of my study are to compare specific psychological skills among U-16, U-19, and Ranji cricket players in Uttar Pradesh. It is hypothesized that there will be no significant difference in specific psychological skills among players at each level of cricket. Research in sport psychology highlights the importance of cognitive and emotional skills in shaping athletic performance. [Isi-Ahola \(1977\)](#) showed that athletes use internal attributions to maintain confidence after success. [Smith \(1989\)](#) found that coping skills training improves self-efficacy, helping athletes manage pressure. [Birrer et al. \(2012\)](#), added that mindfulness enhances focus and emotional control, strengthening overall performance consistency. Literature shows that psychological attributes strongly influence athletes' reactions to success and failure.

Material and Method

The purpose of the study will be to compare the specific psychological skills of cricket players of different levels of achievement, i.e., U-16, U-19, and Ranji of Uttar Pradesh. The U-16, U-19, and Ranji players who are the subject of this study were selected using purposive & snowball sampling techniques from different districts of Uttar Pradesh. The age of subjects according to their level of achievement. Objectives of the study: to compare the psychological skills of cricket players at district, state, and national levels and to analyze which psychological skills differ significantly among different levels of achievement.

Administration of the Test

The concept of athletic coping skills has long been of interest in fields such as sports and psychology. Many researchers and practitioners have created and developed theories and tools to assess and develop athletic coping skills in individuals (Swann et al., 2015). One commonly used tool is the Athletic Coping Skills Questionnaire. This questionnaire measures the Athletic Coping Skills in seven categories: Coping with adversity, Peaking under pressure, Goal setting/Mental preparation, Concentration, Freedom from worry, Confidence and achievement motivation, Coachability. The purpose and description of the questionnaire on athletic coping skills (ACSI-28) were explained to the subjects through a Google Meet. The data were collected during the 2021 lockdown phase. The questionnaire was given in a Google Form; instructions and directions were read by the scholar at dictation speed to make the subjects understand what they were exactly required to do. All subjects responded independently. There was no time limit for the completion of the questionnaire, but the subjects were instructed not to ponder too long over any statement (MacLachlan et al., 2022).

Statistical Technique

To assess the athletic coping skills of participants chosen at different levels of achievement in cricket, a one-way analysis of variance was conducted. Descriptive statistics, including mean and standard deviation, were also presented. The significance level was set at 0.05.

Table 1
Mean and Standard Deviation of athletic coping skills at different levels of achievement of cricket players of Uttar Pradesh

Level	N	Mean	ST. Deviation
U-16	50	42.46	1.03
U19	50	52.94	1.65
RANJI	50	57.98	1.75
TOTAL	150		

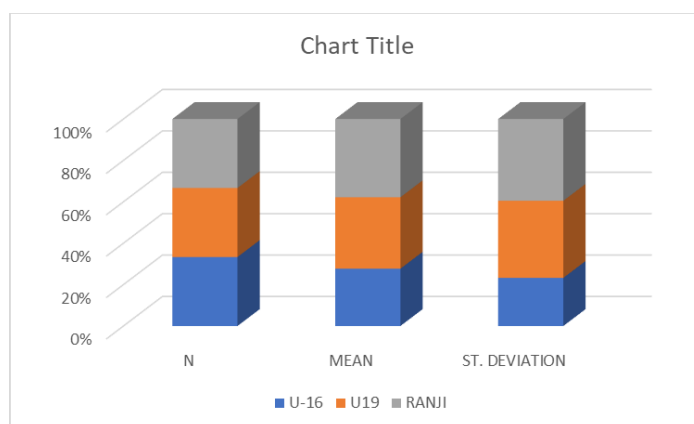


Figure 1. graphical representing Mean and Standard Deviation of athletic coping skills at different levels of achievement among cricket players of Uttar Pradesh

Table and Fig. 1 represent the descriptive statistics of selected subjects from cricket at different levels of achievement of athletic coping skills of Uttar Pradesh. team game i.e., U-16 ($N_1= 50$), U-19 ($N_2= 50$), and Ranji ($N_3= 50$). For U-16 players, the athletic coping skill mean and standard deviation were 42.46 ± 1.03 ; for U-19 players, the athletic coping skill mean and standard deviation were 52.94 ± 1.65 , whereas for Ranji players, the athletic coping skill mean and standard deviation were 57.98 ± 1.75 , respectively.

Table 2
One-way analysis of variance

ATHLETIC COPING SKILL	Sum of Squares	df	Mean Square	F	P-VALUE	F. CRITICAL VALUE
Variation						
Between Groups	6268.373	2	3134.19	27.5	7.14	27.50
Within Groups	16752.22	147	113.96			
Total	23020.59	149				

Table 2 represents the mean comparison of more than two groups through selected test statistics, i.e., analysis of variance. The F-value (27.5) was found to be not significant, as the p-value is greater than 0.05 ($p > 0.05$). This means that the null hypothesis of equal means of athletic coping skills was accepted at the 0.05 level of significance. Hence, no post hoc analysis was done.

Discussion of Findings

It was initially hypothesized that there may be no significant difference among different levels of achievement of cricket players in relation to athletic coping skill. After calculating the gathered data and interpretation the null hypothesis was accepted in the case of athletic coping skill at different levels of achievement of cricket players. The data were analyzed using ANOVA test statistics to find the athletic coping skill at different levels of achievement of cricket players of Uttar Pradesh are presented in Table No. 2. Within the limitations of the present study, insignificant differences were found within the group or between the groups. The observed sequence was found in groups between the group was greater than within-group differences in the case of athletic coping skill, which suggests there was somehow a similar athletic coping skill level across the selected level.

Conclusion

It is concluded that there is no significant difference between and within the groups of different levels of cricket players of Uttar Pradesh. This study aimed to determine athletic coping skills at different levels of achievement of cricket players and compare them. According to the results of the study, there was no significant difference obtained for athletic coping skills among different levels of achievement of cricket players. According to this and other aligned research, athletic coping skills are a highly validated psychological assessment tool. Hence, the researcher advocates that further investigations are needed to fully understand the prolonged effects of level of achievement on the coping skills of athletes. The impact of achievement on psychological health may also vary across different groups and countries. It is clear that the psychological well-being of elite athletes has been significantly impacted, highlighting the need for continued support and research in this area.

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