



## A study of vigilance as related to gender and performance of aquatic players

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### Abstract

The purpose of the study is to determine the vigilance as related to male and females and their performance. A Total of 120 aquatic players (60 males and 60 females) were selected for the present study. Cognitive vigilance test (CVT) was employed to assess the level of vigilance. Mean, SD and 't' test were employed to find out the significance of difference and administered to assess the vigilance of the subjects with regard to gender and their performance. The result of the study revealed that significant differences have been found between male and female achievers and male and female non-achievers swimmers. Conclusion of the study and suggestions for future research are discussed.

**Keywords:** vigilance, judgment, gender and performance, aquatic players

### Introduction

Human being is a complex phenomenon, a mixture of social, ethical (Psychological), constructs, with a variegated personality and corresponding needs. Besides the spiritual form, the physical form has its own requirements. The 'Leisure' calls for many activities. Sports, perhaps came into origin to entertain, recreate and to satisfy the physical and psychological aspects of man. However, over the years, with centuries gone, the term 'Sports' has extended its horizon to include Physical, Social, Emotional, Educational aspects in its realm. Crossing the thresholds and boundaries of villages, states and countries, it has become an international phenomenon. Increasing emphasis on Sports in educational institutions and upcoming sports academies have popularized sports to the extent of commercialization.

The most common role for a sports psychology is to teach mental skills for enhanced performance. A mental game expert can help you improve confidence, focus, composure, intensity, and trust in athletic performance. These mental skills help athletes improve performance and can help in other areas of an athlete's life. Sport psychology can also help athletes to Enhance performance. Various mental strategies, such as visualization, self-talk and relaxation techniques can help athletes overcome obstacles and achieve their full potential. Cope with the pressures of competition. Sports psychology's focus is on performance enhancement and personal growth through sport, including "deep core" change mediated by sport experiences.

Psychologists from all over the world are critically and enthusiastically examining psychological aspects of sport, applying research from related areas to athletic situations, and attempting to make sense out of sparse factual material. Considering the popularity of sport, its length of existence and its impact on society, relatively little research has been done with athletes. Consequently, not much is really known about aspects of psychology as they related to sport. On the other hand, we are by no means still in the Dark Ages. Orderly laws

of behaviour can be applied to the athletically gifted so as to understand and predict performance. Studies in athletic environment, with athletes, can and are occurring more frequently now than ever before. Sport psychology as an area of study involves many individuals of diverse backgrounds with a common interest that of knowing more about athlete and Sport.

Psychological training improves fundamental aquatic techniques, For this reason, sport psychology, also called mental training, is important to implement into your plan for success. At its most basic, swim psychology is about streamlining your life and your mind by getting rid of that which hinders your swimming (creates drag) and striving to do only that which helps your swimming. Sometimes it helps to go back and review the basics. The basics in swimming are to blow bubbles, float, breathe, streamline and reach. Let's take a look at them in terms of the physical and psychological lessons that can learned from them.

Aquatics are the art and exercise of water sports or sports performed in or on the water. Swimming is the act of swimming. Swimming is one of the most popular sports in world. Unlike other sports, swimming is a life skill that is taught, first, to ensure safety and, secondly, for sports and competition purposes. Aquatics cover a great variety of swimming skills, from short sprints to longer events and relays. Diving in Swimming means plunge into water and also the Aquatic Sports.

Aquatics is quite possibly one of the most neglected sports in India, and consequently our national standards are deplorable, to say the least. Even an outstanding aquatic star like "water baby" Nafisa Ali has seen the hopelessness of the situation and is seriously considering a graceful, though highly premature departure from the national aquatic scene.

A psychological study of aquatic player allows a researcher to observe behavior, which cannot be easily studied in everyday life. In water sports trainer provide opportunity to perform at higher level in elite competition. Improving performance in

sports can be difficult because many biomechanical, physiological, and psychological factors come into play during competition.

Vigilance refers to alertness and the ability to maintain attention and alertness over prolonged periods of time. It plays a vital role in the success of a Sports person and coaches as well. Hearing the right instructions and being vigilant of every move of own as well as of the opponent team is in totality termed as awareness of a person to his environment in sports. This awareness of the surroundings and its proper analysis and resultant moves or strategies makes the game a success.

Keeping in mind the above mentioned factors, we come to the conclusion that importance of psychology and its implementations are needed at every step in field of aquatic training programme and competition to the aquatic players to attain maximum performance. To conclude, that along with physical training and coaching to the aquatic players, the psychological factors and their proper involvement enable the aquatic players to perform their best. The researcher thus undertakes the study on psychological variables i.e. vigilance.

**Statement of the problem**

The purpose of the study was to investigate selected psychological variable vigilance of achievers and non-achievers(both male and female) and their All India Inter-University performance level of Aquatic players, hence the statement of the problem is formulated as A study of Vigilance as related to Gender And Performance of Aquatic players.

**Objectives of the study**

The present study has the following objectives.

1. To compare the vigilance variations among Male and Female achievers of All India Inter- University Aquatic players.
2. To compare the vigilance variations among Male and Female Non-Achievers of All India Inter- University Aquatic players.

**Definitions of the terms used**

- I. **Psychology:** Psychology is the science that systematically studies and attempts to explain observable behavior and its relationship to the unseen mental process that goes inside the organism and the external events in the environment. (Kagan & Havemann, 1968) [6].
- II. **Sports Psychology:** Sports psychology means reading and analyzing the behavior of sports persons during sports

process. Sports Psychology is the branch of Psychology which deals with the behavior of sportspersons concerned in various circumstances and conditions (Sharma, 2014) [8].

- III. **Vigilance:** Vigilance is defined as the ability to maintain concentrated attention over prolonged periods of time. During this time, the person attempts to detect the appearance of a particular target stimulus. The individual watches for a signal stimulus that may occur at an unknown time.
- IV. **Aquatic:** Aquatic is ‘‘consisting of, relating to, or being in water’’.
- V. **Aquatic Sports:** Aquatic Sports is an Athletic activities performed in or on the water.
- VI. **Achievers:** Achievers are the players who got first, second and third positions in All India Inter-University Aquatic Championship.
- VII. **Non-Achievers:** Non-Achievers are the players who got no position in the first three places in the All India Inter-University Aquatic Championship.

**Design of the study**

This will include the study of the subject on which the research is based. What is the objective to evaluate the level of attention and vigilance among All India Inter-University level sports persons of Aquatics.

**Selection of subjects**

The purposive sampling techniques was used to select the subjects for the study. A sample of 120 Players (N=120 which includes 60 male and 60 female) has been taken. The players of first three positions holding teams was considered as Achievers and those players who will not get any place in the first three positions in the All India Inter-University Aquatics championship be considered as Non-Achievers for the collection of data in both gender groups i.e. (male and female).

**Selection of tools**

For collection of data, cognitive vigilance test (CVT), developed by Mohan J. (1982) will be used to measure vigilance of the subjects.

**Statistical Design**

To find out the significance of differences 't' test has been used and comparative results have been presented in following tables.

**Table 1:** Mean of Vigilance variable of Male Achievers and Female Achievers Group

Variable	Mean	S.D	Std. Error Mean	't'	Sig.
Vigilance Male	51.1000	8.44189	1.54127	2.376	.021
Vigilance Female	55.2333	4.41536	.80613		

The table1 shows the descriptive statistical value of vigilance of male achievers and female achiever group. A graphical

representation of the table 1 has been shown in the figure No.1.

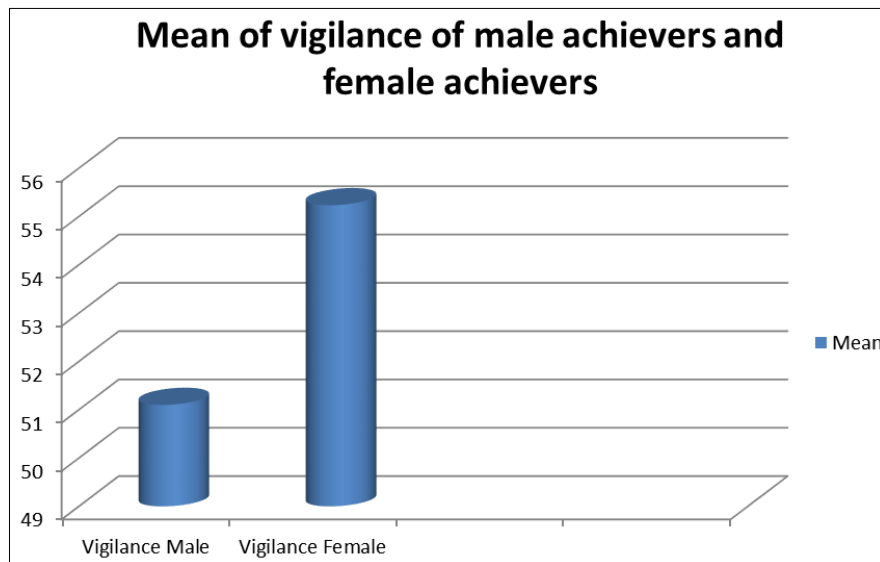


Fig 1

Table 4.16: Mean of Vigilance variable of Male Non-achievers and Female Non-achievers Group

Variable	Mean	S.D	Std. Error Mean	't'	Sig.
Vigilance Male	45.7000	6.79325	1.24027	2.523	.014
Vigilance Female	50.3000	7.32097	1.33662		

The table 2 shows the descriptive statistical value of vigilance of male non-achievers group and female non-achievers group.

A graphical representation of the table 2 has been shown in the figure No.2.

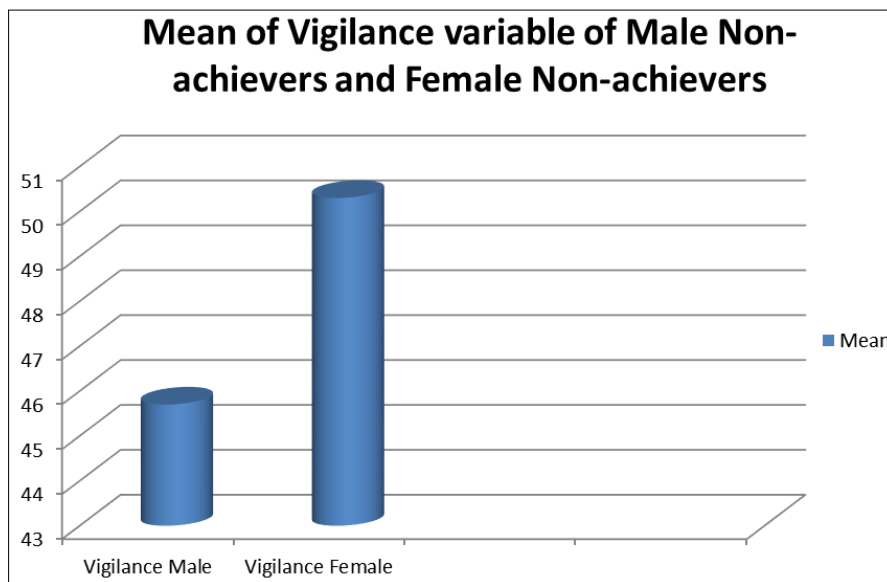


Fig 2

**Results and findings**

1. The results of the study show the mean of vigilance of male achievers and female achievers are 51.1000 and 55.2333 respectively. The standard deviation of vigilance variable of both male achievers and female achievers groups are 8.441 and 4.415 respectively and when 't' is calculated the score is 2.376 which is below the 0.05 level of significance. There are significant difference found between male achievers and female achievers in vigilance

variable. This shows that female achievers are more vigilant than male achievers.  
 2. The result of the study shows the mean of vigilance of male non-achievers and female non-achievers are 45.7000 and 50.3000 respectively. The standard deviation of vigilance variable of both male non-achievers and female non-achievers groups are 6.793 and 7.320 respectively and when 't' is calculated the score is 2.523 which is below the 0.05 level of significance. There is significant

difference found between male non-achiever and female non-achievers in vigilance variable. The result of the study shows that female non-achievers are more vigilant than male non-achievers.

### Suggestions

- Similar study can be conducted in comparison with other different games.
- Similar study can be carried out on subjects with different level of sports participation i.e. state, national and international.
- Similar study can be conducted on large number of subjects to find more comprehensive results.

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