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Study of decision making of team and individual sports players

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Abstract

A range of physical and internal factors contribute to successful performance in sports, and success requires the whole range of factors to come together and interact in the right way. For numerous sports, fitness factors are most important, though the internal aspects are essential at the elite position. Decision Making is becoming more and more important in any activities where performance is the main purpose. In group sports, like in any other performance-based activities, high Decision Making is considered to be very helpful, and has led to better performance. The purpose of the study will be to compare Decision Making of team and individual sports players. A total number of two hundred fifty (250) were collected data from the subjects and one hundred twenty-five (125) from team game players and one hundred twenty-five (125) from individual games players subjects from the selected variables. Decision-Making Questionnaire instrument was used in this study. The data was analyzed and compared with the help of SPSS software for statistical procedure in which arithmetic mean, standard deviation, t-test was used to compare the data.

Keywords: Decision making, performance

Introduction

In a world where sports players are being pushed further to the limits to exceed, any advantage is getting decreasingly necessary. A range of physical and internal factors contribute to successful performance in sports, and success requires the whole range of factors to come together and interact in the right way. For numerous sports, fitness factors are most important, though the internal aspects are essential at the elite position. Currently numerous youth athletes have the physical, specialized and politic chops to be veritably successful in their own sport. In fact so numerous that the differences between athletes abovementioned chops are veritably slight on the elite position. When the differences between physical, specialized and politic chops are slight, cerebral chops are the bones that make the difference.

Decision making

Decision-making can be seen as an intellectual process that results in the selection of a belief or course of action from several different options. Each decision-making process generates a final choice that may or may not encourage action. Generally, decision-making is about determining and opting for decisions grounded on the values and preferences of the decision-maker.

Decision-making is one of the Directorate's core conditioning and an important part of any perpetration process (Reason, 1990) [1]. Sport provides an outstanding occasion to study decision-making for several reasons. In the field of sports decision-making there are several different decision agents (trainers, arbiters, players, observers, etc.), tasks similar as play-calling and ball allocation, penalty kick, circumstances during play, downtime, and switching players. This provides the chance to study a variety of intriguing decision-making designs and strategies in sports. Yet, each admixture of the below features produces a unique commerce of important rudiments that impact the way opinions in sports are made.

The study, I looked into contributing factors, styles and specialized and politic strategies of the coaches and athletes, fastening on the answers to the following question; what are the

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contributing factors or coaches and athletes to make better opinions? how do trainers and athletes apply experience and the knowledge of decision-making chops in sport circumstance?, what are the styles and styles of trainers and athletes' decision-making? Johnson (2006) [12] highlights three characteristics of decision-making in the field of sports. First, he claim that the yare natural which means decision-making agents (Substantially trainers and athletes) naturally always encounter the decision in sport terrain with some degree of task familiarity. The experimenters address several important points that the difference between the study of decision-making in the laboratory and the "real world" is an important distinction that has only lately been appreciated in decision exploration (Orasanu & Connolly, 1993) [14]. Secondly, Johnson (2006) [12] argues that since the maturity of sports opinions are dynamic, opinions in sports reveal over time.

The impact of this dynamic aspect is double. There are internal dynamics, meaning there isn't so much a single point of decision as there's a course of deliberation. Information isn't incontinently gathered and processed; rather a decision maker must accrue information over time, and posterior processing of this information takes fresh time. On the other hand, sports situations and opinions retain external dynamics, meaning that the situation itself changes over time. Thirdly, the author places emphasis on opinions which are frequently made online during the tasks or violent timely stressful situation which is affiliated to, but distinct from, the dynamic nature of sports opinions. So, utmost opinions made by athletes, trainers, and arbiters are made while the play is in stir. He concludes that an element of variability must be realized when studying sports opinions.

Technical aspect of decision making in sport

Specialized chops are defined as "the specific procedures to move one's body to perform the task that needs to be accomplished" (Martens, 2012, p. 169) [15]. In order to maximize the platoon performance in sport, specialized point of coaches and athletes' chops and strategies should be rehearsed in game- suchlike situation. The process for learning technical skills can be explained in terms of volume of practice and attention to correct skill fashion in performance (Thomas, 1994) [16]. Wood (2014) highlights specialized literacy of decision-making in three orders for an athlete. First, beginner athletes aren't always apprehensive of what they did wrong, nor do they know how to correct crimes. They need introductory, specific instruction and feedback. And also, the athlete understands the fundamentals of the specialized literacy and is in the process of enriching the skill combination. They witness smaller crimes and can descry some of them on their own. Routines are more harmonious and learners begin to know what's applicable and what's not. Eventually, as last stage of specialized literacy, the athlete performs the skill automatically in a further dynamic terrain without having to focus on prosecution because mixed chops is rehearsed in gameplay (Hopper and Kruissel brink, 2006).

Tactical aspect of decision-making in sport

Tactical chops are defined as "the opinions and conduct of players in the contest to gain an advantage over the opposing platoon or players" (Martens, 2012) [15]. In order to more comprehend tactical learning in decision-making for

both trainer and athlete, it's important to fete how specific and practical a tactic is. The successful application of a tactic involves performing the right skill by both agents at the right time on the field to achieve the general strategic objects of the game that were decided upon before the game started. Strategies relate to the general game plan. Tactics are related to strategies set by both agents. Grehaigne (1999) [13] linked the fundamental difference between tactics and strategy to be one of time. Researchers argue that tactics operate under strong time constraints because they must be decided upon and then implemented under pressure during gameplay. Strategies can involve more elaborate cognitive processes because decisions can be made without time constraints, since strategies are determined before a game begins. The specificity of tactics means that tactical learning cannot be fluently separated from specialized skill literacy, since atactic is only successful if performed skilfully. Grehaigne (1999) [13] set up that a near look at gameplay revealed that there are two different types of strategic conduct in platoon sports tactics and schemas of play. Tactics, as described over, are opinions about how to move, when to move and where to move that are made in dynamic and at times unanticipated situations in a game. Schemas of play, according to Grehaigne et al, are pre-planned sets of conduct and are performed in a studied manner (Also called set plays). Set plays are rehearsed until they can be performed automatically.

Statement of the problem

"The purpose of the study will be to compare Decision making of team and individual sports players"

Research Hypothesis

Research formulates the hypothesis based on the literature review and nature of Active Participants in Health-Related Physical Activities.

Alternative Hypothesis

It was hypothesized that of Team players and Individual players significantly differ in Decision making

Significant of the Study

The present study is likely to reveal which of decision-making level of individual and group Sports players.

De-limitations

- The study was to delimited to Karnataka State.
- The study was to delimited to individual events players.
- The study was to delimited to group events players.
- The study was to delimited to 16 to 25 years.
- The study was to delimited to measuring Decision Making of the subjects.

Limitations

- The Age of the Subjects will be taken from their Adhaar card records, which is considered as a genuine record and is considered as another limitation.
- The players will come from different socio-economic statuses hence it might have influenced their training and performance and hence considered as one of the limitations.

Definition of the terms

Decision making

Decision-making is the process of identifying and choosing alternatives based on the values, preferences and beliefs of the decision-maker.

Methodology and Research Design

In this research descriptive comparative method was used. The descriptive research was used because it described the data and the characteristics of the population. Descriptive research method was used because researcher wanted to assess the decision-making of team and individual sports players and to compare between the two groups.

Selection of Subjects

For the present study the subjects were selected from various colleges, sports hostels, sports clubs, universities and sports center of Karnataka state. Which participated in inter-college, national and all-India intervarsity and above-level competition. A total number of two hundred fifty (250) were collect data from the subjects and one hundred twenty-five (125) from team game players and one hundred twenty-five (125) from individual games player's subjects from the selected variables. The ages of the subjects for various games were ranging from 18 to 25 years. All the subjects were selected randomly during the regular practice and their camps of prior competitions, with the permission of their coaches. No time limit was given to players fill up the questionnaires by the tester.

Selection of Variables and Tools

The research scholar reviewed the available scientific literature of the area of this study comprising both the critical and allied literature from various sources available in the library books, journals, periodicals, magazines, research papers, internet, and elsewhere. From the literature of previous studies, after going through many discussions with the supervisor and experts in the field and considering the feasibility of the study, the following variables were selected for this study

Variables: The investigator used the Decision-Making scale psychological variables in the collection of the data.

Decision-making scale

Decision-making questionnaire consisted of twenty-one items measuring the decision-making. The respondents were required to record their responses in six categories, very infrequently or never, infrequently, quite infrequently, quite frequently, frequently and very frequently or always.

Scoring

The scoring of each of the items was as follows; very infrequently or never = 1, infrequently = 2, quite infrequently = 3, quite frequently = 4, frequently and very frequently or always = 6. There was no right or wrong answers in this questionnaire. There was none allocated for the completion of both the questionnaires but the subjects were instructed not taken too much time over any questions. The questionnaires were distributed to the respondents along with the writing material. After the completion of the questionnaires, questionnaires were collected and checked that no response was left unanswered.

Statistical techniques

The data was analyzed and compared with the help of SPSS software for statistical procedure in which arithmetic mean, standard deviation, t-test was used to compare the data. In all the cases 0.05 level of significance was fixed to test the hypothesis.

Analysis of data and result of the study

Statistical data pertaining to the study of decision-making of team and individual sports players is presented.

Collection of data

For the present study the subjects were selected from various colleges, sports hostels, sports clubs, universities and sports centre of Karnataka state. Which participated in inter-college, national and all-India intervarsity and above-level competition. A total number of two hundred fifty (250) were collect data from the subjects and one hundred twenty-five (125) from team game players and one hundred twenty-five (125) from individual games players subjects from the selected variables. The ages of the subjects for various games were ranging from 18 to 25 years.

Level of significance

The level of significance difference was set at 0 .05.

Analysis of data

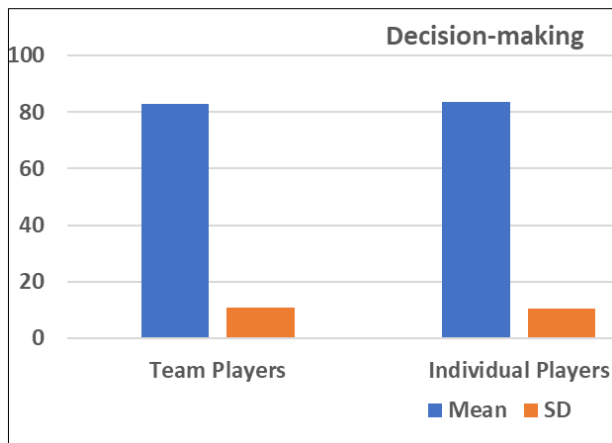
The t-test was applied to compare the decision making of team and individual sports players by using SPSS softer. The analysis of data, findings and discussion of findings has been described. The data were collected in raw form and analyzed by computing the descriptive statistical techniques.

Table 1: Showing Group Statistic compare of Decision-making of Team game players and Individual game players.

Variable name	Particular	Sample size	Mean	SD	df	T
Decision-making	Team players	125	83.02	10.65	248	-.427
	Individual players	125	83.59	10.35		

Table compares the Decision-making of team and individual players. The individual players have a higher mean Decision-making value than Team players when we look at the mean and SD of both groups (mean 83.02 SD 10.65) (mean 83.59, SD 10.35). The significance of mean differences between the two groups is assessed using an independent sample t-test on the data. The calculated t-value of -.427 was less than the critical t-value of ± 1.969 for 248 degrees of freedom and a 0.05 level of significance, according to the results of an independent sample t-test. As a result, when the Decision-making of team and individual player's is compared, there is no significant difference between them. So, the Alternative Hypothesis, "It was hypothesised that team and individual players significantly differ in Decision-making " is rejected, and the null hypothesis is accepted.

In bar chart the sample size, mean, and standard deviation of both groups are graphically represented



Discussion on findings of decision-making

Decision-making is a fundamental element of any sport, especially open, fast, dynamic team sports such as individual and team sports there is a need to reconsider all success factors in order to make a better decision to win. At the elite level, coaches and athletes appear to consistently make good decisions in situations that are highly temporally constrained. Although there is no systematic ways of decision-making in sports for decision making agents such as coaches, athletes, and referees, there are some characteristics that seem general enough to take away from these fields.

The findings of the study pertaining to the decision making revealed that individual players were found superior in decision making compared to team players. Quite similar to the findings mentioned above, individual players were found better than team players in decision making. In team game taking decision by team Capitan and team coach only some tame senior players of team give sum suggestion to Capitan but in individual sports player can take decision by him only thus individual players level of decision-making is higher than team players. In this study the difference of mean also. 568 it is not more difference of team and individual players.

Conclusions and recommendations

Conclusions

1. The individual players have a higher mean Decision-making value than Team players.
2. The Decision-making of team and individual player's is compared, there is no significant difference between them. So, the Alternative Hypothesis, "It was hypothesised that team and individual players significantly differ in Decision-making " is rejected, and the null hypothesis is accepted.

Recommendations

In the light of the findings of the present study the following recommendations seem to be acceptable:

1. The findings of the present study can be helpful for psychologists, physical education teachers, coaches and physical trainers to know the psycho-social parameters of the players of various sports.
2. The findings of the present study will be helpful for psychological and physical trainers and coaches to develop the required psychological parameters of the players.
3. Physical education teachers, psychological and physical trainers and coaches may use the findings of this study to enhance the psychological state of players.

4. A similar study can be undertaken on large number of players from various sports and from different performance levels and age groups.
5. The effect of other variables such as physical, biochemical, socio-economic etc. and psycho-social parameters with the performance of players can also be studied.

Conflict of interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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