

ABSTRACT

The purpose of this study was to investigate various psychological characteristics of elite women athletes in different sports. Other objectives of this study were to enquire the role of parents, coaches, friends, and socio-economic status of player's life. Based on the analysis and within the limitations of the present study, conclusions were derived. The subjects (10 Juniors and 10 Seniors) for the present investigation was selected from each sport that is Judo, Athletic (throwing events), Boxing, and weight lifting. Only those subjects were selected who were national position holders and had international participation for a minimum of two major competitions.

"Parallel-design" mixed method approach was adopted in the study which relates to the mixing of qualitative approaches within the same stage of the research process (i.e. one phase).

In the study the data were collected on sport persons by administering the questionnaire. The questionnaire consisted of Demographic information sheet, Multidimensional Scale of Perceived Social Support (MSPSS), Cognitive Emotion Regulation Questionnaire (CERQ), Coach – Athlete Relationship Questionnaire (CART-Q). Further, the data was also collected by interviewing the subjects. The athletes were assured regarding the confidentiality of their responses. The respondents were ensured to get their scores on different psychological parameters later by contacting the research scholar either in person or through mail.

The data was analyzed by computing descriptive statistics and using comparative analysis. To address the research issues, hypotheses were tested by using two way analysis of variance (ANOVA) and Chi-square test. The Type-I error level was kept at 0.05. To analyze the data IBM.SPSS.20 was used in this thesis. The analysis has been shown in three parts.

In the first part, demographic data has been analyzed. It was concluded that in junior category the participating experience were less than senior in all the four sports. It

has also been seen that the maximum number of junior players as well as senior players used to speak north regional languages but in senior age category the second most spoken languages were from north eastern region. The employment status reveals that most of the sports persons in junior category were unemployed in comparison to that of senior category. At last we could conclude that the level of educational qualification of the junior category was in between 10th class and in senior category most of the sports persons had graduation.

After quantitative analyses of the psychological parameters, researcher found that social support was similar in all the sport groups as well as in both the age categories. In emotional regulation researcher found that Boxing posses high self-blame than other sports, whereas rumination, positive refocusing and catastrophe subscales of emotional regulation were found to be higher in judo in comparison to other sports. On the other hand in coach athlete relationship, junior players were found to be more close to their coaches in Boxing, whereas in senior age category Throwers are used to be more closed to their coaches.

After analyzing the semi structured interview responses, it was found that Weight Lifters and Throwers were highly motivated in comparison to that of Judo players and Boxers. With regard to the motivation in player's life, it was observed that parents were most preferred source of inspiration by the players in each of the four sports. Their parents excite, encourage and breathe life into them.