



Research article

COMPARATIVE STUDY OF SOCIAL SUPPORT AMONG TEAM GAMES

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Abstract

Team members who provide each other with several types of social support (e.g., listening support, reality confirmation support, and task appreciation support) offer each other. The opportunity to increase their physical and emotional well-being. The purpose of the study was to analyze the social support among female athletes of different team games. 160 female athletes were purposively selected from each team games i.e., Basketball-40, Football-40, Volleyball-40 & Hockey-40, age ranged 17-25 years with mean and standard deviation (19.45 + 3.02) from four different regions (Gwalior, Bhopal, Indore, and Jabalpur) of Madhya Pradesh, India, who had at least participated in Inter University tournament. The Multidimensional Scale of Perceived Social Support MSPSS developed by Zimet, Dahlem, Zimet, & Farley, 1988; Zimet, Powell, Farley, Werkman, & Berkoff, 1990). The Multidimensional Scale of Perceived Social Support (MSPSS) is a brief research tool designed to measure perceptions of support from 3 sources: Family, Friends, and a Significant Other. One-way analysis of variance (ANOVA) was used at 0.05 level of significance. The calculated F value of sub-scales of perceived social support was found insignificant at the level of 0.05.

Key words: Perception, social support, athletes power

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INTRODUCTION

Social support is an integral aspect of the social environment and a well known and widely recognized concept associated with positive health practices that influence an athlete's life satisfaction. Social support is defined by Cohen, Underwood, and Gottlieb (2000) as the social resources that persons perceive to be available or that are actually provided to them by non-professionals in the context of both formal support groups and informal helping relationships.

Social support is another parameter of present investigation which is defined by (Cohen, 2000) as the comfort, assistance, well-being, and information that individuals receive from formal or informal contacts with societal organization or the other people. Social support is often used in a broad sense, including social integration. However, Social integration refers to the structure and quantity of social relationships, such as the size and density of networks and the frequency of interaction, but also sometimes to the subjective perception of embeddedness. There have been recent indications that social support resources play an important role in athlete retention and success (Botterill, 2004). Generally, social support refers to knowing that one is loved and cared for and that others will do all they can when a problem arises (Sarason, 1990). Social support is associated with better psychological health in general and reduces the negative psychological consequences of exposure to stressful life events (Cohen & Wills, 1985). Social support has also been

defined as those social interactions or relationships that individuals with actual assistance or that embed individuals within a social system believed to provide love, caring or sense of attachment to a valued social group (Hobfoll, 1988). Schaefer et al. (1981) examined three types of perceived social support, including emotional, informational, and tangible support, and their relation to physical health status in a sample of 100 men and women of 45-64 years of age. The results revealed that all the variables of social support have a positive effect on physical health. Wallston et al. (1983) reported that various sources or types of social support contribute to different outcomes in physical health.

Sports psychology is the scientific study of mind, emotion, and behavior as it relates to athletic performance and physical activity. Psycho-social factors played an important role in the performance and well-being of athletes. Athletes need the positive support of teammates, coaches, parents and friends especially when the athlete feels that he/she is not performing well or realizing his/her potential (Weinberg and Gould, 2003). Social support is a multi-dimensional construct (Udry, 1996) which allows for many possible providers of support as well as various forms. Expressing emotional support, tangible support, informational support and esteem support are all examples of supportive social behaviours (Albrecht and Adelman, 1984).

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MATERIALS AND METHODS

SELECTION OF THE SUBJECTS

To serve the purpose of the study, 160 female athletes were purposively selected from each team games i.e., Basketball-40, Football-40, Volleyball-40 & Hockey-40, age ranged 17-25 years with mean and standard deviation (19.45 ± 3.02) from four different regions (Gwalior, Bhopal, Indore, and Jabalpur) of Madhya Pradesh, India, who had at

least participated inter university tournaments.

SELECTION OF THE VARIABLES

According to the discussion with experts, feasibility, criteria, availability of instruments, equipment and relevance of the present study social support was used.

CRITERION MEASURES

Multidimensional Scale of Perceived Social Support (MSPSS)

The Multidimensional Scale of Perceived Social Support MSPSS developed by Zimet, Dahlem, Zimet, & Farley, 1988; Zimet, Powell, Farley, Werkman, & Berkoff, 1990). The Multidimensional Scale of Perceived Social Support (MSPSS) is a brief research tool designed to measure perceptions of support from 3 sources: Family, Friends, and a Significant Other. The scale is comprised of a total of 12 items, with 4 items for each subscale. The MSPSS consists of 12 items describing **three different sub-scales:**

Family Support (4 items),

Friend Support (4 items),

Significant Other Support (4 items)

ADMINISTRATION OF QUESTIONNAIRE AND COLLECTION OF DATA

The questionnaires were administered to the participants whose level was All India Inter- University participation. Before administering the questionnaire, all the necessary information regarding the questionnaire was given to the participants and doubts

was cleared by the research scholar. The questionnaire was filled up by the subjects once only. After the successful completion of the test, all the data collected was analyzed to draw a conclusion with regard to the hypothesis.

STATISTICAL PROCEDURE

In order to examine the hypothesis of the study, descriptive statistics such as mean, standard deviation and comparative statistics such as One-way analysis of variance (ANOVA) was used at 0.05 level of significance. SPSS 20 was used.

ANALYSIS OF DATA

TABLE - I
DESCRIPTIVE STATISTICS OF DIFFERENT TEAM GAMES IN INTER-UNIVERSITY LEVEL FEMALE PLAYERS IN PERCEIVED SOCIAL SUPPORT

Variables	Team Games	N	Mean	SD	SE
SOS	Basketball	40	4.89	1.55	0.25
	Hockey	40	5.19	1.52	0.24
	Football	40	5.48	1.19	0.19
	Volleyball	40	4.94	0.88	0.14
	Total	160	5.12	1.32	0.1
FS	Basketball	40	5.24	1.75	0.28
	Hockey	40	6.02	1.22	0.19
	Football	40	5.43	1.32	0.21
	Volleyball	40	5.68	1.13	0.18
	Total	160	5.59	1.39	0.11
FRS	Basketball	40	5.19	1.52	0.24
	Hockey	40	5.37	1.49	0.24
	Football	40	5.34	1.19	0.19
	Volleyball	40	5.36	1.08	0.17
	Total	160	5.32	1.32	0.1

Table - I shows the mean and standard deviation of perceived social support with sub- scales of Significant Other, Family Support, and Friends

Support are 5.12 ± 1.32 , 5.59 ± 1.39 , and 5.32 ± 1.32 respectively among female athletes from 4 different team games.

FIGURE - 1
DESCRIPTIVE STATISTICS OF DIFFERENT TEAM GAMES IN INTER-UNIVERSITY LEVEL FEMALE ATHLETES IN PERCEIVED SOCIAL SUPPORT

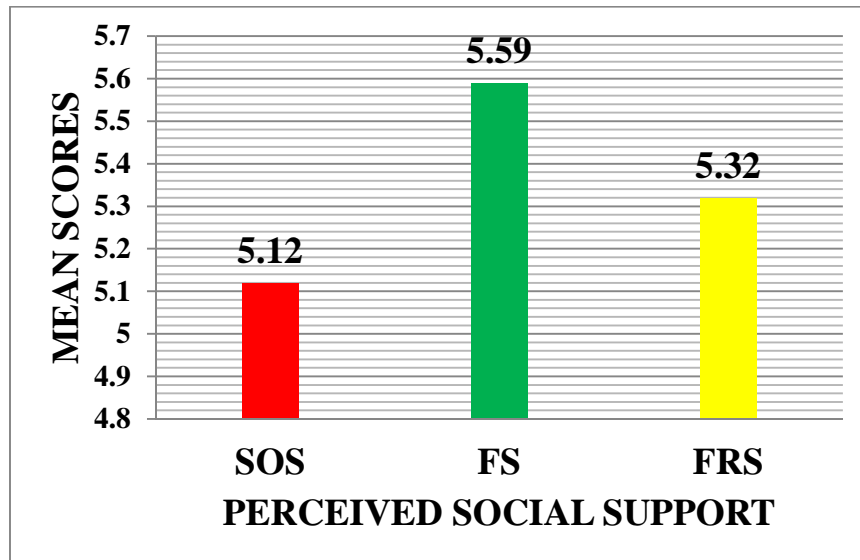


TABLE - II
ONE WAY ANOVA FOR THE DATA ON ALL SUB-SCALES OF PERCEIVED SOCIAL SUPPORT

Factors	Variance	Sum of Squares	df	Mean Square	F	Sig.
SO	Between Groups	8.78	3	2.93	1.69	0.17
	Within Groups	269.6	156	1.73		
	Total	278.38	159			
FS	Between Groups	13.61	3	4.54	2.4	0.07
	Within Groups	295.03	156	1.89		
	Total	308.64	159			
FRS	Between Groups	0.82	3	0.27	0.15	0.93
	Within Groups	276.63	156	1.77		
	Total	277.45	159			

* Significant at 0.05 level $F_{.05}(3, 156) = 2.68$

Table - II shows the calculated F value of sub-scales of perceived social support was found insignificant at the level of 0.05. Since the F value was insignificant. There will not be requirement of post hoc test to see the difference between the team games in of perceived social support.

DISCUSSION ON FINDINGS

The finding of this study reveals that perceived social support measured by multidimensional scale of perceived social support (MSPSS) was found insignificant among all the four team games which can be attributed that Social support is the comfort, assistance, well-being, and information that individuals receive from formal or informal contacts with societal organization or the other people (Cohen et al., 2000). While it is clear that there are many factors associated with talent development, social support has emerged as a commonly cited socio-contextual factor for athletes at

many competitive levels (Bianco and Eklund, 2001; Giacobbi et al., 2004; Holt and Dunn, 2004; Rees and Hardy, 2000; Reinboth et al., 2004; Scanlan et al, 2003). These findings suggest that the social support is equally important in all sports. The social nature of sport implies that social support may be an important source of confidence (Babkes and Partridge, 2004).

Social support may be critical to building a working, achieving, and successful team. If members of a team can provide each other with the variety of types of social support needed, they are likely to enhance their communication and share a deeper commitment to the team goals and the team vision of success (Lawrence, 2008).

CONCLUSION

- ❖ It is concluded that there is insignificant among all the four team games.

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