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IRJPRESS Research Journal Impact Factor (ISRA & SJIF): 7.436
Research Unique Number (RUN): 16.09.2022.2034

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**COMPARATIVE ANALYSIS OF INTERNAL AND EXTERNAL FACTORS
BETWEEN ACADEMY AND NON-ACADEMY CRICKET PLAYERS OF
HIMACHAL PRADESH^{p.p:86-94}**



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ABSTRACT

The present study investigates the comparative analysis of internal factor and external factors between academy cricket players and non-academy cricket players of Himachal Pradesh. To solve the purpose of study 500 male cricket players (250 academy players and 250 non-academy players of Himachal Pradesh were taken as the sample. The data was analyzed by using Statistical Package for the Social Sciences. The statically tools used for the study were mean, SD and “t” test was used. On the basis of obtained results there is significant and notable difference was recorded by employing “t” test.

Keywords: Internal, External Factors & Sports.

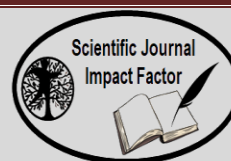
INTRODUCTION

Sports psychology is the application of psychological principles to the study of physical exercise and athletic competition. "Sports psychology" is a subject of psychology that focuses on the study of competitive sports. Psychology as an area of study is concerned with the study of human behavior. Sports psychology is that branch of psychology that focuses on human behavior on the playing field, both during practice and in competitive contexts, with the aim of improving performance on a qualitative level.

The pursuit of excellence is an irresistible inclination that is ingrained in human nature, and sports are not an exception to this phenomenon. A new dimension has been added to the craze and the pursuit of great performance in sports, even if these concepts are not new. It is true that sports have become a "mad struggle" for political exaltation



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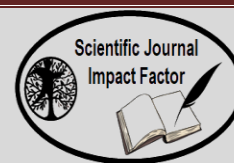
and ego-satisfaction, both on an individual and a collective level. Indeed, the athletes are being pushed too hard and too far in their training to attain high goals by their coaches. It is without a doubt possible to refer to the Olympic Games as a sports war, a battle with the objective of achieving the biggest number of medals possible at any cost and by any means. In spite of the fact that the fighters for this conflict are thought to be the result of genetic potential, opportunities, incentives, experiences that are both appropriate and fulfilling, and thorough training, it is not only the mastery of skills that brings about victory.

Athlete services are purchased and sold by clubs for significant sums of money in numerous sports, including cricket, boxing, soccer, and lawn tennis, to name just a few. The officials and players in these sports are compensated to play second fiddle to their coaches. The sociocultural facts of a country ultimately end up being the ones that control the sports system in that country to a significant degree. Naturally, as civilization progresses, human conduct, including the practice of sports, tends to be governed by social and psychological variables rather than by biological and physiological elements. This is the case even if the former are more important. In addition to possessing exceptional physical characteristics, a participant in sports must also possess dedication, sacrifice, practice, concentration, and other similar qualities in order to achieve success. There are two major lacks of control in the career of sports competitors: the internal and the exterior. This is a common observation that has been made. Internal factors may include things like ability, superiority in skill practice, suitable body build, and so on. On the other hand, external factors may include things like chance, luck, influence from higher-ups, financial backing, officials' roles and judgment, and so on. The success or failure of a sportsperson is unquestionably dependent on these factors to a significant degree.

There are multiple phases that make up a sports career, which is described as the multiyear sports activities of an individual with the goal of achieving high-level sports successes and improving oneself in the activity. The sports career is not a single entity but rather consists of separate stages. Each stage, which includes transitioning from a sports career to a life beyond sports, is characterized by a set of distinct demands that require



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players to make adjustments, and as a result, each stage has been understood to be a transition. The human adaptation to transition model, which was proposed by Schlossberg and colleagues, defines a transition as "an event or non-event that results in a change in assumptions about oneself and the world and, as a result, requires a corresponding change in one's behavior and relationships." Additionally, the model states that a transition can be either a positive or negative occurrence. Transitions are processes that are influenced by four major sets of factors that are referred to as situation, self, support, and strategies. Although the beginning of a transition may be linked to a single indefinable event or non-event (that is, an event that an individual had anticipated but which did not occur, thereby altering one's life), transitions are themselves processes that are influenced by these categories of factors.

When it comes to a career in elite sports, the Olympic Games (OG) represent the goal that the majority of athletes strive for. Participation done does not typically fulfill the expectations of higher-level athletes. It is common for it to begin as a dream, which then gains shape as athletes increase their performance, until it becomes the primary aim. Some of them have their sights set on winning the Olympic crown, while others try to secure a medal or at the very least a spot in the final. Regardless of the goals they have set for themselves, they all want to be in a position to communicate with themselves after the Olympic competition. That day, I really did my absolute best to do it." Therefore, the concomitance between the time period during which athletes are in a position to offer their very best and the Olympic four-year term is a significant factor in determining the level of satisfaction that elite athletes have with their sport careers and the sense of accomplishment that they derive from engaging in sporting activities. The quality of the preparation is not the only factor that determines the harmonious concomitance of these two things. During the course of a sport career, it is developed through several paths of life and transitions, including transitions in the sporting world, transformations in the professional world, transitions in social life, and transitions in personal life.



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DESIGN OF THE STUDY

To solve the purpose of study 500 male cricket players (250 academy players and 250 non- academy players of Himachal Pradesh were taken as the sample. The internal and external factors measured by constructed questionnaire and are standardized with the help of pilot study. Pilot study was conducted on 200 subjects. The validity of the test was established by using concurrent validity. Split half method was used to determine reliability of the data.

Validity:- Content validity of the test was calculated by using product moment correlation in which the scores of 200 subjects were taken on inventory of factors influencing sports career(IFISC) and the scores of 200 subjects were also taken on internal and external factors influencing in sports career. The co- relation of the two set score was calculated.

Reliability:- Split half method was used to calculate reliability of data. In this method the data of 200 sample was arrange alphabetically and divided in two half where 100 subjects were in the upper half and 100 in the lower half. The co-relation between two set of score i.e. score of upper half and lower half was calculated by using product moment correlation.

The data was analyzed by using Statistical Package for the Social Sciences. The statically tools used for the study were mean, SD and “t” test was used. On the basis of obtained results there is significant and notable difference was recorded by employing “t” test.

RESULTS & FINDINGS

Within the limitations and delimitations of the present study following results are drawn:

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Table No- 1
Comparison of Fitness Score for Academy and Non-Academy male cricketers related to internal factors influencing career in sports

	Fitness Score for Male Cricketers					
	Mean	S.D.	Std. Error of Mean	Mean Diff.	Unpaired t Statistics	P Value
Academy	11.61	2.20	0.14	0.73	3.486	0.001 S
Non-Academy	10.88	2.45	0.15			

The above table no. 1 shows the comparisons mean score of fitness among academy and non-academy male cricketers related to internal factors influencing career in sports. The Mean fitness score of academy cricketers was 11.61 ± 2.20 whereas for non-academy cricketers mean fitness score was 10.88 ± 2.45 . The mean fitness score for internal factor among academy cricketers and non-academy cricketers was compared with the help of statistical techniques unpaired t statistics which was calculated as 3.486 with p value 0.001. As the p value 0.001 is less than 0.05 level of significance, the result was found significant. Therefore, It was concluded that there were significance difference found between the mean fitness score for internal factors of the academy and non-academy male cricketers at 0.05 level of confidence.

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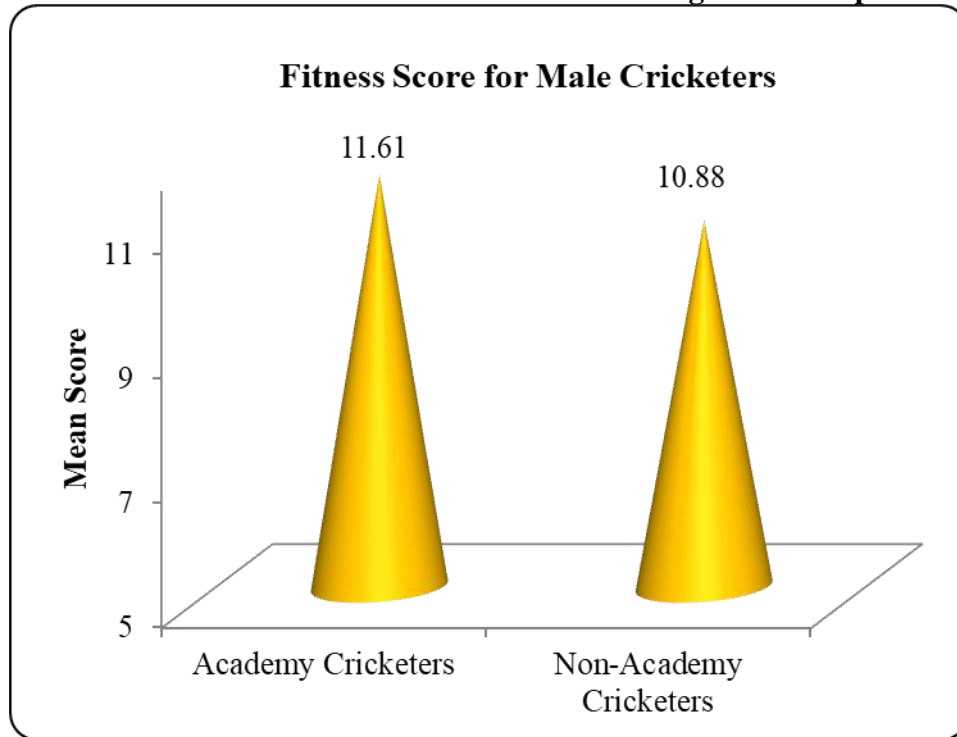
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Figure No. 1: Comparison of Fitness Score for Academy and Non-Academy male cricketers related to internal factors influencing career in sports



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Table No- 2


Comparison of Family and Society Support Score for Academy and Non-Academy male cricketers related to external factors influencing career in sports

	Family and Society Support Score for Male Cricketers					
	Mean	S.D.	Std. Error of Mean	Mean Diff.	Unpaired t Statistics	P Value
Academy	18.17	3.40	0.21	0.81	2.689	0.007 S
Non-Academy	17.36	3.31	0.20			

The above table no. 4 shows the comparisons mean score of family and society support among academy and non-academy male cricketers related to external factors influencing career in sports. The Mean family and society support score of academy cricketers was 18.17 ± 3.40 whereas for non-academy cricketers mean family and society support score was 17.36 ± 3.31 . The mean family and society score for external factor among academy cricketers and non-academy cricketers was compared with the help of statistical techniques unpaired t statistics which was calculated as 2.689 with p value 0.001. As the p value 0.001 is less than 0.05 level of significance, the result was found significant. Therefore, It was concluded that there were significance difference found between the mean family and society support score for external factors of the academy and non-academy male cricketers at 0.05 level of confidence.




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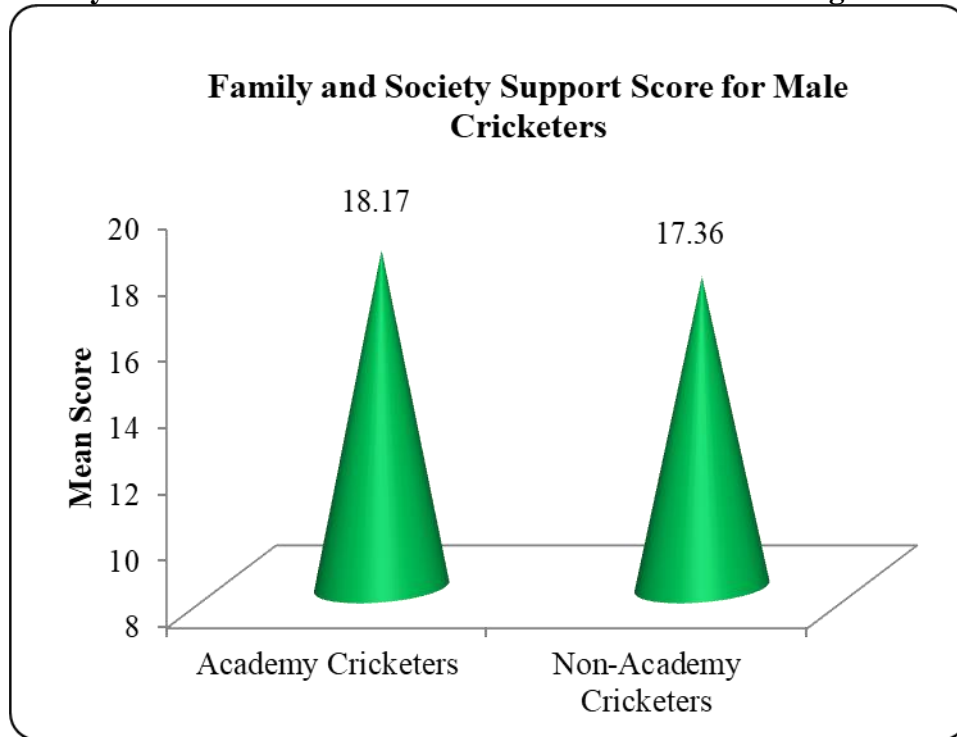
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Figure No. 2 : Comparison of Family and Society Support Score for Academy and Non-Academy male cricketers related to external factors influencing career in sports



CONCLUSION

It was concluded that there were significance difference found between the mean fitness score for internal factors of the academy and non-academy male cricketers at 0.05 level of confidence.

It was concluded that there were significance difference found between the mean family and society support score for external factors of the academy and non-academy male cricketers at 0.05 level of confidence.

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