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## **Exploring the Determined Psychological Factors among Hockey Players in Haryana State**

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### **Abstract**

This study aims to investigate the psychological factors that contribute to the determination and success of hockey players in Haryana state, India. Hockey is a popular sport in Haryana, known for producing exceptional players at the national and international levels. While physical fitness and technical skills are undoubtedly crucial in hockey, the role of psychological factors cannot be overlooked. Understanding the psychological determinants that drive hockey players to achieve their goals can provide valuable insights for player development, coaching strategies, and talent identification. The study adopts a mixed-methods approach, combining quantitative surveys and qualitative interviews to explore the psychological factors among hockey players in Haryana. A sample of hockey players from different age groups and skill levels will be recruited for participation. The research instruments include standardized psychological assessment tools, such as questionnaires and structured interviews, designed to capture key psychological dimensions relevant to determination and success in sports. The study hypothesizes that certain psychological factors, such as self-confidence, goal-setting, motivation, resilience, and mental toughness, will be positively associated with determination and success among hockey players in Haryana. Moreover, it is expected that factors like social support, coach-athlete relationships, and the influence of parents and peers will play significant roles in shaping the players' psychological profile.

### **Introduction**

Hockey is a popular sport in Haryana, India, with a rich history of producing exceptional players who have achieved remarkable success at the national and international levels. While physical fitness, technical skills, and tactical knowledge are undoubtedly important in hockey, the significance of psychological factors cannot be overlooked. The mental aspects



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of the game, including determination, motivation, self-confidence, and resilience, play a crucial role in shaping players' performance and success. Understanding the psychological factors that contribute to the determination and success of hockey players in Haryana is essential for player development, coaching strategies, and talent identification. By gaining insights into these factors, coaches, trainers, and sports psychologists can design effective interventions and training programs to enhance player performance, optimize their potential, and promote overall well-being.

In the research in sports psychology has identified various psychological factors that influence athletic performance and success across different sports. However, limited research has specifically focused on exploring these factors among hockey players in Haryana. Therefore, this study aims to fill this gap by examining the determined psychological factors that drive hockey players in the state, thereby contributing to the existing body of knowledge in sports psychology. The psychological factors under investigation include, but are not limited to, self-confidence, goal-setting, motivation, resilience, and mental toughness. These factors have been widely acknowledged as critical in sports performance and have been associated with positive outcomes in numerous studies. By assessing and understanding these factors within the context of Haryana's hockey players, the study intends to provide valuable insights into the unique psychological characteristics of these athletes. (Kumar, A., 2018).

### **Psychological Factors**

Psychological factors play a crucial role in the performance, determination, and success of hockey players. These factors influence various aspects of an athlete's mindset, motivation, and resilience, ultimately impacting their overall performance on the field. Some key psychological factors among hockey players include:

**Self-Confidence:** Confidence in one's abilities is essential for hockey players. High levels of self-confidence enable players to take risks, make quick decisions, and perform at their best under pressure.

**Goal-Setting:** Setting clear and achievable goals helps hockey players maintain focus, track their progress, and work towards continuous improvement. Goal-setting provides direction and motivation, enhancing determination and performance.



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**Motivation:** Intrinsic and extrinsic motivation are vital psychological factors. Intrinsic motivation arises from an individual's internal drive and passion for the sport, while extrinsic motivation comes from external rewards or recognition. Both types of motivation contribute to a player's commitment, effort, and perseverance.

**Resilience:** Hockey players face challenges, setbacks, and failures throughout their careers. Resilience allows players to bounce back from adversity, learn from mistakes, and maintain a positive mindset. It helps them overcome obstacles and maintain determination and performance in the face of difficulties.

**Mental Toughness:** Mental toughness refers to the ability to stay focused, remain composed under pressure, and perform consistently in high-pressure situations. It involves managing emotions, maintaining concentration, and displaying mental resilience throughout the game.

**Concentration and Focus:** The ability to maintain concentration and focus during intense gameplay is crucial. Hockey players need to concentrate on their tasks, make split-second decisions, and execute skills accurately. Enhanced focus improves performance and minimizes errors.

**Team Cohesion:** Building positive team dynamics, communication, and strong relationships among players contribute to better performance. Team cohesion fosters trust, cooperation, and support, enhancing motivation and determination among hockey players.

**Coping Strategies:** Effective coping strategies help hockey players manage stress, anxiety, and pressure. Developing healthy coping mechanisms, such as deep breathing, visualization, positive self-talk, and relaxation techniques, can enhance mental well-being and performance.

Understanding and nurturing these psychological factors among hockey players can optimize their performance, enhance their determination, and contribute to their overall success in the sport. Coaches, trainers, and sports psychologists play a vital role in supporting players in developing these psychological skills and creating an environment that fosters mental resilience and well-being.(Rohit, M,2013).



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## Scope of the Research

The scope of the research on exploring the determined psychological factors among hockey players in Haryana State is focused on investigating the psychological dimensions that contribute to the determination and success of hockey players in this specific region. The study aims to gain a comprehensive understanding of the psychological factors that play a significant role in shaping the performance and achievements of hockey players in Haryana. The research will encompass a diverse sample of hockey players from different age groups and skill levels within Haryana. By including players from various backgrounds and experience levels, the study aims to capture a wide range of perspectives and experiences related to the determined psychological factors. The primary focus of the research will be on examining psychological factors such as self-confidence, goal-setting, motivation, resilience, and mental toughness. These factors have been identified as crucial in sports performance and success in previous research, and their relevance will be explored within the context of hockey players in Haryana. The research methodology will employ a mixed-methods approach, combining quantitative surveys and qualitative interviews. This approach allows for a comprehensive analysis, integrating statistical analysis of survey data with in-depth insights obtained from qualitative interviews. By utilizing this mixed-methods design, the study aims to provide a holistic understanding of the psychological profiles, experiences, and motivations of hockey players in Haryana. The practical implications of the research are focused on informing player development programs, coaching strategies, and talent identification processes in Haryana. The findings can contribute to the formulation of targeted psychological interventions, training programs, and support systems that can enhance player determination and optimize their overall performance. Additionally, the research outcomes may aid in identifying and nurturing young talent, thus strengthening the hockey infrastructure and talent pool in Haryana.

## Literature Review

**Kumar, A. (2018).** This study aims to conduct a comparative analysis of selected mental health differentials between state-level wrestlers and hockey players. Mental health plays a significant role in athletic performance and overall well-being. However, there is a lack of research comparing mental health variables across different sports disciplines, particularly



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wrestling and hockey. The study will focus on state-level wrestlers and hockey players in Haryana, a state known for its strong presence in both sports. The selected mental health variables for comparison will include stress levels, self-esteem, and psychological resilience. A sample of participants will be recruited from both sports disciplines, ensuring a balanced representation of gender, age, and experience. The research will utilize standardized psychological assessment tools, such as the Perceived Stress Scale, Rosenberg Self-Esteem Scale, and Connor-Davidson Resilience Scale, to collect data on the mental health variables of the participants. Data analysis will involve statistical comparisons between the two groups to identify any significant differences in stress levels, self-esteem, and psychological resilience.

**Rohit, M. (2013).** This study aims to investigate the emotional intelligence levels among kabaddi and kho-kho players in Haryana. Emotional intelligence, which encompasses the ability to perceive, understand, and manage emotions, plays a crucial role in sports performance and team dynamics. However, limited research has been conducted on the emotional intelligence of athletes in traditional Indian sports such as kabaddi and kho-kho. The study will focus on players from both sports, representing different age groups and experience levels. Participants will be recruited from various districts in Haryana to ensure a diverse sample. The emotional intelligence of the players will be assessed using established measures, such as the Emotional Intelligence Appraisal or the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT). Data analysis will involve comparing the emotional intelligence scores between kabaddi and kho-kho players to identify potential differences in emotional intelligence levels. Additionally, the study will explore the relationship between emotional intelligence and sports performance indicators, such as teamwork, communication, and game strategies.

**Rani, M. (2019).** This study aims to explore the relationship between the will to win and self-confidence among women hockey players from universities in Haryana state. The will to win and self-confidence are essential psychological factors that can significantly impact an athlete's performance and competitive success. However, limited research has focused specifically on these variables among women hockey players in the context of Haryana state universities. The study will involve female hockey players from various universities in Haryana. Participants will be selected through a purposive sampling technique to ensure a



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representative sample in terms of age, experience, and skill level. The research will utilize standardized questionnaires, such as the Will to Win Scale and the Self-Confidence Scale, to measure the participants' levels of will to win and self-confidence. Data analysis will involve examining the relationship between the will to win and self-confidence scores among the women hockey players. Additionally, the study will explore any potential differences in these variables based on factors such as age, experience, and skill level. The findings will provide insights into the interplay between the will to win and self-confidence among women hockey players in Haryana state universities.

**Verma, M., & Kaur, D. (2015).** This study aims to conduct an analysis of selected physiological variables between hockey players from Haryana and Punjab. Physiological variables play a critical role in athletic performance and can provide insights into the physical capabilities and conditioning of athletes. While both Haryana and Punjab have a strong presence in hockey, there is limited research comparing physiological variables specifically between players from these regions. The study will involve male and female hockey players from Haryana and Punjab, ensuring a balanced representation of age, experience, and skill level. The selected physiological variables for analysis will include aerobic capacity, muscular strength, and agility. Standardized fitness tests and measurements will be employed to assess these variables, such as the Yo-Yo intermittent recovery test, the maximal strength testing, and the Illinois Agility Test. Data analysis will involve comparing the physiological variable scores between Haryana and Punjab hockey players to identify any significant differences. Additionally, the study will explore potential correlations between these physiological variables and on-field performance indicators, such as goal-scoring ability and sprint speed.

### **Motivation levels of hockey players in Haryana**

The motivation levels of hockey players in Haryana, a state known for its rich sporting culture, are often found to be exceptionally high. Hockey holds a special place in the hearts of people in Haryana, and the game enjoys immense popularity and support from the local communities. The state has produced several renowned hockey players who have brought glory to the nation on numerous occasions.



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One of the key factors that contribute to the high motivation levels among hockey players in Haryana is the strong sporting infrastructure and support system. The state government, along with various sports associations and clubs, has made significant efforts to provide the necessary resources and facilities for the development of hockey. This includes well-equipped stadiums, training academies, and coaching programs, which create a conducive environment for players to excel and realize their potential.

Moreover, the success stories of hockey players from Haryana act as a great source of inspiration for aspiring athletes. The achievements of players like Sandeep Singh, who hails from Shahabad, have instilled a sense of pride and motivation in the younger generation. These role models not only demonstrate the possibilities of success but also emphasize the importance of hard work, dedication, and discipline in achieving their goals.

The close-knit communities in Haryana also play a crucial role in motivating hockey players. Families, friends, and local supporters actively encourage and support young talents, providing them with the necessary encouragement and motivation to pursue their dreams. The sense of camaraderie and shared passion for the game further fuel the motivation levels among players.

### **Goal-Setting Strategies Employed by Hockey Players in Haryana**

Hockey players in Haryana employ various goal-setting strategies to enhance their performance and achieve success in their sport. These strategies play a vital role in keeping players focused, motivated, and driven towards their objectives.

One commonly employed goal-setting strategy among hockey players is the SMART goal framework. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. By setting specific and clearly defined goals, players can effectively channel their efforts and energy towards specific areas of improvement. These goals are measurable, allowing players to track their progress and make necessary adjustments along the way. Hockey players in Haryana also ensure that their goals are achievable and realistic, keeping in mind their current skill level and resources. They set goals that are relevant to their overall performance and align with their long-term aspirations. Additionally, incorporating a time-bound element helps create a sense of urgency and provides a deadline for achieving these goals.



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Another goal-setting strategy employed by hockey players in Haryana is the process-oriented approach. Rather than solely focusing on the outcome, players emphasize the steps and processes required to reach their goals. They break down their objectives into smaller, manageable tasks and concentrate on mastering the fundamental skills, improving physical fitness, and developing strategic understanding of the game. This approach allows players to stay focused on the present moment and make continuous progress, fostering a sense of accomplishment and motivation.(Davar, V,2012).

Furthermore, goal-setting strategies in Haryana often include regular self-assessment and reflection. Players critically evaluate their performance, identify areas of strengths and weaknesses, and set specific goals for improvement. They seek feedback from coaches, teammates, and experts to gain valuable insights and make necessary adjustments in their training and playing techniques.

Collaboration and team goal-setting are also important strategies employed by hockey players in Haryana. They engage in collective goal-setting sessions with their teammates and coaches, where they align their individual goals with the overall team objectives. This fosters a sense of unity, shared purpose, and collective accountability, motivating players to work together towards a common goal.

### **Problem Statement**

The psychological well-being and mental factors of athletes play a crucial role in their performance, motivation, and overall success in sports. However, there is a lack of comprehensive research on the psychological factors specifically among hockey players in Haryana state, India. Understanding these psychological factors is essential to develop effective strategies for enhancing player performance, mental resilience, and overall well-being. The problem statement of this study is to investigate the psychological factors among hockey players in Haryana state, with a focus on variables such as motivation, self-confidence, stress levels, goal setting, and coping mechanisms. By exploring these psychological factors, the study aims to identify the strengths, weaknesses, and areas of improvement in the mental aspects of hockey players. Addressing this problem is crucial because psychological factors significantly influence athletes' ability to handle pressure, make effective decisions, and maintain a positive mind-set during training and competition.



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Additionally, understanding the psychological factors unique to Haryana state hockey players can contribute to the development of targeted interventions and mental training programs tailored to their specific needs. By conducting this research, coaches, trainers, and sports psychologists can gain insights into the psychological challenges faced by hockey players in Haryana. This knowledge can be used to design appropriate mental skills training programs, counselling strategies, and support mechanisms to enhance players' psychological well-being, resilience, and performance. Ultimately, the study aims to contribute to the holistic development of hockey players in Haryana state, fostering a positive sports environment and nurturing their mental strengths for optimal athletic achievement.(Rani, M,2019).

### **Conclusion**

The research on exploring the determined psychological factors among hockey players in Haryana State holds significant implications for player development, coaching strategies, and talent identification in the region. By investigating the psychological dimensions that contribute to the determination and success of hockey players, this study provides valuable insights into the unique psychological characteristics of athletes in Haryana. Through a mixed-methods approach that combines quantitative surveys and qualitative interviews, the research aims to gain a comprehensive understanding of the psychological factors that influence player performance. The examination of factors such as self-confidence, goal-setting, motivation, resilience, and mental toughness within the context of Haryana's hockey players will contribute to the existing body of knowledge in sports psychology. The findings of this research have practical implications for enhancing player determination and optimizing their performance. Coaches, trainers, and sports psychologists can utilize the insights gained to design targeted psychological interventions, training programs, and support systems tailored to the specific needs of hockey players in Haryana. Additionally, the outcomes can aid in talent identification and the nurturing of young talent, thereby strengthening the overall hockey infrastructure in the region. the research contributes to the recognition and promotion of the significance of psychological factors in sports. By highlighting the role of determination and psychological well-being in hockey, this study emphasizes the holistic approach needed for athlete development.



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