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Study on individual and team sports tactfulness

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Abstract

Study Aim: The aim of this study was to find out the significant difference of tactfulness between individual and team sports. **Material and Methods:** A total of 620 male subjects between the age group of 18-25 years participated in this cross-sectional research. The participants were members of the Individual Sports (*viz.*, Athletics, Archery, Gymnastics, Badminton & Chess) and Team Sports (*viz.*, Cricket, Basketball & Volleyball). The Social Intelligence Scale, developed in 1986 by Ms. Usha Ganesan and N.K. Chadda, was used to assess tactfulness.

Statistical Technique: Unpaired t-test was employed for the present investigation. **Results:** An independent-samples t-test was conducted to compare the tactfulness for individual sports and team sports. There were significant differences ($0.0001 < 0.05$) in scores for individual sports ($M = 3.9839$, $SD = 1.3083$) and team sports ($M = 3.5613$, $SD = 1.3345$).

Keywords: Tactfulness, athletics, archery, gymnastics, badminton, chess, cricket, basketball, volleyball

Introduction

Sport psychology is an important avenue through which to better understand and improve sport performance. Sports psychological interventions have proven to be important over the years given the positive impact that they have on wellbeing and the optimization of sports performance [1]. The study of sports psychology, nowadays, has evolved as a promising discipline like study of child psychology, clinical psychology, industrial psychology, and educational psychology etc [2]. The major portion of the research literature on personality structure in the field of sports psychology is related to the comparison between sportspersons and non-sports persons [3]. The most important attribute for the making of athletes is polished sports talent, followed by psychological, environmental, and incentive factors, we summarize in the following paragraphs the articles which have been published thus far in this Special Issue entitled, "Sport Psychology Interventions for Athletes' Performance and Well-Being" [4]. Conducted a systematic review with a meta-analysis to examine the psychological interventions carried out to help young athletes with burnout syndrome [5]. One of the main goals of sport psychology is to identify those psychological factors that are relevant for sport performance as well as possibilities of their development. The fields of sport psychology have always been interested in the psychological factors that affect sport performance. Some studies have shown that it is possible to predict future success in sport, based on specific psychological factors, relatively successfully even in an early stage of sports engagement [6]. That psychological factor is crucial and should be developed from an early sports age. In this regard, the Talent Identification and Development System (TIDS) have been designed, which consists of four steps including Talent Detection, Talent Identification, Talent Development, and Talent Selection [7]. In addition, the tactical component is an essential factor for players to achieve high performance. In that sense, tactical behaviour is related to players' movement in the field to meet the situational demands of the game, based on a model of play. Players perform individual tactical behaviour through the core tactical principles which enable players to achieve solutions for the problems encountered in the field [8]. The tactical behavior is the response provided by the players to the different situations that occur in the game [9]. Tactical performance can be defined as the result of individual and collective actions performed in the game. Thus, the knowledge about tactical domain must be examined through the assessment of individual performance and players' interactions, as well as the factors which may affect these

interactions ^[10]. On the other hand, the role of tactical behavior has been studied with respect to maturational and peripheral perception processes ^[11]. Further research is needed to analyse the effectiveness of playing tactics and contextual variables in different countries and professional competitions. For that purpose, numerous studies have shown that systematic observation is an adequate methodology for analyzing tactical behaviors in sport ^[12].

Materials and Methods

Participants

A sum of 620 male participants aged between 18 and 25 years were involved in the cross-sectional study. These individuals were associated with the fields of Individual Sports, such as Athletics, Archery, Gymnastics, Badminton, and Chess, as well as Team Sports, including Cricket, Basketball, and Volleyball. The designated universities for this inquiry were as follows:

1. Guru Nanak Dev University, Amritsar.
2. Punjabi University, Patiala.
3. Panjab University, Chandigarh.
4. Lovely Professional University, Phagwara.

Research Design

This is an exploratory study that has employed method of data collection and analysis quantitatively with the aim to find out the significant differences between Individual and Team Sports on the variable, Tactfulness.

Statistical Analysis

The normality of the data was checked by using the Shapiro-wilk test of normality. Under the data analysis, exploration of

data was made with descriptive statistics and graphical analysis. Unpaired t-test was employed for the present investigation. The SPSS (statistical package for the social sciences) version 20.0 was used for all analyses. For testing the hypotheses, the level of significance was set at 0.05.

Results

Table 1: Descriptive statistics and independent samples t-test result comparing individual sports and team sports on tactfulness

	Tactfulness	
	Individual Sports	Team sports
Sample size	310	310
Arithmetic mean	3.9839	3.5613
95% CI for the mean	3.8377 to 4.1301	3.4121 to 3.7104
Variance	1.7117	1.7810
Standard deviation	1.3083	1.3345
Standard error of the mean	0.07431	0.07580
Mean Difference	0.4226	
Pooled Standard Deviation	1.3215	
Standard Error	0.1061	
95% CI of difference	0.6310 to 0.2141	
Test statistic t	3.981	
Degrees of Freedom (DF)	618	
P value	0.0001	

An independent-samples t-test was conducted to compare the tactfulness for individual sports and team sports. There were significant differences ($0.0001 < 0.05$) in scores for individual sports ($M = 3.9839$, $SD = 1.3083$) and team sports ($M = 3.5613$, $SD = 1.3345$).

The magnitude of the differences in the means (mean difference = 0.4226, 95% CI: 0.6310 to 0.2141) was significant.

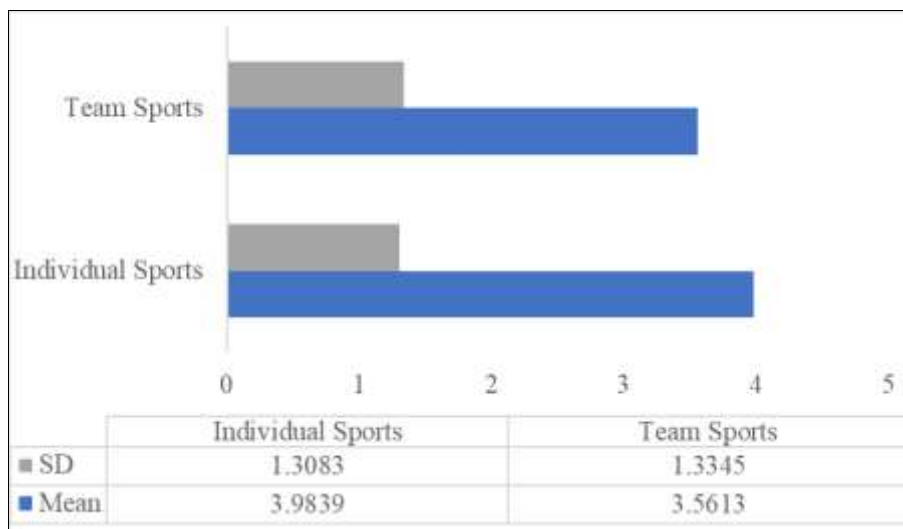


Fig 1: Mean scores for individual sports and team sports on tactfulness

Conclusion

The study aimed to determine the significant differences in tactfulness between participants involved in individual sports and those in team sports. Analysis of the Social Intelligence Scale data from 620 male subjects aged 18-25 years revealed a significant difference in tactfulness between the two groups. The independent-samples t-test showed that athletes in individual sports (mean = 3.9839, $SD = 1.3083$) exhibited higher levels of tactfulness compared to those in team sports (mean = 3.5613, $SD = 1.3345$), with a mean difference of 0.4226 (95% CI: 0.6310 to 0.2141). The observed p-value of 0.0001 confirms that this difference is statistically significant,

indicating that the context of individual sports fosters greater tactfulness than that of team sports. This finding suggests that the nature of individual sports may enhance specific social intelligence skills that contribute to higher levels of tactfulness compared to team sports settings. Future research may further explore the implications of these differences for athletes' performance and interactions in various sports contexts.

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Conflict of interest

The authors declare no conflicts of interest.

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