

A Comparative Study of Selected Psychological Variable of Basketball and Volleyball Sportsperson of Bangladesh Krirra Shikkha Protifsthan

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Abstract : This study presents the psychological status of basketball and volleyball sportspersons of Bangladesh Krirra Shikkha Protifsthan (BKSP) in Bangladesh. The subjects of the study were 34 sportspersons which were 20 Basketball and 14 Volleyball Sportspersons in BKSP. The age ranges of the subjects were 15 to 20 years. The subjects were all male sportspersons and regular students of BKSP. Anxiety control, concentration, confidence, mental preparation, and motivation were selected as psychological variables. Psychological Skill Inventory for Sport (PST) prepared by Mahoney Gabriel, Perking (1987) was used to assess the psychological skills of sportspersons to different sports. Mean standard deviation and independent t-test were used to analyze the data, and level of significance was set at 0.05. Significant differences were not found between psychological status between basketball and volleyball sportspersons of BKSP in Bangladesh.

Keywords : psychological variable, anxiety control, concentration, confidence, mental preparation, motivation

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