Introduction

Physical education, an integral part of total education process, has sustained considerable changes in the recent past according to the need and demand of the society. Physical education is not only the training of the physique but also educating people about their body and its function. The physical activities mostly depend on these factors such as, Aggression, Anxiety, Mental toughness and Attitude.

Physical Education an integral part of total education process, has sustained considerable changes in the recent past according to the need and demand of the society. Physical Education is not only the training of the physique but also educating people about their body and its function. The international chapter of Physical Education and sport 1978, of the UNESCOO states the over all education system must assign the requisite place and importance to physical Education and sport in order to establish a balance and strengthen links between physical activities and other components of education. The physical education is the multi disciplinary area of education. The aim of Physical Education is similar to general education as “ Over all development of various aspects link mental, physical, Social, emotional, intellectual, psychological and social – economic development etc. similarly physical Education also work in the same direction which leads to the social development and also all round development of the human being.

Attitude is ideas or feeling that one may have about something as a result of part experience or as a result of imaginative likes and dislikes. When condition or change in the environment occurs, whether for better or worse, we can usually expect to see a change in attitudes in physical Education we are concerned with the attitudes of students towards the physical Education activity program as well as towards individual activities within the program. It is important to measure attitude to see what effects various type of program administrative procedures and methods of instruction have upon a student feeling. When such measurement is objectively conducted of approach is opened up so that desirable change can be logically brought about.
**Statement of the problem:**

The purpose of the study will be study to the psychological variable among different levels of participation in women cricket players.

**Variables:**

Aggression
Sports Competition Anxiety
Mental Toughness
Attitude

**Delimitation:**

The study was conducted only women cricket player of India irrespective of their affiliation to a geographical region of India, socio-economic status, caste, colour or creed.

**Limitation:**

1. Questionnaire research has its limitations. As such any bias that might have crept into the subject response on their account may be considered as limitation.

2. The tests were administered at different points of time considering the availability of the subjects, their mood states as a result of winning or losing a particular match.

**Hypothesis:**

The hypotheses of the present study are
H1: There will be no significant difference between Anxiety among different level of participation in women cricket players.

H2: There will be no significant difference between mental toughness among difference level of participation in women cricket players

H3: There will be no significant difference between Aggression among different level of participation in women cricket players.

1- There will be no significant difference between Attitude among different levels of participation in women cricket players.

Definition and Explanation of the Term:

Aggression:

According to Bull (1990) ‘Aggression is any behaviour that is intended to harm another individual by physical or verbal means.

According to ‘ Aggression is any form of behaviour directed toward the goal of harming or injuring another living being who is motivated to avoid such treatment.

To understand the term it is necessary to divide aggression into two categories.

1- Hostile aggression

2- Assertive behaviour (often referred to as channeled aggression).

Mental toughness:

Mental toughness is the ability to consistently sustain one’s ideal performance state during adversities in competition. Performing to one’s potential requires good technique and mental skill. Ups and downs in performance are often directly traceable to psychological Ups and downs. Players who create a special atmosphere within them perform consistently. Mental toughness is learnt, not inherited. The ultimate measure of mental toughness is consistency.

Anxiety

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension and worrying. These disorders affect how we feel and behave and they can manifest real physical symptoms. Mild anxiety is vague and unsettling while severe anxiety can be extremely debilitating, having a serious impact on daily life. People often experience a general state of
worry or fear before confronting something challenging such as test, examination, recital or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with person’s ability to sleep or otherwise function. Generally speaking anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation.

**Attitude**

An attitude can be defined as a positive or negative evaluation of people, objects, events activities, ideas or just about anything in your environments (Zimbando etal 1999) in the opinion of (Bain 1927) an attitude is the relatively stable overt behaviour of a person which offers his status, “Attitude’s which are different to a group are their social attitudes or values in the Thomason Ian sense. The attitude is the status fixing behaviour. This differentiates it form halite and regetative processes as such, and totally ignores the hypothetical subjective states which have formerly been emphasised.

**Significance of the Study:**

1- The present study may be accountifying the coaches with the psychological factors which are useful in the modern sports not only during the training period but also higher sports competition.

2- The coach will know about the psychological training in insuring the peak performance among the player.

3- The coach with the help of sports understands once the cause of the psychological problem in the cricket players. Psychological various kinds of remedial techniques may be applied and help may be rendered to overcome the excessive emotional problem, which affect their performance.

4- The finding of the study may provide guideline to the future researcher, investigator in sports psychology and sports science to conduct further research in the field.