INTRODUCTION

Education can be defined as a change, a modification, or an adjustment on the part of an individual as a result of experience. It is associated with learning and is characteristically followed by some change in behavior. If that change is positive and in the right direction, it seems to help those individuals being educated to adjust more effectively to their experiences in that environment, or adjustment is manifested through growth, development and achievement. Education is the process by which the individual is shaped to fit into the society and which maintains and advances the social order. Education must be concerned with developing optimum organic health, vitality, emotional stability, social consciousness, knowledge, wholesome attitude and spiritual and moral qualities.

Psychology

The word psychology comes from the Greek words psyche, meaning mind or soul and logos, meaning science. Therefore from these Greek words it can be seen that psychology is the science of the mind and the soul. “Psychology is the science of activities of individual in relation to the environment. “Psychology is the science of human behavior. “Psychology is the science of consciousness and behavior and unconsciousness determinants of behavior.” “Psychology is the study of human behavior.” Psychology is the study of adjustments of organism, especially the human organism to changing environment. Psychology gives scientific analysis of the working of human mind. Psychology is the explanation of behavior in mental or psychical terms.

Sports

Sports and games are pervasive forces permeating American culture. They are basic institution in the social fabric and cultural universals for all people regardless of race, creed, geography or politics. Sports per se are difficult to define because it has so many meaning. Ultimately, the meaning of sports is inherent in the social function that it might provide a modern society. Sage theorizes that organized sports at the higher level, serves as a social agent for the deliberate scaling of the young into acceptance of our societal ethic which he label bureaucratic. The sports and play area is replete with situation that test not only the physical powers and mettle of the participations, but also their vales and subsequent behavior. The game process is failed with opportunities to act in an sportsman like manner to break rules, to cheat, to criticize officiate, to make excuses, to alibi in defeat, sulk when crossed gloat in victory and display ill temper at crucial moments on the other side of the coin sport
offers myriads of opportunities to control their negative behavior in a ethical manner, the 
teacher coach as the authority figure can provide the external guidance and discipline that 
sports process require.

Sport psychology is a interdisciplinary science that draws on knowledge from many related 
fields including biomechanics, physiology, kinesiology and psychology. It involves the study 
of how psychological factors affect performance and how participation in sport and exercise 
affect psychological and physical factors. In addition to instruction and training of 
psychological skills for performance improvement, applied sport psychology may include 
work with athletes, coaches, and parents regarding injury, rehabilitation, communication, 
team building, and career transitions.

The sport psychologist uses psychological assessment techniques and intervention strategies 
in an effort to help individuals to achieve their optimal performance. While sport psychology 
is concerned with analyzing human behavior in various types of sport settings, if focuses on 
the mental aspects of performance. The subjects of motor learning and sport psychology were 
closely associated at one time. However, in the last 20 years each has developed its own 
identity. Sports psychologists are now concerned with a multitude of subjects such as 
violence and aggression, arousal, motivation, social reinforcement, and levels of aspiration. 
The effect of competition on various populations such as youths or elite athletes is also 
another area of study.

The element of competition in sports demands more specialized research and training in 
psychology. That is how, today, we have “sports psychology,” “psychological conditioning,” 
“psychological preparation,” “psychological training” etc. These are now very common 
concepts and procedures in competitive games and sports. Sports psychology explores one’s 
behavior in athletics’ The idea is to improve the performance of athletes by exploring their 
psychic energy’. Sports psychology, today, is an emerging discipline like industrial 
psychology, medical psychology the child psychology the educational psychology etc. 
Athletic training is incomplete without mental training of athletes who have to cope with 
extremely stressful situations on and off the play field. Sports psychology steps into guide the 
athlete and the coach. Psychological approach to athletic training plays an important part 
today.

Psychological Factors Effecting Physical Performance:

Physical performance or performance in sports is no longer dependent on physiological well-
being of the athlete. It is well established by now that there are numerous psychological
factors which effect and improve the physical performance. The point where physiological response potential reaches the dead end, the psychological process seems to make the athlete click, by providing the boost or energy to achieve the goal, which physiologically seemed impossible and are a part and parcel of total sports training programmes. Important psychological factors which effect the physical performance are:

(1) **Individual differences among the athletes**
   - Personality
   - Intelligence
   - Attitude
   - Motivation
   - Aggression

(2) **Arousal and Activation**
   - Anxiety
   - Attention and Concentration
   - Mental Imagery
   - Group Dynamics
   - Intelligence

**Emotional Intelligence:** Emotional intelligence like general intelligence is the product of one’s heredity and its interaction with his environmental forces. Historically speaking them emotional intelligence was introduced in 1990 by American University Professors Dr. John Mayer and Dr. Peter Solevey in their attempt to develop a scientific measure for knowing the differences in people’s ability in the areas of emotion. Emotional intelligence refers to an ability to recognize the meanings of emotions and their relationship and to reason and problem solve on the basic of them emotional perceive emotions, assimilate emotion related feelings understand the information of those emotions and manage them. According to Aristotle, “To exhibit emotion is very easy but doing it at the right time at the right place with the right person and to the right degree is difficult. The management of emotion has given rise to the most talked about term emotion intelligence.”

**STATEMENT OF THE PROBLEM**
The researcher has selected this problem because of his personal interest in the sports psychology as well as the growing demands of psychology in the competitive sports. The researcher has noticed during competitions that some sportspersons may not be able to tolerate the stress or emotional tension arises during competition or may not be able to adjust
him with other teammates, which affect their performance. Keeping in view these problems of the sportspersons, the present researcher has made an attempt to explore non conventional, unexplored dimensions of psychology which have direct bearing on sports performance. Hence the study is focused on comparative evaluation of psychological variables among sportspersons. The titled as: “Comparative Study of Self-Concept, Emotional Intelligence and Personality Traits of Combative and Team Game State Level Players of Maharashtra.”

PURPOSE OF THE STUDY

The purpose of the study is to compare the Self-Concept, Emotional Intelligence and Personality Traits of Combative and Team Game State Level Players of Maharashtra.