CHAPTER 4

RESULTS AND DISCUSSION
CHAPTER-IV
RESULTS AND DISCUSSION

This chapter has been divided into three sections: Section-1 deals with the comparative results with regard to medalist and non-medalist softball players, male and female medalist of football players and relationship among the three variables i.e. Mental Health, Self-Esteem and Competitive Anxiety along with tables and figures. This has been followed section-II which provides the discussion of the results and their interpretation. Section-III presents the testing of hypotheses.

RESULTS

SECTION-I

TABLE-1
Mean Difference in the Scores of Mental Health of Medalist and Non-Medalist Male Inter-University Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Emotional Stability</td>
<td>13.05 1.708</td>
<td>10.05 1.541</td>
<td>3.00</td>
<td>0.373</td>
<td>8.042*</td>
</tr>
<tr>
<td>2.</td>
<td>Overall Adjustment</td>
<td>34.61 5.269</td>
<td>28.95 4.087</td>
<td>5.66</td>
<td>1.082</td>
<td>5.231*</td>
</tr>
<tr>
<td>3.</td>
<td>Autonomy</td>
<td>11.97 2.212</td>
<td>10.58 1.855</td>
<td>1.39</td>
<td>0.468</td>
<td>2.970*</td>
</tr>
<tr>
<td>4.</td>
<td>Security-Insecurity</td>
<td>12.95 2.482</td>
<td>10.08 1.937</td>
<td>2.87</td>
<td>0.511</td>
<td>5.616*</td>
</tr>
<tr>
<td>5.</td>
<td>Self-Concept</td>
<td>13.39 1.925</td>
<td>10.05 2.493</td>
<td>3.34</td>
<td>0.511</td>
<td>6.536*</td>
</tr>
<tr>
<td>6.</td>
<td>Intelligence</td>
<td>24.24 3.275</td>
<td>20.82 4.073</td>
<td>3.42</td>
<td>0.848</td>
<td>4.033*</td>
</tr>
<tr>
<td>7.</td>
<td>Overall Mental Health</td>
<td>110.21 10.382</td>
<td>90.53 8.657</td>
<td>19.68</td>
<td>2.193</td>
<td>8.974*</td>
</tr>
</tbody>
</table>

* Significant at 0.05 level t >2.00 (df = 74)

Emotional Stability

The results presented in Table-1 on the variable Emotional Stability relate to inter-university male medalist and non-medalist softball players. The
descriptive statistics shows the Mean and S.D. values of medalist players as 13.05 and 1.708 respectively. However, non-medalist players had Mean and S.D. values as 10.05 and 1.541 respectively. The ‘t’-value 8.042 as shown in the table above is significantly higher than the table value of 2.00 which was found to be significant at 0.05 level of significance with (df=74). It was further revealed from the above results that medalist players were found to be more emotionally stable than the non-medalist softball players.

**Overall Adjustment**

The results presented in the Table-1 indicate the variable **Overall Adjustment** among inter-university male medalist and non-medalist softball players. The obtained Mean and S.D. values of medalist players were 34.61 and 5.269 respectively, whereas non-medalist players had Mean value as 28.95 and S.D. value as 4.087 respectively. The ‘t’-value was 5.231, which was found to be higher and statistically significant than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). It is indicated from the above results that the medalist softball players were found to have better overall adjustment as compared to non-medalist players.

**Autonomy**

The results presented in the Table-1 on the variable **Autonomy** are regarding inter-university male medalist and non-medalist softball players. The descriptive statistics shows the Mean value 11.97 and S.D. value 2.212 in case of medalist players and Mean value 10.58 and S.D. value 1.855 in case of non-medalist players. The ‘t’-value 2.970 demonstrated significant difference between inter-university medalist and non-medalist male softball players as the t-value presented above is higher than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). It revealed from the above results that the medalist softball players were found to be more independent and self-determinant as compared to non-medalist players.
Security-Insecurity

The Table-1 above on the variable Security-Insecurity regarding inter-university male medalist softball players presents the Mean value 12.95 and S.D. value 2.482 respectively. However, non-medalist players had Mean value 10.08 and S.D. value 1.937 respectively. The ‘t’-value which was 5.616 and was higher than the table value of 2.00 and found to be significant at 0.05 level of significance with (df=74). It revealed that medalist players had better security level i.e. sense of safety, confidence and freedom from fear, than the non-medalist male Softball players.

Self-Concept

The results shown in table-1 on the variable Self-Concept indicate significant difference between medalist and non-medalist inter-university male softball players. The male medalist players had Mean value 13.39 and S.D. value 1.925 respectively. However, non-medalist players had Mean value 10.05 and S.D. value 2.493 respectively. The ‘t’-value 6.536 was found higher than the table value of 2.00 which is significant at 0.05 level of significance with (df=74). As the Mean value of medalist players was higher than the Mean value of non-medalist players, it indicated that medalist players had better self awareness than the non-medalist male softball players.

Intelligence

The results presented in Table-1 on variable Intelligence indicate significant difference between medalist and non-medalist inter-university male softball players as obtained Mean and S.D. values of the medalist players were 24.24 and 3.275 respectively. On the other hand, non-medalist players had Mean value as 20.82 and S.D. value as 4.073 respectively. The ‘t’-value 4.035 found to be significantly higher than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). It was further revealed from the above results that medalist players were found to have more intellect and brain power than the non-medalist softball players.
Overall Mental Health

A perusal of results in the above Table-1 regarding the variable Overall Mental Health indicates significant differences between medalist and non-medalist inter-university male softball players as obtained Mean and S.D. values of the medalist players were 110.21 and 10.382 respectively. On the other hand non-medalist players had Mean value 90.53 and S.D. value 8.657 respectively. The ‘t’-value 8.974 was found to be significantly higher than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74).

It indicates from the above results that the medalist players were overall mentally healthy as compared to non-medalist players.

TABLE-2
Mean difference in the scores of Self-esteem of Medalist and Non-Medalist Male Inter-University Softball players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean (SD)</td>
<td>Mean (SD)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Personally Perceived Self-Esteem</td>
<td>97.76 (9.769)</td>
<td>97.37 (14.837)</td>
<td>0.39</td>
<td>2.882</td>
<td>0.135</td>
</tr>
<tr>
<td>2.</td>
<td>Socially Perceived Self-Esteem</td>
<td>168.13 (14.987)</td>
<td>144.29 (13.733)</td>
<td>23.84</td>
<td>3.298</td>
<td>7.228*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00(df =74)

Personally Perceived Self-Esteem

The results presented in Table-2 on the variable Personally Perceived self-esteem indicated no significant difference between inter-university medalist and non-medalist male Softball players. The medalist players had Mean value 97.76 and S.D. value 9.769 respectively, whereas non-medalist players had Mean value 97.37 and S.D. value 14.837
respectively. The ‘t’-value 0.135 found to be insignificant as the ‘t’-value was lesser than the table value of 2.00.

Socially Perceived Self-Esteem

The results in Table-2 on the variable Socially Perceived self-esteem indicated significant difference between medalist and non-medalist softball players as the obtained Mean and S.D. values of medalist players were 168.13 and 14.987 respectively. Whereas non-medalist players had Mean value 144.29 and S.D. value 13.733 respectively. The ‘t’-value 7.228 found to be statistically significant than the table value of 2.00 which was significant at 0.05 level of significance with (df=74).

Self-Esteem (Total)

The results in Table-2 on the variable Self-Esteem (Total) indicated significant difference between medalist and non-medalist male softball players. The obtained Mean and S.D. values of medalist players were 265.89 and 18.361 respectively, whereas non-medalist players had Mean value 241.66 and S.D. value 20.106 respectively. The ‘t’-value 5.487 found to be significantly higher than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). It is revealed from the above results that medalist players have healthy self-esteem, having realistic and clear self-concepts, which might have facilitated them in their performance in the competitions as compared to non-medalist players.

TABLE-3

Mean difference in the scores of Sports Competitive Anxiety of Medalist and Non-medalist Male Inter-University Softball players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sports Competitive Anxiety</td>
<td>17.16</td>
<td>3.796</td>
<td>21.03</td>
<td>3.650</td>
<td>-3.87</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>Mean</td>
<td>-3.87</td>
<td>0.854</td>
<td>-4.531*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00(df =74)
Sports Competitive Anxiety

The results shown in Table-3 indicate significant differences on the variable of Sports Competitive Anxiety between male medalist and non-medalist softball players. The medalist players had Mean value 17.16 and S.D value 3.796 respectively, whereas non-medalist players had Mean value 21.03 and S.D value 3.650 respectively. The ‘t’-value -4.531 as shown in the table above was significantly higher than the table value of 2.00 which was found to be significant at 0.05 level of significance with (df=74). It was revealed from the above results that medalist players exhibited moderate Sports Competitive Anxiety than the non-medalist players who had more competition anxiety because of less competitive experience/exposure. Further, it is evident that a moderate amount of anxiety in players is often an aid to excel in sports competitions/situations.

TABLE-4
Mean Difference in the Scores of Mental Health of Medalist and Non-Medalist Female Inter-University Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Emotional Stability</td>
<td>10.95</td>
<td>1.413</td>
<td>9.71</td>
<td>1.469</td>
<td>1.24</td>
</tr>
<tr>
<td>2.</td>
<td>Overall Adjustment</td>
<td>29.63</td>
<td>5.048</td>
<td>25.34</td>
<td>4.401</td>
<td>4.29</td>
</tr>
<tr>
<td>3.</td>
<td>Autonomy</td>
<td>12.37</td>
<td>3.498</td>
<td>11.05</td>
<td>1.089</td>
<td>1.32</td>
</tr>
<tr>
<td>4.</td>
<td>Security-Insecurity</td>
<td>12.71</td>
<td>2.660</td>
<td>9.82</td>
<td>2.288</td>
<td>2.89</td>
</tr>
<tr>
<td>5.</td>
<td>Self Concept</td>
<td>12.11</td>
<td>2.141</td>
<td>9.53</td>
<td>2.658</td>
<td>2.58</td>
</tr>
<tr>
<td>6.</td>
<td>Intelligence</td>
<td>21.34</td>
<td>2.906</td>
<td>19.47</td>
<td>3.343</td>
<td>1.87</td>
</tr>
<tr>
<td>7.</td>
<td>Overall Mental Health</td>
<td>99.11</td>
<td>10.682</td>
<td>84.92</td>
<td>8.201</td>
<td>14.19</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00(df=74)
Emotional Stability

The results in Table-4 present the variable of Emotional stability between inter-university medalist and non-medalist female Softball players. The medalist players had Mean value 10.95 and S.D. value 1.413 respectively, whereas non-medalist players had Mean value 9.71 and S.D. value 1.469 respectively. The ‘t’-value 3.746 as shown in the table was significantly higher than the table value of 2.00 which was found to be significant at 0.05 level of significance with (df=74). Further it was revealed that there was less emotional stability in female non-medalist players as compared to their counterpart, medalist softball players.

Overall Adjustment

The results in Table-4 present the variable of Overall Adjustment between medalist and non-medalist female softball players. The medalist players had Mean value 29.63 and S.D. value 5.048 respectively. However, the non-medalist players had Mean value 25.34 and S.D. value 4.401 respectively. The ‘t’-value 3.950 found to be significantly higher than table value of 2.00 which was significant at 0.05 level of significance with (df=74). The female medalist players were found to have better adjustment as compared to non-medalist softball players.

Autonomy

Table-4 depicts results with regard to the variable Autonomy of medalist and non-medalist female softball players. The female medalist players had Mean value 12.37 and S.D. value 3.498 respectively. Whereas non-medalist players had Mean value 11.05 and S.D. value 1.089 respectively. The ‘t’-value 2.222 demonstrated significant difference between medalist and non-medalist female softball players as the ‘t’-value was higher than the table value of 2.00 which was significant at 0.05 level of significance with (df=74). It was revealed from the results that medalist players have shown more independence, sovereignty, self-sufficiency and self rules as compared to non-medalist players.
Security-Insecurity

Table-4 above shows the results related to the variable of Security-Insecurity of medalist and non-medalist female softball players. The medalist players had Mean value 12.71 and S.D. value 2.660 respectively, whereas non-medalist players had Mean value 9.82 and S.D. value 2.288 respectively. The 't'-value 5.079 found higher than the table value of 2.00 which was significant at 0.05 level of significance with (df=74). The results revealed that the female medalist players felt more secure, safe and sound than the non-medalist female players.

Self-Concept

The results projected in Table-4 above represent the variable Self-Concept of medalist and non-medalist female softball players. The medalist players had Mean value 12.11 and S.D. value 2.141 respectively. On the other hand, the non-medalist players had Mean value 9.53 and S.D. value 2.658 respectively. The ‘t’-value 4.657 was found higher than the table value of 2.00 which was significant at 0.05 level of significance with (df=74). It revealed that the medalist female softball players had better personal, competitive and contextual performance which resulted in, to have better self-concept than their counterpart non-medalist female players.

Intelligence

Table-4 depicts the results with regard to the variable Intelligence of female medalist and non-medalist softball players. The medalist players had Mean value 21.34 and S.D. value 2.906 respectively, whereas non-medalist players had Mean value 19.47 and S.D. value 3.343 respectively. The ‘t’-value 2.600 found to be significantly higher than the table value of 2.00 which was significant at 0.05 level of significance with (df=74). It revealed from the results that medalist players had more intellectual power than the non-medalist players.
Overall Mental Health

Table-4 presents the results with regard to the variable Overall Mental Health of inter-university medalist and non-medalist female softball players. The medalist players had Mean value 99.11 and S.D. value 10.682 respectively. On the other hand, non-medalist players had Mean value 84.92 and S.D. value 8.201 respectively. The 't'-value 6.494 found to be significantly higher than the table value of 2.00 which was significant at 0.05 level of significance with (df=74). The results indicate that female medalist players are more intellectual, emotionally stable, independent, felt more secure and safe, and mentally healthy as compared to non-medalist female players.

TABLE-5
Mean differences in the scores of Self-Esteem of Female Inter-University Medalist and Non-Medalist Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Personally Perceived Self-Esteem</td>
<td>95.11</td>
<td>9.400</td>
<td>83.55</td>
<td>17.983</td>
<td>11.55</td>
</tr>
<tr>
<td>2.</td>
<td>Socially Perceived Self-Esteem</td>
<td>159.66</td>
<td>14.982</td>
<td>141.32</td>
<td>10.426</td>
<td>18.34</td>
</tr>
<tr>
<td>3.</td>
<td>Self-Esteem (Total)</td>
<td>254.77</td>
<td>16.872</td>
<td>224.87</td>
<td>18.893</td>
<td>29.89</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00(df =74)

Personally Perceived Self-Esteem

Table-5 presents the results with regard to the variable Personally Perceived self-esteem between inter-university medalist and non-medalist female softball players. The medalist players had Mean value 95.11 and S.D. value 9.400 respectively, whereas non-medalist players had Mean value 83.55 and S.D. value 17.983 respectively. The 't'-value 3.508 found to be significantly higher than the table value of 2.00 which was required to be significant at 0.05 level of significance with(df=74).
Socially Perceived Self-Esteem

The results depicted in Table-5 above were with regard to the variable of Socially Perceived self-esteem between inter-university medalist and non-medalist female softball players. The medalist players had Mean value 159.66 and S.D. value 14.982 respectively. On the other hand, non-medalist players had Mean value 141.32 and S.D. value 10.426 respectively. The 't'-value 6.193 found to be statistically significant than the table value of 2.00 which was significant at 0.05 level of significance with(df=74).

Self-Esteem (Total)

Table-5 above shows the results with regard to the variable of Self-Esteem (Total) between inter-university medalist and non-medalist female softball players. The medalist players had Mean value 254.77 and S.D. value 16.872 respectively. However, non-medalist players had Mean value 224.87 and S.D. value 18.893 respectively. The 't'-value being 7.274 was found to significantly higher than the table value of 2.00 which was required to be significant at 0.05 level of significance with(df=74).

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Sports Competitive Anxiety</td>
<td>17.00</td>
<td>21.53</td>
<td>-4.53</td>
<td>0.551</td>
<td>-8.22*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level \( t >2.00(\text{df}=74) \)

Sports Competitive Anxiety

Table-6 describes the results with regard to the variable of Sports Competitive Anxiety between inter-university medalist and non-medalist female softball players. The medalist players had Mean value 17.00 and S.D. value 2.790 respectively, whereas non-medalist players had Mean value...
21.53 and S.D. value 1.942 respectively. The ‘t’-value being -8.22 was found to be significant than the table value of 2.00 which was significant at 0.05 level of significance with (df=74). The mean scores of non-medalist players show that they had higher level of competition anxiety than the medalist players who had moderate level of competition anxiety, which might have resulted in the poor performance by non-medalist players in the competition.

**TABLE-7**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Emotional Stability</td>
<td>11.18</td>
<td>11.13</td>
<td>0.05</td>
<td>0.372</td>
<td>0.134</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1.486</td>
<td>1.742</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Overall Adjustment</td>
<td>29.13</td>
<td>29.05</td>
<td>0.08</td>
<td>0.912</td>
<td>0.087</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3.558</td>
<td>4.349</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Autonomy</td>
<td>10.50</td>
<td>10.45</td>
<td>0.05</td>
<td>0.323</td>
<td>0.154</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1.520</td>
<td>1.288</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Security-Insecurity</td>
<td>10.50</td>
<td>9.21</td>
<td>1.29</td>
<td>0.304</td>
<td>4.243*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1.202</td>
<td>1.436</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Self Concept</td>
<td>10.74</td>
<td>8.74</td>
<td>2.00</td>
<td>0.421</td>
<td>4.750*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1.178</td>
<td>2.310</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Intelligence</td>
<td>22.50</td>
<td>17.66</td>
<td>4.84</td>
<td>0.558</td>
<td>8.673*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1.573</td>
<td>3.060</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Overall Mental Health</td>
<td>94.55</td>
<td>86.24</td>
<td>8.32</td>
<td>1.533</td>
<td>5.427*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5.166</td>
<td>7.917</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Significant at 0.05 level of significance with t >2.00(df=74)

**Emotional Stability**

The results projected in Table-7 above were with regard to the variable of Emotional Stability between inter-college medalist and non-medalist male softball players. The medalist players had Mean value 11.18 and S.D. value 1.486 respectively, whereas non-medalist players had Mean value 11.13 and S.D. value 1.742 respectively. The ‘t’-value being 0.134 was not found to be significant as the presented ‘t’-value was lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). These results revealed that medalist and non-medalist male softball players were quite similar with regard to their level of emotional stability.
Overall Adjustment

Table-7 describes the results with regard to the variable of Overall Adjustment between inter-college medalist and non-medalist male softball players. The medalist softball players had obtained the Mean value 29.13 and S.D. value 3.558 respectively, whereas non-medalist subjects had Mean value 29.05 and S.D. value 4.349 respectively. The calculated 't'-value was 0.087 which was not found significant as the table value 2.00 at 0.05 level of significance with (df=74) was greater than the presented 't'-value.

Autonomy

Table-7 shows the results with regard to the variable Autonomy between inter-college medalist and non-medalist male softball players. The medalist players had Mean value 10.50 and S.D. value 1.520 respectively. However, non-medalist players had Mean value 10.45 and S.D. value 1.288 respectively. The 't'-value was 0.154 which was not found significant as the calculated 't'-value was found lesser than the table value of 2.00 at 0.05 level of significance with (df=74).

Security-Insecurity

Table-7 above projects the results on the variable Security-Insecurity between inter-college medalist and non-medalist male softball players. The medalist subjects had Mean value 10.50 and S.D. value 1.202 respectively. On the other hand non-medalist subjects had Mean value 9.21 and S.D. value 1.436 respectively. The 't'-value was 4.243 which was found to be significant as the calculated 't'-value was found greater than the table value of 2.00 at 0.05 level of significance with (df=74). The medalist subjects were thus significantly better than non-medalist subjects on this variable as, higher the mean scores, better the feelings of security.

Self-Concept

Table-7 above describes the results with regard to the variable Self-Concept between inter-college medalist and non-medalist male softball
players. The medalist subjects had Mean value 10.74 and S.D. value 1.178 respectively. However, non-medalist subjects had Mean value 8.74 and S.D. value 2.310 respectively. The ‘t’-value 4.750 was found to be significantly higher than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). The medalist softball players demonstrated significantly higher level of self-concept as compared to non-medalist players.

**Intelligence**

Table-7 demonstrates the results with regard to the variable of Intelligence between inter-college medalist and non-medalist male softball players. The medalist subjects had Mean value 22.50 and S.D. value 1.573 respectively. The non-medalist subjects had Mean value 17.66 and S.D. value 3.060 respectively. The ‘t’-value 8.673 was found to be significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). The medalist players were found to have higher level of intelligence as they had higher mean scores compared to non-medalists players.

**Overall Mental Health**

Table-7 above shows the results with regard to the variable of Overall Mental Health between inter-college medalist and non-medalist male softball players. The medalist players had Mean value 94.55 and S.D. value 5.166 respectively. The non-medalist players had Mean value 86.24 and S.D. value 7.917 respectively. The ‘t’-value 5.427 was found to be significant as the presented ‘t’-value was greater than the table value of 2.00 at 0.05 level of significance with (df=74). The medalist players had higher mean score as compared to non-medalist players which indicated that medalist players had significantly better level of overall mental health than their non-medalist counterparts.
### TABLE-8
Mean Difference in the Scores of Self-Esteem of Medalist and Non-Medalist Male Inter-College Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Personally Perceived Self-Esteem</td>
<td>97.50</td>
<td>15.297</td>
<td>96.00</td>
<td>16.374</td>
<td>1.50</td>
</tr>
<tr>
<td>2.</td>
<td>Socially Perceived Self-Esteem</td>
<td>147.87</td>
<td>19.646</td>
<td>146.03</td>
<td>24.654</td>
<td>1.84</td>
</tr>
<tr>
<td>3.</td>
<td>Self-Esteem (Total)</td>
<td>245.37</td>
<td>25.127</td>
<td>242.03</td>
<td>28.360</td>
<td>3.34</td>
</tr>
</tbody>
</table>

Significant at 0.05 level t >2.00(df =74)

**Personally Perceived Self-Esteem**

Table-8 above projects the results with regard to the variable Personally Perceived self-esteem between inter-college medalist and non-medalist male softball players. The medalist subjects had Mean value 97.50 and S.D. value 15.297 respectively, whereas non-medalist subjects had the Mean value 96.00 and S.D. value 16.374 respectively. The 't'-value 0.412 was not found to be significant as the obtained 't' value was found lesser than the table value of 2.00 at 0.05 level of significance with (df=74).

**Socially Perceived Self-Esteem**

Table-8 above shows the results regarding the variable Socially Perceived self-esteem between inter-college medalist and non-medalist male softball players. The inter-college medalist subjects had Mean value 147.87 and S.D. value 19.646 respectively. However, non-medalist players had Mean value 146.03 and S.D. value 24.654 respectively. The obtained 't'-value 0.359 was not found to be significant on the table value of 2.00 at 0.05 level of significance with (df=74).
Self-Esteem (Total)

Table-8 above presents the results with regard to the variable Self-esteem (Total) between inter-college medalist and non-medalist male softball players. The medalist subjects had Mean value 245.37 and S.D. value 25.127 respectively. On the other hand, non-medalist subjects had Mean value 242.03 and S.D. value 28.360 respectively. The ‘t’-value 0.544 was not found be significant as the obtained ‘t’-value was found lesser than the table value of 2.00 at 0.05 level of significance with (df=74). It reveals from the above results that the inter-college medalist and non-medalist male softball players had quite similar level of self-esteem.

TABLE-9

Mean Difference in the Scores of Sports Competitive Anxiety of Medalist and Non-Medalist Male Inter-College Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Sports Competitive Anxiety</td>
<td>19.00</td>
<td>1.724</td>
<td>20.68</td>
<td>2.631</td>
<td>-1.68</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00(df =74)

Sports Competitive Anxiety

Table-9 above demonstrates the results with regard to the variable Sports Competitive Anxiety between inter-college medalist and non-medalist male softball players. The medalist subjects had Mean value 19.00 and S.D. value 1.724 respectively. However, non-medalist subjects had Mean value 20.68 and S.D. value 2.631 respectively. The calculated ‘t’-value -3.294 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results demonstrate that non-medalist players had high competitive anxiety level as compared to medalist players who had moderate level of competitive anxiety which might have resulted in poor performance by non-medalist players in the competition.
TABLE-10
Mean Differences in the Scores of Mental Health of Medallist and Non-Medallist Female Inter-College Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medallist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Emotional Stability</td>
<td>10.13</td>
<td>1.614</td>
<td>8.87</td>
<td>1.417</td>
<td>1.26</td>
</tr>
<tr>
<td>2.</td>
<td>Overall Adjustment</td>
<td>26.50</td>
<td>3.294</td>
<td>23.79</td>
<td>3.248</td>
<td>2.71</td>
</tr>
<tr>
<td>3.</td>
<td>Autonomy</td>
<td>11.24</td>
<td>1.051</td>
<td>10.92</td>
<td>0.997</td>
<td>0.32</td>
</tr>
<tr>
<td>4.</td>
<td>Security-Insecurity</td>
<td>9.24</td>
<td>1.125</td>
<td>8.84</td>
<td>1.763</td>
<td>0.39</td>
</tr>
<tr>
<td>5.</td>
<td>Self-Concept</td>
<td>10.03</td>
<td>1.219</td>
<td>8.34</td>
<td>1.977</td>
<td>1.68</td>
</tr>
<tr>
<td>6.</td>
<td>Intelligence</td>
<td>20.29</td>
<td>2.903</td>
<td>15.66</td>
<td>3.780</td>
<td>4.63</td>
</tr>
<tr>
<td>7.</td>
<td>Overall Mental Health</td>
<td>87.43</td>
<td>6.817</td>
<td>76.42</td>
<td>6.989</td>
<td>11.01</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level of significance with t >2.00(df=74)

**Emotional Stability**

Table-10 above shows the results related to the variable **Emotional Stability** between inter-college medalist and non-medalist female softball players. The medalist subjects had Mean value 10.13 and S.D. value 1.614 respectively, whereas the non-medalist subjects had Mean value 8.87 and S.D. value 1.417 respectively. The calculated ‘t’ value between these two groups was 3.620 which was found to be significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). The medalist players were found to have higher level of emotional stability as they had obtained higher mean scores.
Overall adjustment

Table-10 above shows the results with regard to the variable **Overall adjustment** between inter-college medalist and non-medalist female softball players. The medalist players had Mean value 26.50 and S.D. value 3.294 respectively, whereas non-medalist players had Mean value 23.79 and S.D. value 3.248 respectively. The ‘t’-value being 3.613 was found to be significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). The results indicated that medalist players had significantly higher level of adjustment as compared to non-medalist softball players.

Autonomy

Table-10 presents the results with regard to the variable **Autonomy** between inter-college medalist and non-medalist female softball players. The medalist players had Mean value 11.24 and S.D. value 1.051 respectively, whereas non-medalist players had Mean value 10.92 and S.D. value 0.997 respectively. The ‘t’-value 1.361 was not found significant as the obtained ‘t’-value was found lesser than the table value of 2.00 at 0.05 level of significance with (df=74). The results revealed that medalist and non-medalist female softball players had almost similar level of autonomy.

Security-Insecurity

Table-10 above shows the results on the variable **Security-Insecurity** between medalist and non-medalist female softball players. The medalist players had Mean value 9.24 and S.D. value1.125 respectively. However, non-medalist players had Mean value 8.84 and S.D. value 1.763 respectively. The ‘t’-value 1.150 was not found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results revealed that medalist and non-medalist female softball players had relatively similar level of security-insecurity.
Self-Concept

Table-10 above projects the results on the variable **Self-concept** between medalist and non-medalist female softball players. Female medalist subjects had Mean score 10.03 and S.D. value 1.219 respectively. The non-medalist subjects had Mean value 8.34 and S.D. value 1.977 respectively. The 't'-value 4.456 was found to be significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). The obtained results indicated that the medalist players had significantly higher level of self-concept as compared to non-medalist players.

Intelligence

Table-10 above indicates the results with regard to the variable **Intelligence** between female medalist and non-medalist softball players. The medalist players had Mean value 20.29 and S.D. value 2.903 respectively. The non-medalist players had Mean value 15.66 and S.D. value 3.780 respectively. The ‘t’-value 5.989 was found significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). The above results demonstrated that medalist players were found to be significantly more intellectual as compared to non-medalist players.

Overall mental health

Table-10 above demonstrates the results with regard to the variable **Overall mental health** difference between medalist and non-medalist female softball players. The medalist subjects had Mean value 87.43 and S.D. value 6.817 respectively. The non-medalist subjects had Mean value 76.42 and S.D. value 6.989 respectively. The calculated ‘t’-value 6.950 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df =74). The results indicated that medalist players had a higher level of overall mental health as compared to their counterparts i.e. non-medalist players.
TABLE-11
Mean Difference in the Scores of Self-Esteem of Medalist and Non-Medalist Female Inter-College Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Personally Perceived Self-Esteem</td>
<td>94.08</td>
<td>15.366</td>
<td>93.11</td>
<td>17.516</td>
<td>0.97</td>
</tr>
<tr>
<td>2.</td>
<td>Socially Perceived Self-Esteem</td>
<td>143.58</td>
<td>22.897</td>
<td>141.37</td>
<td>23.054</td>
<td>2.21</td>
</tr>
<tr>
<td>3.</td>
<td>Self-Esteem (Total)</td>
<td>237.66</td>
<td>20.101</td>
<td>234.47</td>
<td>15.831</td>
<td>3.19</td>
</tr>
</tbody>
</table>

Significant at 0.05 level t >2.00(df =74)

Personally Perceived Self-Esteem

Table-11 above presents the results with regard to the variable Personally Perceived self-esteem between medalist and non-medalist female softball players. The medalist players had Mean value 94.08 and S.D. value 15.366 respectively, whereas non-medalist players had Mean value 93.11 and S.D. value 17.516 respectively. The 't'-value 0.258 was not found statistically significant as the obtained 't'-value was found lesser than the table value of 2.00 at 0.05 level of significance with (df=74). It revealed from the above results that medalist and non-medalist female softball players had similar level of personally perceived self-esteem to a certain extent.

Socially Perceived Self-Esteem

Table-11 above demonstrates the results with regard to the variable Socially Perceived self-esteem between medalist and non-medalist female softball players. The medalist players had Mean value 143.58 and S.D. value 22.897 respectively, whereas non-medalist players had Mean value 141.37 and S.D. value 23.054 respectively. The 't'-value 0.419 was not found to be
significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results indicated that the medalist and non-medalist female softball players had almost similar level of Socially Perceived self-esteem.

**Self-Esteem (Total)**

Table-11 above indicates the results with regard to the variable Self-Esteem (Total) between medalist and non-medalist female softball players. The medalist subjects had obtained Mean value 237.66 and S.D. value 20.101 respectively. However, non-medalist subjects had Mean value 234.47 and S.D. value 15.831 respectively. The calculated ‘t’-value 0.768 was not found significant as the table value 2.00 was found greater than the obtained ‘t’ value at 0.05 level of significance with (df=74). The results revealed that medalist and non-medalist female softball players were quite similar with regard to their level of self-esteem (Total).

**TABLE-12**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Medalist Players = 38</th>
<th>Non-Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Sports Competitive Anxiety</td>
<td>20.21</td>
<td>1.975</td>
<td>21.13</td>
<td>1.833</td>
<td>-0.92</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00 (df =74)

**Sports Competitive Anxiety**

Table-12 above presents the results on the variable of Sports Competitive Anxiety between medalist and non-medalist female softball players. The medalist players had Mean value 20.21 and S.D. value 1.975 respectively. However, non-medalist players had Mean value 21.13 and S.D. value 1.833 respectively. The 't'-value -2.105 was found to be significantly
higher than the table value of 2.00 at 0.05 level of significance with (df=74). It demonstrated from the above results that female non-medalist players had higher level of competitive anxiety than medalist players who had demonstrated the moderate level of anxiety resulting which they had performed better than the non-medalist players in the competition.

TABLE-13
Mean difference in the Scores of Mental Health of Inter-university Male Medalist and Inter-College Male Medalist Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-University Medalist Players = 38</th>
<th>Inter-College Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Emotional Stability</td>
<td>13.05 1.708</td>
<td>11.18 1.486</td>
<td>1.87</td>
<td>0.367</td>
<td>5.095*</td>
</tr>
<tr>
<td>2.</td>
<td>Overall Adjustment</td>
<td>34.61 5.269</td>
<td>29.13 3.558</td>
<td>5.47</td>
<td>1.031</td>
<td>5.305*</td>
</tr>
<tr>
<td>3.</td>
<td>Autonomy</td>
<td>11.97 2.212</td>
<td>10.50 1.520</td>
<td>1.47</td>
<td>0.435</td>
<td>3.379*</td>
</tr>
<tr>
<td>4.</td>
<td>Security-Insecurity</td>
<td>12.95 2.482</td>
<td>10.50 1.202</td>
<td>2.45</td>
<td>0.447</td>
<td>5.480*</td>
</tr>
<tr>
<td>5.</td>
<td>Self-Concept</td>
<td>13.39 1.925</td>
<td>10.74 1.178</td>
<td>2.66</td>
<td>0.366</td>
<td>7.267*</td>
</tr>
<tr>
<td>6.</td>
<td>Intelligence</td>
<td>24.24 3.275</td>
<td>22.50 1.573</td>
<td>1.74</td>
<td>0.589</td>
<td>2.954*</td>
</tr>
<tr>
<td>7.</td>
<td>Overall Mental Health</td>
<td>110.21 10.382</td>
<td>94.55 5.166</td>
<td>15.66</td>
<td>1.881</td>
<td>8.325*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level \( t > 2.00(\text{df}=74) \)

**Emotional Stability**

Table-13 above presents the results with regard to the variable **Emotional Stability** between inter-university and inter-college medalist male softball players. The inter-university medalist male players had Mean value 13.05 and S.D. value 1.708 respectively. On the other hand, inter-college medalist male players had Mean value 11.18 and S.D. value 1.486
respectively. The ‘t’-value 5.095 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The inter-university medalist male players had shown better emotional stability as compared to inter-college medalist male softball players.

**Overall Adjustment**

Table-13 above shows the results relating to the variable Overall Adjustment between inter-university medalist male softball players and inter-college medalist male softball players. The inter-university medalist male subjects had the Mean value 34.61 and S.D. value 5.269 respectively. However, the inter-college medalist male subjects had Mean values 29.13 and S.D. value 3.558 respectively. The calculated ‘t’-value 5.305 was found to be significant as the obtained ‘t’-value was found to be greater than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). The inter-university medalist male softball players had significantly higher mean score which shows that they were more cohesive resulting better overall adjustment as compared to inter-college medalist male softball players.

**Autonomy**

Table-13 above shows the results with regard to the variable Autonomy between inter-university medalist male softball players and inter-college medalist male softball players. The inter-university medalist players had Mean value 11.97 and S.D. value 2.212 respectively, whereas the inter-college medalist players had Mean values 10.50 and S.D. value 1.520 respectively. The calculated ‘t’-value was 3.379 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The above results revealed that the inter-university medalist male softball players demonstrated more independence as compared to the inter-college medalist male softball players.
Security-Insecurity

Table-13 presents the results with regard to the variable Security-Insecurity between inter-university medalist male softball players and inter-college medalist male softball players. The inter-university medalist players had Mean value 12.95 and S.D. value 2.482 respectively. The inter-college medalist male players had Mean value 10.50 and S.D. value 1.202 respectively. The calculated ‘t’-value 5.480 was found significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). The inter-University medalist subjects were thus, significantly better than inter-college medalist subjects on the said variable as their higher level of performance might have inculcated better feelings of security.

Self-Concept

Table-13 above contains the results relating to the variable Self-Concept between inter-university medalist male softball players and inter-college medalist male softball players. The inter-university medalist players had Mean value 13.39 and S.D. value 1.925 respectively. However, inter-college medalist players had Mean value 10.74 and S.D. value 1.178 respectively. The ‘t’-value 7.267 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results revealed that inter-university medalist male softball players demonstrated better self-concept as compared to their counterpart inter-college medalist male softball players.

Intelligence

Table-13 above indicates the results with regard to the variable Intelligence between inter-university medalist male softball players and inter-college medalist male softball players. The inter-university medalist players had Mean value 24.24 and S.D. value 3.275 respectively. On the other hand the inter-college medalist male players had Mean value 22.50 and S.D. value 1.573 respectively. The calculated ‘t’-value 2.954 was found to be significant.
as the obtained ‘t’-value was found greater than the table value of 2.00 at 0.05 level of significance with (df=74). The results demonstrated that the inter-university medalist male softball players had significantly more brain power as compared to inter-college medalist male softball players.

**Overall Mental Health**

Table-13 above contains the results with regard to the variable *Overall Mental Health* between inter-university medalist male softball players and inter-college medalist male softball players. The inter-university medalist subjects had Mean value 110.21 and S.D. 10.382 respectively, whereas the inter-college medalist subjects had Mean value 94.55 and S.D. value 5.166 respectively. The ‘t’-value 8.325 was found statistically significant at the table value of 2.00 at 0.05 level of significance with (df=74). It depicted from the above results that inter-university medalist male softball players had higher level of emotional stability, better adjustment, more intelligence, more independence, felt more secure and had better self-concept which leads them to have better overall mental health as compared to inter-college medalist male softball players.

**TABLE-14**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-University Medalist Players = 38</th>
<th>Inter-College Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Personally Perceived Self-Esteem</td>
<td>97.76</td>
<td>97.50</td>
<td>0.26</td>
<td>2.944</td>
<td>0.089</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9.769</td>
<td>15.297</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Socially Perceived Self-Esteem</td>
<td>168.13</td>
<td>147.87</td>
<td>20.26</td>
<td>4.008</td>
<td>5.054*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14.987</td>
<td>19.646</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Self-Esteem (Total)</td>
<td>265.89</td>
<td>245.37</td>
<td>20.52</td>
<td>5.048</td>
<td>4.064*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18.361</td>
<td>25.127</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00(df =74)
Personally Perceived Self-Esteem

Table-14 above presents the results with regard to the variable Personally Perceived self-esteem between inter-university male softball players and inter-college medalist male softball players. The inter-university male medalist players had Mean value 97.76 and S.D. value 9.769 respectively, whereas inter-college medalist players had Mean value 97.50 and S.D. value 15.297 respectively. The 't'-value 0.089 was not found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). It revealed from the above results that inter-university male softball players and inter-college medalist male softball players had almost same level of personally perceived self-esteem to a certain extent.

Socially Perceived Self-Esteem

Table-14 above shows the results with regard to the variable Socially Perceived self-esteem between inter-university medalist male softball players and inter-college medalist male softball players. The inter-university medalist players had Mean value 168.13 and S.D. value 14.987 respectively. The inter-college male medalist players had Mean value 147.87 and S.D. value 19.646 respectively. The calculated 't'-value 5.054 between these two groups was found to be significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). The results demonstrated that the inter-university medalist male softball players were significantly more socially perceived as compared to inter-college medalist male softball players.

Self-Esteem (Total)

Table-14 above demonstrates the results on the variable of Self-esteem (Total) between inter-university medalist male softball players and inter-college medalist male softball players. The inter-university male medalist player had Mean value 265.89 and S.D. value 18.361 respectively, whereas inter-college medalist male players had Mean value 245.37 and S.D. value 25.127 respectively. The 't'-value 4.064 was found to be significant at
The table value of 2.00 at 0.05 level of significance with (df=74). The above results revealed that inter-University medalist male softball players had better sense of worth, confidence and self respect as compared to the inter-College medalist male softball players.

**TABLE-15**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Inter-University Male Medalist Players = 38</th>
<th>Inter-College Male Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>17.16</td>
<td>19.00</td>
<td>-1.84</td>
<td>0.676</td>
<td>-2.721*</td>
</tr>
<tr>
<td>SD</td>
<td>3.796</td>
<td>1.724</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00 (df=74)

**Sports Competitive Anxiety**

Table-15 above depicts the results with regard to the variable **Sports Competitive Anxiety** between inter-university medalist male softball players and inter-college medalist male softball players. The inter-university male medalist subjects had Mean value 17.16 and S.D. value 3.796 respectively, whereas the inter-college medalist male subjects had Mean value 19.00 and S.D. value 1.724 respectively. The ‘t’-value -2.721 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The above results revealed that inter-college male medalist players had significantly higher level of Sports Competitive Anxiety as compared to inter-university male medalist softball players. The above results might be due to their less psychological training and competitive experience/exposure to higher level of competitions.
**TABLE-16**

Mean difference in the scores of Mental Health of Inter-University Female Softball players and Inter-College Female Medalist Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Mean Inter-University Medalist Players = 38</th>
<th>Mean Inter-College Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Emotional Stability</td>
<td>10.95</td>
<td>10.13</td>
<td>0.82</td>
<td>0.348</td>
<td>2.356*</td>
</tr>
<tr>
<td>2.</td>
<td>Overall Adjustment</td>
<td>29.63</td>
<td>26.50</td>
<td>3.13</td>
<td>0.978</td>
<td>3.200*</td>
</tr>
<tr>
<td>3.</td>
<td>Autonomy</td>
<td>12.37</td>
<td>11.24</td>
<td>1.13</td>
<td>0.593</td>
<td>1.905</td>
</tr>
<tr>
<td>4.</td>
<td>Security-Insecurity</td>
<td>12.71</td>
<td>9.24</td>
<td>3.47</td>
<td>0.469</td>
<td>7.398*</td>
</tr>
<tr>
<td>5.</td>
<td>Self-Concept</td>
<td>12.11</td>
<td>10.03</td>
<td>2.08</td>
<td>0.400</td>
<td>5.202*</td>
</tr>
<tr>
<td>6.</td>
<td>Intelligence</td>
<td>21.34</td>
<td>20.29</td>
<td>1.05</td>
<td>0.666</td>
<td>1.576</td>
</tr>
<tr>
<td>7.</td>
<td>Overall Mental Health</td>
<td>99.11</td>
<td>87.43</td>
<td>11.68</td>
<td>2.056</td>
<td>5.680*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level $t > 2.00 (df=74)$

**Emotional Stability**

Table-16 above presents the results on the variable **Emotional Stability** between inter-university medalist softball female players and inter-college medalist softball female players. The inter-university medalist softball female players had Mean value 10.95 and S.D. value 1.413 respectively, whereas inter-college medalist softball female players had Mean value 10.13 and S.D. value 1.614 respectively. The 't'-value 2.356 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The inter-university medalist softball female players had more emotional stability as compared to their counterpart i.e. inter-college medalist softball female players.

**Overall Adjustment**

Table-16 above shows the results with regard to the variable **Overall Adjustment** between inter-university medalist softball female players and inter-college medalist softball female players. The inter-university medalist
female subjects had Mean value 29.63 and S.D. value 5.048 respectively. However, the inter-college medalist female subjects had Mean value 26.50 and S.D. value 3.294 respectively. The ‘t’-value 3.200 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The inter-university medalist softball female players had better level of overall adjustment as compared to the inter-college medalist softball female players.

**Autonomy**

Table-16 above presents the results with regard to the variable Autonomy between inter-university medalist softball female players and inter-college medalist softball female players. The inter-university medalist female subjects had Mean value 12.37 and S.D. value 3.498 respectively. However, the inter-college medalist female subjects had Mean value 11.24 and S.D. value 1.051 respectively. The ‘t’-value 1.905 was not found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results revealed that inter-University medalist female softball players and inter-College medalist female softball players had almost similar level of independence.

**Security-Insecurity**

Table-16 above depicts the results on the variable Security-Insecurity between inter-university medalist softball female players and inter-college medalist softball female players. The inter-university medalist female subjects had Mean value 12.71 and S.D. value 2.660 respectively, whereas inter-college medalist female softball players had Mean value 9.25 and S.D. value 1.125 respectively. The ‘t’-value 7.398 was found significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). The results demonstrated that the inter-university medalist softball female players had better sense of security as compared to inter-college medalist softball female players.

**Self-Concept**

Table-16 above demonstrates the results on the variable Self-Concept between inter-university medalist softball female players and inter-college
medalist softball female players. The inter-university medalist subjects had the Mean value 12.11 and S.D. value 2.141 respectively. However, inter-college medalist female softball players had these values as 10.03 and 1.219 respectively. The calculated ‘t’-value 5.202 found to be significant at the table value of 2.00 at 0.05 level of significance with (df =74). The results revealed that the inter-university medalist softball female players had better concept of self as compared to inter-college medalist softball female players.

Intelligence

Table-16 above presents the results on the variable Intelligence between inter-university medalist softball female players and inter-college medalist softball female players. The inter-university medalist female softball players had Mean value 21.34 and S.D. value 2.906 respectively. On the other hand inter-college medalist female softball players had Mean value 20.29 and S.D. value 2.903 respectively. The ‘t’-value 1.576 was not found significant at the table value of 2.00 at 0.05 level of significance with (df=74). It shows from the above results that the inter-university medalist softball female players and inter-college medalist softball female players had quite similar level of intelligence and brain power.

Overall mental health

Table-16 above depicts the results with regard to the variable overall mental health between inter-university medalist softball female players and inter-college medalist softball female players. The inter-university medalist female softball subjects had Mean value 99.11 and S.D. value 10.682 respectively. On the other hand, inter-college medalist female softball subjects had Mean value 87.43 and S.D. value 6.817 respectively. The calculated ‘t’-value 5.680 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The above results revealed that inter-university female medalist players had significantly higher level of overall mental health as compared to inter-college female medalist softball players. The above results might be due to high level of psychological training.
and exposure to different situations during higher level of sports training camps.

TABLE-17
Mean Difference in the Scores of Self-Esteem of Inter-University Female Medalist and Inter-College Female Medalist Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-University Medalist Players = 38</th>
<th>Inter-College Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Personally Perceived Self-Esteem</td>
<td>95.11</td>
<td>9.400</td>
<td>94.08</td>
<td>15.366</td>
<td>1.03</td>
</tr>
<tr>
<td>2.</td>
<td>Socially Perceived Self-Esteem</td>
<td>159.66</td>
<td>14.982</td>
<td>143.58</td>
<td>22.897</td>
<td>16.08</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t > 2.00(df = 74)

Personally Perceived Self-Esteem

Table-17 above shows the results on the variable Personally Perceived self-esteem between inter-university medalist softball female players and inter-college medalist softball female players. The inter-university medalist female softball subjects had Mean value 95.11 and S.D. value 9.400 respectively. On the other hand, inter-college medalist female softball subjects had Mean value 94.08 and S.D. value 15.366 respectively. The ‘t’-value 0.352 was not found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The above results indicated that the inter-university medalist softball female players and inter-college medalist softball female players had almost similar level of personally perceived self-esteem.

Socially Perceived Self-Esteem

Table-17 above depicts the results with regard to the variable Socially Perceived self-esteem between inter-university medalist softball female
players and inter-college medalist softball female players. The inter-university medalist female softball subjects had Mean value 159.66 and S.D. value 14.982 respectively, whereas inter-college medalist softball female players had Mean value 143.58 and S.D. value 22.897 respectively. The ‘t'-value 3.622 found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). It revealed from the above results that the inter-university medalist softball female players had better socially perceived self-esteem as compared to inter-college medalist softball female players.

Self-Esteem (Total)

Table-17 above presents the results with regard to the variable Self-esteem (Total) between inter-university medalist softball female players and inter-college medalist softball female players. The inter-university medalist female softball subjects had Mean value 254.77 and S.D. value 16.872 respectively. As compared to these values, the other group i.e. inter-college medalist female softball subjects had Mean value 237.66 and S.D. value 20.101 respectively. The calculated ‘t'-value 4.019 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The above results exhibited that the inter-university medalist female softball players had better self-worth, confidence and self respect as compared to the inter-college medalist female softball players.

**TABLE-18**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-University Medalist Players = 38</th>
<th>Inter-College Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Sports Competitive Anxiety</td>
<td>17.00 2.790</td>
<td>20.21 1.975</td>
<td>-3.21</td>
<td>0.555</td>
<td>-5.783*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00(df =74)
Sports Competitive Anxiety

Table 18 above depicts the results with regard to the variable Sports Competitive Anxiety between inter-university medalist softball female players and inter-college medalist softball female players. The inter-university medalist female softball subjects had Mean value 17.00 and S.D. value 2.790 respectively, whereas inter-college medalist female softball subjects had Mean value 20.21 and S.D. value 1.975 respectively. The ‘t’-value -5.783 found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results revealed significantly higher level of Sports Competitive Anxiety in inter-college medalist female players as compared to inter-university medalist female softball players.

TABLE 19
Mean Differences in the Scores of Mental Health of Inter-College Male and Inter-College Female Medalist Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-College Male Medalist Players = 38</th>
<th>Inter-College Female Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Emotional Stability</td>
<td>11.18 1.486</td>
<td>10.13 1.614</td>
<td>1.05</td>
<td>0.356</td>
<td>2.949*</td>
</tr>
<tr>
<td>2.</td>
<td>Overall Adjustment</td>
<td>29.13 3.558</td>
<td>26.50 3.294</td>
<td>2.63</td>
<td>0.787</td>
<td>3.341*</td>
</tr>
<tr>
<td>3.</td>
<td>Autonomy</td>
<td>10.50 1.520</td>
<td>11.24 1.051</td>
<td>-0.74</td>
<td>0.300</td>
<td>-2.466*</td>
</tr>
<tr>
<td>4.</td>
<td>Security-Insecurity</td>
<td>10.50 1.202</td>
<td>9.24 1.125</td>
<td>1.26</td>
<td>0.267</td>
<td>4.719*</td>
</tr>
<tr>
<td>5.</td>
<td>Self-Concept</td>
<td>10.74 1.178</td>
<td>10.03 1.219</td>
<td>0.71</td>
<td>0.275</td>
<td>2.581*</td>
</tr>
<tr>
<td>6.</td>
<td>Intelligence</td>
<td>22.50 1.573</td>
<td>20.29 2.903</td>
<td>2.21</td>
<td>0.536</td>
<td>4.123*</td>
</tr>
<tr>
<td>7.</td>
<td>Overall Mental Health</td>
<td>94.55 5.166</td>
<td>87.43 6.817</td>
<td>7.12</td>
<td>1.387</td>
<td>5.133*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00(df =74)
Emotional stability

Table-19 above shows the results with regard to the variable Emotional Stability between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean value 11.18 and S.D. value 1.486 respectively. On the other hand inter-college medalist female softball players had Mean value 10.13 and S.D. Value 1.614 respectively. The ‘t’-value 2.949 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results revealed that inter-college medalist male softball players had better emotional stability as compared to inter-college medalist female softball players.

Overall Adjustment

Table-19 above presents the results on the variable Overall Adjustment between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean value 29.13 and S.D. value 3.558 respectively, whereas inter-college medalist female softball players had Mean value 26.50 and S.D. value 3.294 respectively. The ‘t’-value 3.341 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). It revealed from the above results that inter-college medalist male softball players had better level of overall adjustment as compared to the inter-college medalist female softball players.

Autonomy

Table-19 above demonstrates the results with regard to the variable Autonomy between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean value 10.50 and S.D. value 1.520 respectively. However, inter-college medalist female softball players had Mean value 11.24 and S.D. value 1.051 respectively. The ‘t’-value -2.466 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results
revealed significant differences between the two groups. When comparing the means of both groups, it is found that inter-college medalist female players had significantly better autonomy level than inter-college medalist male softball players.

**Security-Insecurity**

Table-19 above presents the results with regard to the variable Security-Insecurity between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean value 10.50 and S.D. value 1.202 respectively, whereas inter-college medalist female softball players had Mean value 9.24 and S.D. value 1.125 respectively. The ‘t’-value 4.719 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results demonstrated that the inter-college medalist male players had better sense of security than the inter-college medalist female softball players.

**Self-Concept**

Table-19 above depicts the results with regard to the variable Self-Concept between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean value 10.74 and S.D. value 1.178 respectively. On the other hand, inter-college medalist female players had Mean value 10.03 and S.D. value 1.219 respectively. The ‘t’-value 2.581 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). It shows from the above results that the inter-college medalist male softball players had better self-concept as compared to the inter-college medalist female softball players.

**Intelligence**

Table-19 shows the results on the variable Intelligence between the inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean value
22.50 and S.D. value 1.573 respectively, whereas inter-college medalist female players had Mean value 20.29 and S.D. value 2.903 respectively. The 't'-value 4.123 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results demonstrated that the inter-college medalist male softball players had significantly better intelligence level and brain power than inter-college medalist female softball players.

**Overall Mental Health**

Table-19 shows the results on the variable Overall Mental Health between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean value 94.55 and S.D. 5.166 respectively. On the other hand the inter-college medalist female softball players had Mean value 87.43 and S.D. value 6.817 respectively. The 't'-value 5.133 was found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The above results revealed that inter-college male medalist players had significantly higher level of overall mental health as compared to inter-college female medalist softball players.

**TABLE-20**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-College Male Medalist Players = 38</th>
<th>Inter-College Female Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Personally Perceived Self-Esteem</td>
<td>97.50</td>
<td>15.297</td>
<td>94.08</td>
<td>15.366</td>
<td>3.42</td>
</tr>
<tr>
<td>2.</td>
<td>Socially Perceived Self-Esteem</td>
<td>147.87</td>
<td>19.646</td>
<td>143.58</td>
<td>22.897</td>
<td>4.29</td>
</tr>
</tbody>
</table>

Significant at 0.05 level t >2.00(df =74)
Personally Perceived Self-Esteem

Table 20 above shows the results with regard to the variable **Personally Perceived** self-esteem between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean value 97.50 and S.D. value 15.297 respectively. However, the inter-college medalist female subjects had Mean value 94.08 and S.D. value 15.366 respectively. The ‘t’-value 0.972 was not found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). It revealed from the above results that inter-college medalist male softball players and inter-college medalist female softball players had almost same level of personally perceived self-esteem.

Socially Perceived Self-Esteem

Table 20 above depicts the results on the variable **Socially Perceived** self-esteem between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean values 147.87 and S.D. 19.646 respectively, whereas inter-college medalist female softball players had Mean value 143.58 and S.D. value 22.897 respectively. The ‘t’-value 0.876 was not found to be significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results indicated that inter-college medalist male softball players and inter-college medalist female softball players had almost same level of socially perceived self-esteem.

Self Esteem (Total)

Table 20 above demonstrates the results with regard to the variable **Self Esteem (Total)** between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male subjects had Mean value 245.37 and S.D. value 25.127 respectively. However, inter-college medalist female subjects had Mean value 237.66 and
S.D. value 20.101 respectively. The calculated ‘t’-value 1.477 was not found significant at the table value of 2.00 at 0.05 level of significance with (df=74).

The results indicated that inter-college medalist male softball players and inter-college medalist female softball players had almost similar self-esteem.

### TABLE-21

Mean difference in the scores of Sports Competitive Anxiety of Male and Female Inter-College Medalist Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-College Male Medalist Players = 38</th>
<th>Inter-College Female Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>19.00</td>
<td>1.724</td>
<td>20.21</td>
<td>1.975</td>
<td>-1.21</td>
<td>0.425</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00 (df =74)

**Sports Competitive Anxiety**

Table-21 above presents the results with regard to the variable **Sports Competitive Anxiety** between inter-college medalist male softball players and inter-college medalist female softball players. The inter-college medalist male players had Mean value 19.00 and S.D. value 1.724 respectively. Whereas the inter-college medalist female players had Mean value 20.21 and S.D. value 1.975 respectively. The ‘t’-value -2.847 was found significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results revealed significantly higher level of Sports Competitive Anxiety in the inter-college medalist female softball players as compared to inter-college medalist male softball players.
TABLE-22
Mean Differences in the Scores of Mental Health of Inter-University Male and Inter-University Female Medalist Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-University Male Medalist Players = 38</th>
<th>Inter-University Female Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Emotional Stability</td>
<td>13.05 ± 1.708</td>
<td>10.95 ± 1.413</td>
<td>2.11</td>
<td>0.360</td>
<td>5.861*</td>
</tr>
<tr>
<td>2</td>
<td>Overall Adjustment</td>
<td>34.61 ± 5.269</td>
<td>29.63 ± 5.048</td>
<td>4.97</td>
<td>1.184</td>
<td>4.197*</td>
</tr>
<tr>
<td>3</td>
<td>Autonomy</td>
<td>11.97 ± 2.212</td>
<td>12.37 ± 3.498</td>
<td>-0.39</td>
<td>0.671</td>
<td>-0.581</td>
</tr>
<tr>
<td>4</td>
<td>Security-Insecurity</td>
<td>12.95 ± 2.482</td>
<td>12.71 ± 2.660</td>
<td>0.24</td>
<td>0.590</td>
<td>0.406</td>
</tr>
<tr>
<td>5</td>
<td>Self-Concept</td>
<td>13.39 ± 1.925</td>
<td>12.11 ± 2.141</td>
<td>1.29</td>
<td>0.467</td>
<td>2.762*</td>
</tr>
<tr>
<td>6</td>
<td>Intelligence</td>
<td>24.24 ± 3.275</td>
<td>21.34 ± 2.906</td>
<td>2.89</td>
<td>0.710</td>
<td>4.070*</td>
</tr>
<tr>
<td>7</td>
<td>Overall Mental Health</td>
<td>110.21 ± 10.382</td>
<td>99.11 ± 10.682</td>
<td>11.11</td>
<td>2.416</td>
<td>4.598*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t>2.00 (df=74)

**Emotional stability**

Table-22 above presents the results on the variable Emotional stability between the inter-university medalist male softball players and inter-university medalist female softball players. The inter-university medalist male players had Mean value 13.05 and S.D. value 1.708 respectively, whereas inter-university medalist female players had obtained Mean value 10.95 and S.D. value 1.413 respectively. The 't'-value 5.861 demonstrated significant differences between these two groups at the table value of 2.00 at 0.05 level of significance with (df=74). The results revealed significantly better emotional stability in inter-university medalist male softball players as compared to inter-university medalist female softball players.

**Overall Adjustment**

Table-22 above shows the results on the variable Overall Adjustment between inter-university medalist male softball players and inter-university
medalist female softball players. The inter-university medalist male players had Mean value 34.61 and S.D. value 5.269 respectively. On the other hand, inter-university medalist female players had obtained Mean value 29.63 and S.D. value 5.048 respectively. The ‘t’-value 4.197 was found statistically significant at the table value of 2.00 at 0.05 level of significance with (df=74). The results indicated that inter-university medalist male softball players had significantly better level of adjustment as compared to inter-university medalist female softball players.

Autonomy

Table-22 above indicates the results with regard to the variable Autonomy between inter-university medalist male softball players and inter-university medalist female softball players. The inter-university medalist male players had Mean value 11.97 and S.D. 2.212 respectively. However, inter-university medalist female players had obtained Mean value 12.37 and S.D. 3.498 respectively. The ‘t’-value -0.581 demonstrated no significant differences between these two groups as the obtained t-value was found lesser than the table value of 2.00 which was found to be significant at 0.05 level of significance with (df=74). When comparing the mean of both groups, it was found that inter-university medalist female players had shown a little better autonomy level than the inter-university medalist male softball players.

Security-Insecurity

Table-22 above demonstrates the results with regarding to the variable Security-Insecurity between inter-university medalist male players and inter-university medalist female softball players. The inter-university medalist male players had Mean value 12.95 and S.D. value 2.482 respectively, whereas inter-university medalist female players had obtained Mean value 12.71 and S.D. value 2.660 respectively. The ‘t’-value 0.406 did not demonstrate any significant difference between these two groups as the obtained ‘t’-value was found lesser than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). The results indicated that inter-
university medalist male softball players and inter-university medalist female softball players had almost same level of security-insecurity.

**Self-Concept**

Table-22 above demonstrates the results with regarding to the variable Self-Concept between inter-university medalist male players and inter-university medalist female softball players. The inter-university medalist male players had Mean value 13.39 and S.D. value 1.925 respectively. However, inter-university medalist female players had obtained Mean value 12.11 and S.D. value 2.141 respectively. The 't'-value 2.762 demonstrated significant differences between these two groups as the obtained t-value was found greater than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). The results revealed that inter-university medalist male players had significantly better level of self-concept as compared to inter-university medalist female softball players.

**Intelligence**

Table-22 above presents the results on the variable Intelligence between the inter-university medalist male players and inter-university medalist female softball players. The inter-university medalist male players had Mean value 24.24 and S.D. value 3.275 respectively, whereas inter-university medalist female players had obtained Mean value 21.34 and S.D. value 2.906 respectively. The 't'-value 4.070 demonstrated statistically significant differences between these two groups at 0.05 level of significance with (df=74). It revealed from the results that the inter-university medalist male softball players were found to have more intellectual power than inter-university medalist female softball players.

**Overall Mental Health**

Table-22 above shows the results with regard to the variable Overall Mental Health between inter-university medalist male players and inter-university medalist female softball players. The inter-university medalist male
players had Mean value 110.21 and S.D. value 10.382 respectively. However, inter-university medalist female players had obtained Mean value 99.11 and S.D. value 10.682 respectively. The ‘t’-value 4.598 demonstrated significant differences between these two groups as the obtained t-value was found greater than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). The results indicated that inter-university medalist male players had significantly better overall mental health as compared to the inter-university medalist female softball players.

**TABLE-23**

Mean Differences in the Scores of Self-Esteem of Inter-University Male and Inter-University Female Medalist Softball Players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-University Male Medalist Players = 38</th>
<th>Inter-University Female Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Personally Perceived Self-Esteem</td>
<td>97.76</td>
<td>9.769</td>
<td>95.11</td>
<td>9.400</td>
<td>2.65</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level t >2.00(df =74)

**Personally Perceived Self-Esteem**

Table-23 above demonstrates the results with regard to the variable **Personally Perceived** self-esteem between inter-university medalist softball male players and inter-university medalist female softball players. The inter-university medalist male players had Mean values 97.76 and S.D. value 9.769 respectively. On the other hand, inter-university medalist female players had Mean values 95.11 and S.D. value 9.400 respectively. The ‘t’-value 1.205 demonstrated statistically insignificant differences between
these two groups at the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). It revealed that the variable of personally perceived self-esteem developed similarly amongst the groups in comparison i.e. inter-university medalist male players and inter-university medalist female softball players.

**Socially Perceived Self-Esteem**

Table-23 above depicts the results with regard to the variable Socially Perceived self-esteem between inter-university medalist male players and inter-university medalist female softball players. The inter-university medalist male players had Mean value 168.13 and S.D. value 14.987 respectively. On the other hand, inter-university medalist female players had Mean value 159.66 and S.D. value 14.982 respectively. The ‘t’-value 2.463 was found statistically significant at the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). The above results revealed that the inter-university medalist male players had significantly better socially perceived self-esteem as compared to inter-university medalist female softball players.

**Self-Esteem (Total)**

Table-23 above projects the results with regard to the variable Self-Esteem (Total) between the inter-university medalist male players and inter-university medalist female softball players. The inter-university medalist male players had Mean value 265.89 and S.D. value 18.361 respectively, whereas inter-university medalist female players had Mean value 254.77 and S.D. value 16.872 respectively. The obtained ‘t’-value 2.749 demonstrated statistically significant difference between these two groups at the table value of 2.00 which was found to be significant at 0.05 level of significance with (df=74). The results revealed that inter-university medalist male players had significantly better self-esteem as compared to inter-university medalist female softball players.
### TABLE-24

**Mean Difference in the Scores of Sports Competitive Anxiety of Inter-University Male and Inter-University Female Medalist Softball Players**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Inter-University Male Medalist Players = 38</th>
<th>Inter-University Female Medalist Players = 38</th>
<th>Mean Diff.</th>
<th>SEDM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Sports Competition Anxiety</td>
<td>17.16 3.796</td>
<td>17.00 2.790</td>
<td>0.16</td>
<td>0.764</td>
<td>0.209</td>
</tr>
</tbody>
</table>

Significant at 0.05 level $t > 2.00$ (df = 74)

### Sports Competitive Anxiety

Table-24 above demonstrates the results with regard to the variable **Sports Competitive Anxiety** between inter-university medalist male players and inter-university medalist female softball players. The inter-university medalist male players had Mean value 17.16 and S.D. value 3.796 respectively. On the other hand, inter-university medalist female players had obtained Mean value 17.00 and S.D. value 2.790 respectively. The ‘$t$’-value 0.209 demonstrated no significant differences between these two groups as the obtained $t$-value was found lesser than the table value of 2.00 which was found to be significant at 0.05 level of significance with (df=74). The results revealed that the inter-university medalist male players and inter-university medalist female softball players were similarly developed on the variable sports competition anxiety.

### CORRELATION

### TABLE-25

**Inter-Relationship between Mental Health, Self-Esteem and Sports Competitive Anxiety on the Total Sample**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Variables</th>
<th>$r$</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mental Health and Self-Esteem</td>
<td>0.014</td>
</tr>
<tr>
<td>2.</td>
<td>Mental Health and Sports Competitive Anxiety</td>
<td>-0.391*</td>
</tr>
<tr>
<td>3.</td>
<td>Self-Esteem and Sports Competitive Anxiety</td>
<td>0.075</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level $r > 0.113$ (df = 302)
Table-25 presents the results with regard to the relationship between mental health, self-esteem and Sports Competitive Anxiety on the total sample which includes medalist (inter-college and inter-university) male and female players and non-medalist (inter-college and inter-university) male and female players. A Pearson product-moment correlation was computed to find out the correlation among the variables of mental health, self-esteem and Sports Competitive Anxiety. It has been found from the above results that there was no significant correlation between mental health and self-esteem as well as self-esteem and Sports Competitive Anxiety as obtained ‘r’ value 0.014 and 0.075 were found lesser than the table value of 0.113 which was required to be significant at 0.05 level of significance with (df =302). The results with regard to mental health and self-esteem as well as self-esteem and Sports Competitive Anxiety indicated that these variables almost similarly developed among medalist(inter-college and inter-university) male and female players and non-medalist (inter-college and inter-university) male and female players because these variables are correlated with each other but not significantly among the total sample.

However, the results with regard to mental health and Sports Competitive Anxiety among the total sample which includes medalist (inter-college and inter-university) male and female players and non-medalist (inter-college and inter-university) male and female players exhibited negative correlation but significant as the obtained ‘r’ value was -0.391 found negative but higher than the table value of 0.113 which was required to be significant at 0.05 level of significance with (df=302). The above results signify that players with higher level of Sports Competitive Anxiety (higher scores describe high level of anxiety) had lower level of mental health among the medalist male and female players and non-medalist male and female players.
Table 26 presents the results with regard to the relationship among the variables of mental health, self-esteem and Sports Competitive Anxiety on the total male sample which includes medalist male (inter-college and inter-university) and non-medalist male (inter-college and inter-university) softball players. It has been found that relationship between mental health and self-esteem shows negative and not significant relationship between the variables as the calculated 'r' value -0.087 which was found lesser than the table value of 0.159 and was required to be significant at 0.05 level of significance with (df = 150).

The results above reveal that players with higher level of Sports Competitive Anxiety (higher scores describe high level of anxiety) had lower level of mental health in case of male softball players. Burton (1988) findings supported that the competitive state anxiety is a...
multidimensional construct with related components that are influenced differently by competitive conditions and task demands.

The relationship between the variables of self-esteem and Sports Competitive Anxiety for the total male sample included medalist (inter-college and inter-university) and non-medalist (inter-college and inter-university) softball players. It has been observed that there has been no significant relationship found as the obtained ‘r’ value 0.029 was lesser than the table value of 0.159 which was required to be significant at 0.05 level of significance with (df = 150). Further, it has been found that the results with regard to self-esteem and Sports Competitive Anxiety were correlated but not found significant as both the variables were similarly developed among medalist (inter-college and inter-university) and non-medalist (inter-college and inter-university) softball players.

**TABLE-27**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Variables</th>
<th>r</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mental Health and Self-Esteem</td>
<td>0.013</td>
</tr>
<tr>
<td>2.</td>
<td>Mental Health and Sports Competitive Anxiety</td>
<td>-0.409*</td>
</tr>
<tr>
<td>3.</td>
<td>Self-Esteem and Sports Competitive Anxiety</td>
<td>0.173*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level r >0.159 (df =150)

Table-27 depicts the results with regard to the relationship among the variables of mental health, self-esteem and Sports Competitive Anxiety on the total female sample which includes medalist female (inter-college and inter-university) and non-medalist female (inter-college and inter-university) softball players. The results on the variables mental health and self-esteem demonstrated no significant correlation between both the variables as the obtained ‘r’ value 0.013 was found lesser than the table value of 0.159 which was required to be significant at 0.05 level of significance with (df = 150). The
results revealed that mental health and self-esteem variables had been similarly developed in the medalist and non-medalist female softball players.

The results with regard to the variables of the **mental health and Sports Competitive Anxiety** demonstrated negative but significant relationship on the total female sample which includes medalist (inter-college and inter-university) and non-medalist (inter-college and inter-university) female softball players as the 'r' value -0.409 was higher than the table value of 0.159 and was required to be significant at 0.05 level of significance with (df = 150). The results above revealed that the players with higher level of Sports Competitive Anxiety (as higher scores indicate high level of anxiety) had lower level of mental health in the medalist and non-medalist female softball players. Christina .et.al (1990) in their findings evidenced that competitive state anxiety is a multidimensional construct in competitive conditions and task oriented situations.

However, the results regarding relationship between the variables of **self-esteem and Sports Competitive Anxiety** for the total female sample which includes medalist female (inter-college and inter-university) and non-medalist female (inter-college and inter-university) softball players observed significant relationship between these variables as the obtained 'r' value 0.173 was found significantly higher than the table value of 0.159 and was required to be significant with the at 0.05 level of significance with (df = 150). The results above reveal that both the variables were correlated positively which indicated that the players with positive and high level of self-esteem (higher scores describe high level of self-esteem) had moderate level of Sports Competitive Anxiety.
DISCUSSION

SECTION-II

DISCUSSION AND INTERPRETATION OF THE RESULTS

DISCUSSION REGARDING DIFFERENCES BETWEEN
MALE INTER-UNIVERSITY MEDALIST AND NON-MEDALIST
SOFTBALL PLAYERS ON THE VARIABLES OF MENTAL HEALTH,
SELF-ESTEEM AND COMPETITIVE ANXIETY

Mental Health

The results present in Table-1 on the variable Emotional Stability between male medalist and non-medalist inter-university softball players were found significant as the obtained ‘t’-value being 8.042 was found greater than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). When comparing the mean values (Figure-1) between inter-university male medalist and non-medalist found that inter-university male medalist players were significantly better than their counterpart inter-university non-medalist softball players. The results might be attributed to the total impact of their psychological make up during training and in the high level competitions. Being exceptionally mature, experienced and expressively stable behaviour that these medalist players had acquired, directly or indirectly while performing with fellow players, interacting with coaches, physical trainers and sports psychologists that might have developed their behaviour in such a way that the inter-university male medalist became more emotionally stable than the non-medalist softball players. The present study confirms the results of Kanwar (2004) wherein she reported that the champion judokas have performed significantly better on emotional stability as compared to non-champion judokas. Kumar (2009) reported similar results that inter-university (swimming, kayaking and canoeing) successful players exhibited significantly better emotional stability as compared to the unsuccessful group.

The results in Table-1 on the variable Overall Adjustment between male medalist and non-medalist inter-university softball players were found
FIGURE 1

GRAPHICAL REPRESENTATION OF MEAN SCORES OF MEDALIST AND NON-MEDALIST INTER-UNIVERSITY MALE SOFTBALL PLAYERS ON THE SUB-VARIABLES OF MENTAL HEALTH

Intelligence
Self Concept
Security-Insecurity
Autonomy
Overall Adjustment
Emotional Stability

Mean Score
0 5 10 15 20 25 30 35

Medalist Non-Medalist

24.24
20.82
10.05
13.39
12.95
11.97
28.95
34.61
10.05
13.05
significant as the calculated 't'-value 5.231 was found greater than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The mean values (Figure-1) between inter-university male medalist and inter-university non-medalist demonstrated that inter-university male medalist had exhibited significantly better on overall adjustment than the inter-university non-medalist players. This area of development contains items pertaining to trust, commitment, friendship, brotherhood, and cooperation, which might have developed and influenced the medalist players. The present findings draw support from Kanwar (2004) wherein she found champion judokas had significantly better adjustment level as compared to non-champion judokas.

The results in Table-1 on the variable **Autonomy** between male medalist and non-medalist inter-university softball players were found significant as the obtained 't'-value being 2.970 was found greater than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-1) between inter-university male medalist and inter-university non-medalist found that inter-university male medalist had demonstrated more autonomy than their counterpart inter-university non-medalist players. It might be attributed from the above results that the medalist players were more independent, self-determine and self-governing as compared to the non-medalist players. Gill and Spilka (1962) confirmed the present findings, as they found in their study that over-achieving children were more efficient and independent as compared to others. The findings also supported those of Singh (1986) reported that champion boxers were more independent, socially bold and self-sufficient.

The results in Table-1 on the variable **Security-Insecurity** between male medalist and non-medalist inter-university softball players were found significant as the obtained 't'-value 5.616 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance...
with (df=74). The obtained mean values (Figure-1) between inter-university male medalist and inter-university non-medalist found that inter-university male medalist had better security-insecurity level than the inter-university non-medalist players. As higher mean scores indicated better performance, the medalist players were found to be more secure, safe and sound than the non-medalist male players on the variable in question. Singh and Madhu (1988) reported in their study on effects of yogic exercises on mental health variables found that the children who achieved proficiency were more balanced and demonstrated decrease in feelings of insecurity.

The Table-1 depicts the results on the variable **Self Concept** between male medalist and non-medalist inter-university softball players. The obtained results were found to be significant as the ‘t’-value 6.536 was found greater than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-1) between inter-university male medalist and inter-university non-medalist depicted that inter-university male medalist had excelled better than the inter-university non-medalist players. The success in sports outcome, thus, was found to be positively related with the self-concept of the medalist players. The present findings were supported by the findings of Alegaonkar (1989) who had reported that physical fitness and self-concept were highly correlated.

The Table-1 describes the results with regard to the variable **Intelligence** between male medalist and non-medalist inter-university softball players. The results with regard to intelligence level of medalist and non-medalist inter-university softball players were found to be significant as the obtained ‘t’-value 4.033 was found greater than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The mean values (Figure-1) between inter-university male medalist and non-medalist softball players found that inter-university male medalist players were having better mental aptitude, Intelligence and brain power than their counterpart inter-university non-medalist softball players. Kumar (2009) reported in his
study that the inter-university (swimming, kayaking and canoeing) successful players demonstrated significantly better intelligence level as compared to the unsuccessful players.

A glance at Table-1 on the variable **Overall Mental Health** between male medalist and non-medalist inter-university softball players demonstrates significant differences as the obtained ‘t’-value 8.974 was found greater than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-1) between inter-university male medalist and inter-university non-medalist shows that the inter-university male medalist players had excelled better. The results might be attributed to the positive and healthy mental health of the inter-university male medalist players. The present study confirms the results of Kanwar (2004) in which she reported that the champion judokas were found to be better than non-champion Judokas on the overall mental health.

**Self-Esteem**

The Table-2 demonstrates the results with regard to the variable **Personally Perceived Self-Esteem** between inter-university medalist and non-medalist male softball players. The results with regard to personally perceived self-esteem between inter-university medalist and non-medalist male softball players found to be insignificant as the ‘t’-value 0.135 was lesser than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-2) between male inter-university medalist and non-medalist softball players had almost the same mean scores. The results revealed that medalist and non-medalist male softball players had quite similar level of personally perceived self-esteem. The results of the present study contradict the findings of Singh (2005) wherein he revealed significant differences between successful athletes and unsuccessful athletes on the sub variable i.e. personally perceived self-esteem.
The Table-2 depicts the results on the variable **Socially Perceived Self-Esteem** that indicated significant differences between male medalist and non-medalist softball players as the obtained ‘t’-value 7.228 found to be statistically significant than the table value of 2.00 which was significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-2) between inter-university male medalist and inter-university non-medalist shown that inter-university male medalist players significantly higher mean score than the inter-university male non-medalist softball players. The results revealed that the medalist softball players had exhibited better socially perceived self-esteem as compared to non-medalist softball players. The present findings were supported by the findings of Singh (2005) wherein he revealed significant differences between successful athletes and unsuccessful athletes on the sub construct i.e. socially perceived self-esteem.

**Self-Esteem (Total)**

A glance at Table-2 shows the results on the variable **Self-Esteem (Total)**. The results indicated significant differences between male medalist and non-medalist softball players as obtained ‘t’-value 5.487 was found to be significantly higher than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-2) between inter-university male medalist and inter-university non-medalist shown that inter-university male medalist players significantly higher mean score than the inter-university male non-medalist softball players. As high self-esteem is associated with a mood of cheerfulness, feelings of optimism, and relatively high energy. Whereas low self-esteem is accompanied by feelings of doubt about one’s worth and acceptability, and with feeling of sadness, depression. Such feelings may be accompanied by relatively low energy and weak motivation, invariably resulting in low effort. The present findings draw support from Bardel et al. (2003) reported that the “Winning” athletes demonstrated significantly higher scores in their state self-esteem while the “Loosing” athletes state self-esteem scores were lower in the sports competitions.
FIGURE-2
GRAPHICAL REPRESENTATION OF MEAN SCORES OF
MEDALIST AND NON-MEDALIST INTER-UNIVERSITY MALE
SOFTWARE PLAYERS ON THE SUB VARIABLES OF
SELF-ESTEEM

<table>
<thead>
<tr>
<th></th>
<th>Medalist</th>
<th>Non-Medalist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personally Perceived</td>
<td>67.76</td>
<td>97.37</td>
</tr>
<tr>
<td>Socially Perceived</td>
<td>166.13</td>
<td>144.29</td>
</tr>
<tr>
<td>Self Esteem (Total)</td>
<td>265.98</td>
<td>241.86</td>
</tr>
</tbody>
</table>

FIGURE-3
GRAPHICAL REPRESENTATION OF MEAN SCORES OF
MEDALIST AND NON-MEDALIST INTER-UNIVERSITY MALE
SOFTWARE PLAYERS ON THE SUB VARIABLES OF SPORTS
COMPETITIVE ANXIETY

<table>
<thead>
<tr>
<th></th>
<th>Medalist</th>
<th>Non-Medalist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Scores</td>
<td>17.16</td>
<td>21.03</td>
</tr>
</tbody>
</table>
Sports Competitive Anxiety

The results shown in Table-3 indicate significant differences on the variable of Sports Competitive Anxiety between male medalist and non-medalist softball players. As the 't'-value -4.531 was found significantly higher than the table value of 2.00 which was found to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-3) between inter-university male medalist and inter-university non-medalist shown that inter-university male medalist players had moderate mean score than the inter-university male non-medalist softball players who exhibited higher mean scores. It was revealed from the results that the medalist players demonstrated moderate competitive anxiety than the non-medalist players who had higher level of competitive anxiety because of less competitive experience/exposure. Further, it is observed that a moderate amount of anxiety in players is often an aid to excel better in sports competitions/situations. Morgan and Johnson (1978) also found supporting evidence that successful athletes possess higher perceived ability, greater satisfaction and a lower state of anxiety than less successful athletes.

DISCUSSION REGARDING DIFFERENCES BETWEEN INTER-UNIVERSITY FEMALE MEDALIST AND NON-MEDALIST SOFTBALL PLAYERS ON THE VARIABLES OF MENTAL HEALTH, SELF-ESTEEM AND COMPETITIVE ANXIETY

Mental Health

Table-4 depicts the results on the variable Emotional Stability between female medalist and non-medalist inter-university softball players. The results between female medalist and non-medalist inter-university softball players were found to be significant as the obtained 't'-value 3.746 was found greater than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-4) revealed that the inter-university female medalist players had exhibited significantly better than the inter-university non-medalists female softball players. Further, it was observed that there was lesser emotional stability in
non-medalist players than the medalist players which might be the result of poor performance in the competition on the part of the non-medalist players. Cooper (1969) found that athletes with higher degree of emotional stability seem to be more socially adjusted as compared to non-athletes.

Table-4 describes the results with regard to the variable **Overall Adjustment** between female medalist and non-medalist inter-university softball players. The obtained results were found significant as the calculated 't'-value 3.950 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The mean values (Figure-4) revealed that the medalist female softball players had better level of overall adjustment as compared to non-medalist inter-university softball players. The results attributed to comparatively better level of adjustment, commitment and cooperation as compared to the non-medalist softball players. Kumar (2009) reported that the inter-university (swimming, kayaking and canoeing) successful players exhibited significantly better overall adjustment as compared to the unsuccessful players. Singh (1988) reported that the successful athletes differed significantly from unsuccessful athletes in the all areas of adjustment.

Table-4 presents the results with regard to the variable **Autonomy** between female medalist and non-medalist inter-university softball players. The obtained results were found significant as the calculated 't'-value 2.222 was found greater than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The statistical mean values (Figure-4) with regard to the medalist female softball players revealed significantly better autonomous level, self determining and self-governing as compared to their counterpart i.e. inter-university non-medalist female softball player. The findings are contrary to those of Kanwar (2004) in which she reported that the champion judokas were not found to be significant than non-champion Judokas on the variable autonomy.
FIGURE 4

GRAPHICAL REPRESENTATION OF MEAN SCORES OF MEDALIST AND NON-MEDALIST INTER-UNIVERSITY FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF MENTAL HEALTH

<table>
<thead>
<tr>
<th>Variable</th>
<th>Medalist</th>
<th>Non-Medalist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional Stability</td>
<td>10.95</td>
<td>9.71</td>
</tr>
<tr>
<td>Overall Adjustment</td>
<td>29.63</td>
<td>25.34</td>
</tr>
<tr>
<td>Autonomy</td>
<td>12.37</td>
<td>11.05</td>
</tr>
<tr>
<td>Security-Insecurity</td>
<td>12.71</td>
<td>9.82</td>
</tr>
<tr>
<td>Self Concept</td>
<td>12.11</td>
<td>9.53</td>
</tr>
<tr>
<td>Intelligence</td>
<td>21.34</td>
<td>19.47</td>
</tr>
</tbody>
</table>
Table-4 demonstrates the results with regard to the variable **Security-Insecurity** between female medalist and non-medalist inter-university softball players. The results in question were found significant as the obtained ‘t’-value 5.079 was found higher than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). When comparing the mean values (Figure-4), it was observed that significant differences were found in the scores of security-insecurity between female inter-university medalist and non-medalist female softball players. The results might be attributed to better sense of defense, safekeeping and sense of security on the part of inter-university medalist female players as compared to inter-university non-medalist female softball players. Kumar (2009) reported similar results that inter-university (swimming, kayaking and canoeing) successful players exhibited significantly better level of security-insecurity than the unsuccessful group.

The results projected in Table-4 above were with regard to the variable **Self-Concept** between female medalist and non-medalist inter-university softball players. The results obtained were found to be significant as the calculated ‘t’-value 4.657 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The mean values (Figure-4) of inter-university medalist softball players indicate significantly better scores on self-concept as compared to inter-university non-medalist softball players. It revealed that medalist female players had better self consciousness, responsiveness and awareness of self than their counterpart i.e. non-medalist female softball players. The finding are contrary to those of Kanwar (2004) reported that the champion judokas were not found to be significant than non-champion Judokas on the variable self-concept. Whereas, the finding of Kumar (2009) supported the findings that inter-university (swimming, kayaking and canoeing) successful players exhibited significantly better self-concept than the unsuccessful players.
Table-4 depicts the results with regard to the variable **Intelligence** between female medalist and non-medalist inter-university softball players. The obtained results were found significant as the calculated 't'-value 2.600 was found greater than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-4) between inter-university female medalist and inter-university non-medalist revealed that inter-university female medalist had exhibited significantly better than their counterpart inter-university non-medalists. The results might be attributed to the mental power level, understanding, supremacy and self-control of inter-university female medalist softball players that they have excelled significantly better as compared to inter-university female non-medalist players. The findings are contrary to those of Kanwar (2004) reported that the champion judokas were not found to be significant than non-champion Judokas on the variable Intelligence. However, the finding of Kumar (2009) supported the findings that inter-university (swimming, kayaking and canoeing) successful players exhibited significantly better Intelligence than the unsuccessful players.

Table-4 shows the results with regard to the variable **overall mental health** between female medalist and non-medalist inter-university softball players. The obtained results were found significant as the calculated 't'-value 6.494 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-4) between inter-university female medalist and non-medalist softball players revealed that inter-university female medalist players had performed significantly better as compared to non-medalist softball players. The results might be attributed to the better level of emotional stability, better adjustment, better level of intelligence, more independent, feeling more secure and better self-concept which lead them to have better overall mental health as compared to their counterpart i.e. inter-university non-medalist female softball players. Kumar (2009) reported similar results that inter-university (swimming, kayaking and canoeing) successful players exhibited
FIGURE 5
GRAPHICAL REPRESENTATION OF MEAN SCORES OF MEDALIST AND NON-MEDALIST INTER-UNIVERSITY FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF SELF-ESTEEM

<table>
<thead>
<tr>
<th></th>
<th>Medalist</th>
<th>Non-Medalist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self Esteem (Total)</td>
<td>254.76</td>
<td>224.87</td>
</tr>
<tr>
<td>Socially Perceived</td>
<td>159.66</td>
<td>141.32</td>
</tr>
<tr>
<td>Personally Perceived</td>
<td>95.11</td>
<td>83.55</td>
</tr>
</tbody>
</table>

Mean Scores

0 50 100 150 200 250 300
Personally Perceived Socially Perceived Self Esteem (Total)

Medalist Non-Medalist
significantly better overall mental health as compared to the unsuccessful group.

**Self-Esteem**

A glance at Table-5 shows the results with regard to the variable **Personally Perceived Self-Esteem** between female inter-university medalist and non-medalist softball players. The calculated ‘t’-value 3.508 was found higher than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-5) between inter-university female medalist and inter-university non-medalist shown that inter-university female medalist players had significantly higher mean scores than the inter-university female non-medalist softball players. The results revealed that the medalist softball players had exhibited better personally perceived self-esteem as compared to non-medalist softball players. The results in question support the findings of Singh (2005) wherein he found significant differences between successful athletes and unsuccessful athletes on the personal perceived self-esteem.

Table-5 exhibits the results on the variable **Socially Perceived Self-Esteem** between female inter-university medalist and non-medalist softball players. The calculated ‘t’-value 6.193 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-5) between female inter-university medalist and non-medalist found that inter-university female medalist had demonstrated significantly better on socially perceived self-esteem than the non-medalist softball players. The findings in question are in line with the findings of Singh (2005) wherein he reported significant differences between successful athletes and unsuccessful athletes on the socially perceived self-esteem.

The results present in the Table-5 demonstrate the variable **Self Esteem (Total)** between female inter-university medalist and non-medalist
softball players. The calculated ‘t’-value 7.274 was found significantly higher than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-5) between female inter-university medalist and non-medalist softball players found that inter-university female medalist had exhibited significantly positive self-esteem than the inter-university non-medalist softball players. It revealed from the above results that medalist players have realistic and clear self-concepts, had healthy self-esteem, which might have facilitated them in their performance in the competitions as compared to non-medalist players. The findings of Singh (2005) support the present findings wherein he found significant differences between successful and unsuccessful athletes on the variable of self-esteem (Total).

**Sports Competitive Anxiety**

Table-6 depicts the results on the variable Sports Competitive Anxiety between female medalist and non-medalist inter-university softball players. The obtained ‘t’-value -8.22 was found significant but negatively higher than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-6) between female inter-university medalist and non-medalist found that inter-university female non-medalist had demonstrated significantly higher level of anxiety than the inter-university medalist softball players which results in the poor performance by non-medalist in the competition. Marten et. al. (1975) described relationship of competitive anxiety and sports performance and found that state anxiety registered by a person in a competitive situation is determined by the person’s perception of the likelihood of success.

**DISCUSSION REGARDING DIFFERENCES BETWEEN MALE INTER-COLLEGE MEDALIST AND NON-MEDALIST SOFTBALL PLAYERS ON THE SELECTED VARIABLES**

Table-7 projects the results with regard to the variable Emotional Stability between male medalist and non-medalist inter-college softball players. The calculated ‘t’-value 7.274 was found significantly higher than table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-5) between female inter-university medalist and non-medalist softball players found that inter-university female medalist had exhibited significantly positive self-esteem than the inter-university non-medalist softball players. It revealed from the above results that medalist players have realistic and clear self-concepts, had healthy self-esteem, which might have facilitated them in their performance in the competitions as compared to non-medalist players. The findings of Singh (2005) support the present findings wherein he found significant differences between successful and unsuccessful athletes on the variable of self-esteem (Total).
FIGURE-6
GRAPHICAL REPRESENTATION OF MEAN SCORES OF MEDALIST AND NON-MEDALIST INTER-UNIVERSITY FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF SPORTS COMPETITIVE ANXIETY

Mean Scores

32
30
28
26
24
22
20
18
16
14
12
10
8
6
4
2
1

Medalist
Non-Medalist

17.00
21.53
players. The results in question were found insignificant as the obtained ‘t’-value 0.134 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-7) between inter-college male medalist and non-medalist exhibited almost equivalent mean scores. The results in question revealed that medalist and non-medalist male softball players had similarity with regard to their level of emotional stability. The results of the present study contradict the findings of Kumar (2009) in which he reported significant differences between successful and unsuccessful players on the variable i.e. emotional stability.

Table-7 exhibits the results on the variable Overall Adjustment between male medalist and non-medalist inter-college softball players. The results were found insignificant as the obtained ‘t’-value 0.087 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-7) between inter-college male medalist and inter-college non-medalist revealed that these two groups had almost similar level of overall adjustment. The results of the present study contradict the findings of Kanwar (2004) in which she reported significant differences between champion and non-champion judokas on the variable i.e. overall adjustment.

Table-7 depicts the results with regard to the variable Autonomy between male medalist and non-medalist inter-college softball players. The results were found insignificant as the obtained ‘t’-value 0.154 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-7) between inter-college male medalist and non-medalist revealed that the both the groups had more or less the same level of independence. The present finding are in line with the findings of Kanwar (2004) in which she reported that champion judokas and non-champion Judokas did not differ significantly on the variable autonomy.
A glance at Table-7 shows the results with regard to the variable **Security-Insecurity** between male medalist and non-medalist inter-college softball players. The results in question were found significant as the obtained ‘t’-value 4.243 was found greater than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-7) between inter-college male medalist and non-medalist revealed that inter-college male medalist had better sense of security whereas the inter-college non-medalist players had demonstrated sense of insecurity. The medalist subjects were, thus; significantly better than non-medalist subjects on the said variable as higher the mean scores, better the feelings of security. The results of the present study support the findings of Kumar (2009) in which he found significant differences between successful and unsuccessful players on the variable i.e. security-insecurity.

The results present in Table-7 on the variable **Self-Concept** between male medalist and non-medalist inter-college softball players were found significant as the obtained ‘t’-value 4.750 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-7) between male inter-college medalist and non-medalist found that inter-college male medalist had better self-concept as compared to their counterpart i.e. inter-college non-medalist softball players. The obtained results indicated that the medalist players had significantly higher level of self-concept as compared to non-medalist players. The results of the present study support the findings of Kumar (2009) in which he found significant differences between successful and unsuccessful players on the variable self-concept.

Table-7 depicts the results on the variable **Intelligence** between male medalist and non-medalist inter-college softball players. The results were found significant as the obtained ‘t’ value 8.673 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-7) between inter-
FIGURE 7: GRAPHICAL REPRESENTATION OF MEAN SCORES OF MEDALIST AND NON-MEDALIST INTER-COLLEGE MALE SOFTBALL PLAYERS ON THE SUB-VARIABLES OF MENTAL HEALTH.
college male medalist and non-medalist found that inter-college male 
medalist had better mental aptitude as compared to the inter-college non­
medalist softball players. The results of the present study support the findings 
of Kumar (2009) in which he found significant differences between successful 
and unsuccessful players on the variable intelligence.

Table-7 projects the results on the variable **Overall Mental Health** 
between male medalist and non-medalist inter-college softball players were 
found significant as the obtained ‘t’-value 5.427 was found significantly higher 
than the table value 2.00 which was required to be significant at 0.05 level of 
significance with (df=74). The obtained mean values between inter-college 
male medalist and non-medalist showed significant differences. The medalist 
had higher level of overall mental health as compared to their counterparts 
i.e. non-medalist softball. The findings of Kanwar (2004) confirm the present 
findings wherein she reported that champion judokas and non-champion 
Judokas differed significantly on the variable overall mental health. The 
findings of Kumar (2009) also support the findings in question where he found 
significant differences between successful and unsuccessful players on the 
variable overall mental health.

**Self-Esteem**

The results present in Table-8 on the variable **Personally Perceived 
Self-Esteem** between male medalist and non-medalist inter-college softball 
players were not found significant as the obtained ‘t’-value 0.412 was found 
lesser than the table value 2.00 which was required to be significant at 0.05 
level of significance with (df=74). The obtained mean values (Figure-8) 
between inter-college male medalist and non-medalist found that both the 
groups were having developed similarly on the variable of personally 
perceived self-esteem. The results in question contradict the findings of Singh 
(2005) in which he found significant differences between successful and 
unsuccessful athletes on the personally perceived self-esteem.
Table-8 projects the results with regard to the variable **Socially Perceived Self-Esteem** between male medalist and non-medalist inter-college softball players. The results were found insignificant as the obtained ‘t’-value 0.359 was lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-8) between inter-college male medalist and non-medalist revealed that inter-college male medalist had almost similar level of socially perceived self-esteem. The results in question contradict the findings of Singh (2005) in which he found significant differences between successful and unsuccessful athletes on the variable of socially perceived self-esteem.

The results as shown in Table-8 on the variable **Self-Esteem (Total)** between male medalist and non-medalist inter-college softball players were not found significant as the obtained ‘t’-value 0.544 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-8) between inter-college male medalist and non-medalist had almost similar level of sense of worth and self-worth. The findings of Marsh et. al. (1995) contradicts the present findings wherein they found that male elite athletes had significantly higher level of self-esteem than the male non-athletes.

**Sports Competitive Anxiety**

Table-9 depicts the results on the variable **Sports Competitive Anxiety** between male medalist and non-medalist inter-college softball players. The results were found significant as the obtained ‘t’-value 3.294 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-9) between inter-college male medalist and non-medalist found that inter-college male non-medalist had extreme anxiety level whereas medalist had moderate level of anxiety which results in the poor performance by non-medalist in the competition. Cratty (1973) reported that all anxiety is not disruptive. An optimum level seems to be needed to perform well. On the other hand, if the
FIGURE-8
GRAPHICAL REPRESENTATION OF MEAN SCORES OF MEDALIST AND NON-MEDALIST INTER-COLLEGE MALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF SELF-ESTEEM

FIGURE-9
GRAPHICAL REPRESENTATION OF MEAN SCORES OF MEDALIST AND NON-MEDALIST INTER-COLLEGE MALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF SPORTS COMPETITIVE ANXIETY
athlete is too anxious or projects an “I don’t give a damn” attitude, performance is likely to be less desirable. Anxiety is a general trait as well as a temporary state of being and makes it clear that a moderate amount of anxiety in athletes is often an aid to superior performance.

DISCUSSION REGARDING DIFFERENCES BETWEEN FEMALE INTER-COLLEGE MEDALIST AND NON-MEDALIST SOFTBALL PLAYERS ON THE SELECTED VARIABLES

Mental Health

Table-10 projects the results on the variable Emotional Stability between female medalist and non-medalist inter-college softball players. The results in question were found significant as the obtained ‘t’-value 3.620 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-10) between inter-college female medalist and non-medalist softball players revealed significant differences. The inter-college female medalist had exhibited significantly better on the variable emotional stability than the inter-college non-medalist female softball players. Slepicka (1975) reported that successful players to be more cooperative, emotionally stable, adjustable than unsuccessful players.

Table-10 demonstrates the results on the variable Overall Adjustment between female medalist and non-medalist inter-college female softball players. The results were found significant as the obtained ‘t’-value 3.613 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-10) between inter-college female medalist and non-medalist showed that inter-college female medalist had demonstrated better overall adjustment as compared to the non-medalist softball players. The results revealed that the inter-college female softball players were having fine tuning, perceived happiness and adjustable nature as compared to the non-medalist female softball players. Dass (1983) reported that high performer in the track events were well adjusted in the school as compared to the low performer.
Table-10 shows the results with regard to the variable **Autonomy** between female inter-college medalist and non-medalist softball players. The results were found insignificant as the obtained 't'-value 1.361 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-10) between inter-college medalist and non-medalist female players had shown that both groups had the same level of independence. The present findings are supported by the findings of Kanwar (2004) in which she reported that the champion judokas were not found to be significant than non-champion Judokas on the variable autonomy.

The results present in Table-10 on the variable **Security-Insecurity** between female inter-college medalist and non-medalist softball players were found insignificant as the obtained 't'-value 1.150 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-10) between female inter-college medalist and non-medalist softball players shown that both groups had almost the same level of Security-Insecurity. The present findings are supported by the findings of Kanwar (2004) in which she reported that the champion judokas were not found to be significant than non-champion Judokas on the variable security-insecurity.

A glance at Table-10 projects the results with regard to the variable **Self-Concept** between female inter-college medalist and non-medalist softball players. The results were found significant as the obtained 't'-value 4.456 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-10) between inter-college medalist and non-medalist female softball players shown that the inter-college female medalist players had better self-concept as compared to non-medalist female softball players. The results of the present study support the findings of Kumar (2009) in which he found significant differences between successful and unsuccessful players on the variable Self-Concept.
FIGURE 10
GRAPHICAL REPRESENTATION OF MEAN SCORES OF MEDALIST AND NON-MEDALIST INTER-COLLEGE FEMALE SOFTBALL PLAYERS ON THE SUB-VARIABLES OF MENTAL HEALTH

Emotional Stability
Overall Autonomy
Self-Concept
Security-Insecurity
Intelligence

Mean Scores
Table-10 depicts the results with regard to the variable Intelligence between female inter-college medalist and non-medalist softball players. The results were found significant as the obtained 't'-value 5.989 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-10) between inter-college medalist and non-medalist female softball players revealed that inter-college female medalist were more intellectual as compared to the non-medalist female softball players. The results of the present study support the findings of Kumar (2009) in which he found significant differences between successful and unsuccessful players on the variable intelligence.

Table-10 describes the results with regards to the variable Overall Mental Health between female inter-college medalist and non-medalist softball players. The results in question were found significant as the obtained ‘t’-value 6.950 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values between inter-college female medalist and non-medalist revealed that inter-college female medalist had higher level of overall mental health than the non-medalist female softball players. The present study confirms the results of Paul (2006) who described significant differences on the variable overall mental health between resident and non-resident, sports and non-sports groups.

SELF-ESTEEM

Table-11 projects the results with regard to the variable Personally Perceived Self-Esteem between female inter-college medalist and non-medalist softball players. The results were not found significant as the obtained ‘t’-value 0.258 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-11) between inter-college medalist and non-medalist female softball players shown that these two groups had almost the
same level of personally perceived self-esteem. The results in question contradict the findings of Singh (2005) in which he found significant differences between successful and unsuccessful athletes on the personally perceived self-esteem.

A glance at Table-11 reveals the results with regard to the variable **Socially Perceived Self-Esteem** between female inter-college medalist and non-medalist softball players. The results were not found significant as the obtained ‘t’-value 0.419 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-11) between inter-college female medalist and non-medalist softball players shown that both the groups had almost same level of socially perceived self-esteem. The present results contradict the findings of Singh (2005) wherein he found significant differences between successful and unsuccessful athletes on the variable of socially perceived self-esteem.

Table-11 projects the results on the variable **Self-Esteem (Total)** between female inter-college medalist and non-medalist softball players. The results were not found significant as the obtained ‘t’-value 0.768 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-11) between inter-college female medalist and non-medalist softball players revealed that these two groups had almost same level of self-esteem. The present findings contradict the findings of Singh (2005) wherein he found significant differences between successful and unsuccessful athletes on the variable of self-esteem (Total).

**Sports Competitive Anxiety**

Table-12 depicts the results with regards to the variable **Sports Competitive Anxiety** between female inter-college medalist and non-medalist softball players. The results were found significant as the obtained
FIGURE-11
GRAPHICAL REPRESENTATION OF MEAN SCORES
OF MEDALIST AND NON-MEDALIST INTER-COLLEGE
FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES
OF SELF-ESTEEM

FIGURE-12
GRAPHICAL REPRESENTATION OF MEAN SCORES
OF MEDALIST AND NON-MEDALIST INTER-COLLEGE
FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF
SPORTS COMPETITIVE ANXIETY

Mean Scores

Personally Perceived
Socially Perceived
Self Esteem (Total)

Mean Value

Mean Value

Medalist
Non-Medalist
‘t’-value -2.105 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-12) between inter-college medalist and non-medalist softball players revealed that the inter-college female non-medalist had significantly higher mean value (higher the mean value resulted higher the anxiety) as compared to inter-college medalist softball players. It is demonstrated from the above results that the female non-medalist players had higher level of competitive anxiety than medalist players who had demonstrated the moderate level of anxiety resulted which they had performed better than the non-medalist players in the competition. Singer (1980) found that the relationship of the effect of actual competitive situation on anxiety level of performers can be illustrated by the inverted U hypothesis, which states that performance improves with increasing level of anxiety to an optimum point, where upon further increases in arousal (anxiety) cause performance impairment.

DISCUSSION REGARDING DIFFERENCES BETWEEN INTER-UNIVERSITY MALE MEDALIST AND INTER-COLLEGE MALE MEDALIST ON THE SELECTED VARIABLES

Mental Health

Table-13 presents the results with regard to the variable Emotional Stability between inter-university medalist and inter-college medalist male softball players. The results were found significant as the obtained ‘t’-value 5.095 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-13) between inter-university medalist and inter-college medalist male softball players shown that the inter-university male medalist had significantly higher mean value (higher the mean value resulted in better the emotional stability) as compared to inter-college medalist male softball players. It revealed from the above results that the inter-university male medalist players had higher level of emotional stability than inter-college
medalist players. Mohini (1993) in her study reported that the sports participants' participated at higher level were emotionally more stable.

Table-13 demonstrates the results with regard to the variable **Overall Adjustment** between inter-university medalist and inter-college medalist male softball players. The results were found significant as the calculated ‘t’-value 5.305 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-13) between inter-university medalist and inter-college medalist male softball players revealed that the inter-university male medalist players had higher level of overall adjustment than inter-college medalist players resulted which they had performed better in their competition. Dass (1983) reported that high performers in the track events were well adjusted as compared the low performers.

Table-13 depicts the results with regard to the variable **Autonomy** between inter-university medalist and inter-college medalist male softball players. The results were found significant as the obtained ‘t’-value 3.379 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-13) between inter-university medalist male and inter-college medalist male softball players revealed that the inter-university male medalist players had higher level of autonomy than inter-college medalist players. The results in question might be attributed to the level of independence and self-determination exhibited by the inter-university male medalist players resulted which they had performed better than inter-college medalist male softball players in their competition.

Table-13 projects the results with regard to the variable **Security-Insecurity** between inter-university medalist and inter-college medalist male softball players. The results in question were found significant as the calculated ‘t’-value 5.480 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The
FIGURE-13

GRAPHICAL REPRESENTATION OF MEAN SCORES OF MEDALIST AND NON-MEDALIST INTER-COLLEGE FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF MENTAL HEALTH
mean values (Figure-13) between inter-university medalist and inter-college medalist male softball players shown that the inter-university male medalist players had higher level of sense of security than inter-college medalist players. The inter-university male medalist were feeling more secure, safe and sound resulted which they had performed better in their competition.

Table-13 depicts the results on the variable **Self-Concept** between inter-university medalist and inter-college medalist male softball players. The results were found significant as the obtained ‘t’-value 7.267 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). It can be observed from the mean values (Figure-13) between inter-university medalist and inter-college medalist male softball players that revealed the inter-university male medalist players with higher level of self-concept than their counterpart inter-college medalist male softball players. The present findings are in line with the findings of Singh (2006) wherein he found that university athletes scored significantly higher than their counterpart college athletes on the variable of self-concept.

The results present in Table-13 with regard to the variable **Intelligence** between inter-university medalist and inter-college medalist male softball players were found significant as the obtained ‘t’-value 2.954 was found greater than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-13) between inter-university medalist and inter-college medalist male softball players shown that the inter-university male medalist had significantly higher mean value (higher the mean value resulted in higher the intelligence level) as compared to inter-college medalist male softball players. It revealed from the above results that the inter-university male medalist players had higher level of intelligence than inter-college medalist players.

A glance at Table-13 depicts the results with regard to the variable **Overall Mental Health** between inter-university medalist and inter-college
medalist male softball players. The results were found significant as the calculated ‘t’-value 8.325 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values between inter-university medalist and inter-college medalist male softball players revealed that inter-university medalist had significantly higher mean value as compared to inter-college medalist male softball players. The results revealed that inter-university male medalist players were more mentally healthy, emotionally stable, adjustable, independent, intelligent and self-determined resulted which they had performed better than inter-college medalist male softball players in their competition.

Self-Esteem

Table-14 demonstrates the results with regard to the variable Personally Perceived self-esteem between male inter-university medalist and inter-college medalist softball players. The results were not found significant as the obtained ‘t’-value 0.089 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The mean values (Figure-14) between inter-university male medalist and inter-college medalist male softball players revealed that both the groups i.e. inter-university and inter-college medalist male softball players had almost same level of personally perceived self-esteem to a certain extent.

Table-14 depicts the results with regard to the variable Socially Perceived self-esteem between male inter-university medalist and inter-college medalist softball players. The results were found significant as the obtained ‘t’-value 5.054 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-14) between inter-university male medalist and inter-college medalist male softball players revealed that inter-university male medalist had significantly higher mean value as compared to inter-college
FIGURE-14
GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-UNIVERSITY MEDALIST MALE AND INTER-COLLEGE MEDALIST MALE ON THE SUB VARIABLES OF SELF-ESTEEM

FIGURE-15
GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-UNIVERSITY MEDALIST MALE AND INTER-COLLEGE MEDALIST MALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF SPORTS COMPETITIVE ANXIETY

140(a)
medalist male softball players. The results might be attributed to the experiences/exposures to different social environments during higher level training camps and competitions for the inter-university male medalist players resulted which they had performed significantly better than inter-college medalist male softball players.

Table-14 projects the results with regard to the variable **Self-Esteem (Total)** between male inter-university medalist and inter-college medalist softball players. The results were found significant as the obtained ‘t’-value 4.064 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The mean values (Figure-14) between male inter-university medalist and inter-college medalist softball players shown that inter-university male medalist had significantly higher mean value as compared to inter-college medalist male softball players. The results revealed that the inter-university medalist male softball players had better sense of worth, confidence and self-respect as compared to the inter-college medalist male softball players. Richman and Rehbarg (1986) assessed the levels of self-esteem among beginning belt level and upper belt level of marshal artists and reported that the self-esteem was found to be significantly lower for beginning belt level marshal artists than for upper belt level ones. Self-esteem was also related to the marshal artist’s self-perceptions regarding their abilities in forms, fighting and physical conditioning.

**Sports Competitive Anxiety**

Table-15 depicts the results with regard to the variable **Sports Competitive Anxiety** between male inter-university medalist and inter-college medalist softball players. The results were found significant as the calculated ‘t’-value -2.721 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-15) between inter-university male medalist and inter-college medalist male softball players found that inter-college male
medalist had significantly higher mean value (higher the mean value resulted higher the anxiety) as compared to inter-university medalist male softball players. The results revealed significantly higher level of Sports Competitive Anxiety in inter-college male medalist as compared to inter-university male medalist softball players. The results might be due to their less psychological training and competitive experience/exposure to the higher level of competitions. The present findings seem to support the existing theories on intensity (Mellalieu, Neil & Hanton, 2006; Parfitt & Pates, 1999; Stavrou, Psychoudaki, Zervaç, 2006; Woodman & Hardy, 2003; Wilson, & Raglin, 1997) which demonstrates that the more experienced player will show lower levels of cognitive and somatic anxiety than the less experienced player.

DISCUSSION REGARDING DIFFERENCES BETWEEN INTER-UNIVERSITY MEDALIST FEMALE AND INTER-COLLEGE FEMALE MEDALIST SOFTBALL PLAYERS ON THE SELECTED VARIABLES

Mental Health

Table-16 projects the results on the variable Emotional Stability between female inter-university medalist and inter-college medalist softball players. The results were found significant as the obtained ‘t’-value 2.356 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). It can be observed that the descriptive mean values (figure-16) of inter-university medalist female softball players was found higher than inter-college medalist female softball players. The inter-university medalist female players had better emotional stability as compared to their counterpart i.e. inter-college medalist female softball players.

Table-16 demonstrates the results on the variable Overall Adjustment between female inter-university medalist and inter-college medalist softball players. The results were found significant as the obtained ‘t’-value 3.200 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-
FIGURE 16

GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-UNIVERSITY MEDALIST FEMALE AND INTER-COLLEGE MEDALIST FEMALE SOFTBALL PLAYERS ON THE SUB-VARIABLES OF MENTAL HEALTH.
of inter-university medalist female players were found higher than inter-college medalist female softball players. The inter-university medalist female softball players had better level of overall adjustment as compared to the inter-college medalist female softball players.

As is evident from the results in Table-16 depicts the results above with regard to the variable Autonomy between female inter-university medalist and inter-college medalist softball players. The results were found significant as the obtained ‘t’-value 1.905 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-16) between inter-university medalist female and inter-college medalist softball female players had found no significant difference. The results revealed that inter-university medalist female softball players and inter-college medalist female softball players had almost similar level of autonomy.

Table-16 projects the results on the variable Security-Insecurity between female inter-university medalist and inter-college medalist softball players. The results were found significant as the obtained ‘t’-value 7.398 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). It can be observed from the descriptive mean values (Figure-16) of inter-university medalist female softball players were found higher than inter-college medalist female softball players. The results demonstrated that the inter-university medalist softball female players had better sense of security as compared to inter-college medalist female softball players.

Table-16 demonstrates the results on the variable Self-Concept between female inter-university medalist softball players and inter-college medalist softball players. The results were found significant as the calculated ‘t’-value 5.202 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). It can be observed that the descriptive mean values (Figure-16) of inter-university
medalist female softball players were found higher than inter-college medalist female softball players. The results revealed that the inter-university medalist female softball players had better concept of self as compared to inter-college medalist softball players.

Table-16 projects the results with regard to the variable Intelligence between female inter-university medalist and inter-college medalist softball players. The results were not found significant as the obtained ‘t’-value 1.576 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). It can be observed that the descriptive mean values (Figure-16) of inter-university medalist female and inter-college medalist female softball players had almost same level of mean values. It shows from the above results that the inter-university medalist female softball players and inter-college medalist female softball players had quite similar level of mental aptitude, intelligence and brain power.

Table-16 depicts the results on the variable Overall Mental Health between inter-university medalist female softball players and inter-college medalist female softball players. The results were found significant as the obtained ‘t’-value 5.680 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The descriptive mean values of inter-university medalist female softball players were found higher than inter-college medalist female softball players. The results revealed that inter-university female medalist players had significantly higher level of overall mental health as compared to inter-college female medalist softball players. The results might be due to high level of psychological training/exposure to different situations encountered by inter-university female medalist softball players during higher level of sports training camps and competitions.
FIGURE-17

GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-UNIVERSITY MEDALIST FEMALE AND INTER-COLLEGE MEDALIST FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF SELF-ESTEEM

Mean Scores

<table>
<thead>
<tr>
<th></th>
<th>Personally Perceived</th>
<th>Socially Perceived</th>
<th>Self Esteem (Total)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Inter University Medalist</td>
<td>95.11</td>
<td>159.66</td>
<td>254.76</td>
</tr>
<tr>
<td>Female Inter College Medalist</td>
<td>94.08</td>
<td>143.58</td>
<td>237.66</td>
</tr>
</tbody>
</table>

144(a)
Self-Esteem

A glance at Table-17 depicts the results on the variable **Personally Perceived Self-Esteem** between female inter-university medalist and inter-college medalist softball players. The results were not found significant as the obtained ‘t’-value 0.352 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The results demonstrated the descriptive mean values (Figure-17) of female inter-university medalist and inter-college medalist softball players had almost same level of mean values. The results indicated that the inter-university medalist female softball players and inter-college medalist female softball players had almost similar level of personally perceived self-esteem.

Table-17 projects the results with regard to the variable **Socially Perceived Self-Esteem** between female inter-university medalist and inter-college medalist softball players. The results were found significant as the obtained ‘t’-value 3.622 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-17) of inter-university medalist female softball players were found higher than inter-college medalist female softball players. It revealed from the results that the inter-university medalist female softball players had better socially perceived self-esteem as compared to inter-college medalist female softball players.

Table-17 projects the results with regard to the variable **Self-Esteem (Total)** between inter-university medalist and inter-college medalist female softball players. The results were found significant as the obtained ‘t’-value 4.019 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-17) of inter-university medalist female softball players were found higher than inter-college medalist female softball players. It is revealed from the present results that the inter-university medalist softball players had better level of self-esteem as compared to inter-college medalist softball players.
players. The results might be attributed to the better self-worth, confidence and self-respect of inter-university female softball players as compared to the inter-college medalist female softball players.

**Sports Competitive Anxiety**

Table-18 demonstrates the results on the variable **Sports Competitive Anxiety** between inter-university medalist female and inter-college medalist female softball players. The results were found significant as the obtained ‘t’-value -5.783 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-18) for inter-college medalist female softball players were found higher (higher the mean value resulted higher the anxiety) than inter-university medalist female softball players. It is revealed from the results that the inter-college medalist softball female players had higher level of competitive anxiety as compared to inter-university medalist softball female players. The results revealed significantly higher level of Sports Competitive Anxiety in inter-college female medalist softball players as compared to inter-university female medalist softball players. Reed (1960) concluded that both high and low levels of anxiety tended to disrupt the learning process, whereas moderate levels of anxiety created an ideal atmosphere for learning. Marten (1974) discovered several facets of anxiety and motor performance, as they relate to the sports competition itself. The results of investigation showed that athletic experience pre-stimulus delay period, competition had an effect upon the performance of a complex motor response, time task.

**DISCUSSION REGARDING DIFFERENCES BETWEEN INTER-COLLEGE MALE MEDALIST AND INTER-COLLEGE FEMALE MEDALIST SOFTBALL PLAYERS ON THE SELECTED VARIABLES**

**Mental Health**

Table-19 projects the results on the variable **Emotional Stability** between inter-college male medalist and inter-college female medalist softball players. The results were found significant as the obtained ‘t’-value 2.959
FIGURE-18
GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-UNIVERSITY MEDALIST FEMALE AND INTER-COLLEGE MEDALIST FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF SPORTS COMPETITIVE ANXIETY

Mean Scores

17.00
20.21

Female Inter University Medalist
Female Inter College Medalist

146(a)
was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The descriptive mean values (Figure-19) of inter-college medalist male and inter-college medalist female softball players revealed that inter-college medalist male had higher mean values. The results indicated that the inter-college medalist male softball players had better emotional stability as compared to inter-college medalist female softball players. The present study confirms the results of Kanwar (2004) wherein she found that the male judokas were significantly better than female judokas on the variable emotional stability.

A glance at Table-19 depicts the results with regard to the variable **Overall Adjustment** between inter-college male medalist and inter-college medalist female softball players. The results were found significant as the obtained 't'-value 3.341 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-19) of inter-college medalist male and inter-college medalist female softball players revealed that inter-college medalist male had higher mean values. The results indicated that the inter-college male medalist softball players had better overall adjustment as compared to inter-college female medalist softball players. Antonelli and Mascellani (1973) reported that male athletes were better adjusted as compared to female athletes.

Table-19 projects the results with regard to the variable **Autonomy** between inter-college male medalist and inter-college female medalist softball players. The results were found significant as the obtained 't'-value -2.466 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-19) of inter-college medalist female and inter-college medalist male softball players shown that inter-college medalist female had higher mean values. The results indicated that the inter-college medalist female softball players had better autonomy level, self-control, sovereignty, dominion.
and independence as compared to inter-college medalist male softball players.

Table-19 demonstrates the results with regard to the variable **Security-Insecurity** between inter-college male medalist and inter-college medalist female softball players. The results were found significant as the obtained ‘t’-value 4.719 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-19) of inter-college medalist male and inter-college medalist female softball players revealed that inter-college medalist male had higher mean values. The results indicated that the inter-college medalist male softball players had better sense of security level as compared to inter-college medalist female softball players.

Table-19 projects the results with regard to the variable **Self-Concept** between inter-college male medalist and inter-college medalist female softball players. The results were found significant as the obtained ‘t’-value 2.581 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-19) between inter-college medalist male and inter-college medalist female softball players demonstrated that inter-college medalist male had higher mean values. The results indicated that the inter-college male medalist softball players had better self-concept as compared to inter-college female medalist softball players.

Table-19 shows the results with regard to the variable **Intelligence** between inter-college male medalist and inter-college female medalist softball players. The results were found significant as the obtained ‘t’-value 4.123 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-19) between inter-college male medalist and inter-college female medalist softball players demonstrated that inter-college male medalist had higher mean values. The results revealed that the inter-college male medalist
FIGURE-19
GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-COLLEGE MEDALIST MALE AND INTER-COLLEGE MEDALIST FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF MENTAL HEALTH

Mean Scores

Emotional Stability | Autonomy | Security-Insecurity | Concept Intelligence

10.13 | 29.13 | 26.50 | 11.18
10.50 | 10.50 | 9.24 | 10.74
10.03 | 22.50 | 20.29

Male Inter College Medalist | Female Inter College Medalist
softball players had significantly better intelligence level and brain power than inter-college female medalist softball players.

Table-19 depicts the results with regard to the variable **Overall Mental Health** between inter-college male medalist and inter-college female medalist softball players. The results were found significant as the obtained ‘t’-value 5.133 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values of inter-college male medalist and inter-college female medalist softball players revealed that inter-college male medalist had higher mean values. The results demonstrated that the inter-college male medalist players had significantly higher level of overall mental health as compared to inter-college female medalist softball players. Paul (2006) in his study found that boys had better mental health than their counterpart girls.

### Self-Esteem

A glance at Table-20 depicts the results on the variable **Personally Perceived Self-Esteem** between inter-college male medalist and inter-college female medalist softball subjects. The results were not found significant as the calculated ‘t’-value 0.972 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-20) between inter-college medalist male and inter-college medalist female softball players shown that both the groups had almost same level of mean values. The results demonstrated that the inter-college male medalist softball players and inter-college female medalist softball players had not differed significantly resulting which both groups had same level of personally perceived self-esteem.

Table–20 presents the results with regard to the variable **Socially Perceived Self-Esteem** between inter-college male medalist and inter-college female medalist softball subjects. The results were not found significant as the calculated ‘t’-value 0.876 was found lesser than the table value.
value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-20) between inter-college male medalist and inter-college female medalist softball players revealed that both the groups had almost same level of mean values. The results found that the inter-college male medalist softball players and inter-college female medalist softball players had not differed significantly resulting which both groups had same level of socially perceived self-esteem.

Table-20 demonstrates the results with regard to the variable **Self-Esteem (Total)** between inter-college male medalist and inter-college female medalist softball players. The results were not found significant as the obtained ‘t’-value 1.477 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-20) between inter-college male medalist and inter-college female medalist softball players demonstrated that both the groups had almost similar level of mean values. The results revealed that the inter-college male medalist softball players and inter-college female medalist softball players were not differed significantly resulting which both the groups had same level of self-esteem (Total).

**Sports Competitive Anxiety**

Table-21 depicts the results with regard to the variable **Sports Competition Anxiety** between inter-college male medalist and inter-college female medalist softball players. The results were found significant as the obtained ‘t’-value -2.847 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-21) between inter-college male medalist and inter-college medalist female softball players shown that inter-college female medalist softball players had the higher mean values (higher the mean value resulted higher the anxiety) as compared to inter-college male medalist softball players. It can be observed that the inter-college female medalist softball players had higher level of anxiety as compared to inter-college male.
FIGURE-20
GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-COLLEGE MEDALIST MALE AND INTER-COLLEGE MEDALIST FEMALE ON THE SUB VARIABLES OF SELF-ESTEEM

FIGURE-21
GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-COLLEGE MEDALIST MALE AND INTER-COLLEGE MEDALIST FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES SPORTS COMPETITIVE ANXIETY
medalist softball players. Scanlan et. al. (1979) and Wark et. al. (1979) indicated that male athletes typically display lower levels of anxiety and higher self-confidence as compare to female athletes.

**DISCUSSION REGARDING DIFFERENCES BETWEEN INTER-UNIVERISTY MALE MEDALIST AND INTER-UNIVERISTY FEMALE MEDALIST SOFTBALL PLAYERS ON THE SELECTED VARIABLES**

Table-22 projects the results with regard to the variable **Emotional Stability** between inter-university male medalist and inter-university female medalist softball subjects. The results were found significant as the obtained ‘t’-value 5.861 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-22) between inter-university male medalist and inter-university female medalist softball subjects revealed that inter-university male medalist softball players had better emotional stability as compared to inter-university female medalist softball players (higher scores indicate better emotional stability). This fact evidenced that higher level of competitions and success may be the mediating factor with regard to the variable emotional stability. Kanwar (2004) in her study found that the male judokas were significantly better than female judokas on the variable of emotional stability.

Table-22 presents the results with regard to the variable **Overall Adjustment** between inter-university male medalist and inter-university female medalist softball players. The results were found significant as the obtained ‘t’-value 4.197 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The mean values (Figure-22) between inter-university medalist male and inter-university female medalist softball subjects revealed that inter-university male medalist softball players had the better overall adjustment as compared to inter-university female medalist softball players (higher scores indicate better overall adjustment). The results indicated that inter-university male medalist softball players had better level of adjustment as compared to inter-university female medalist softball players. Nangia and Sengar (1989) found
significant differences between the sportsmen and sportswomen on the variable adjustment and reported that sportsmen demonstrated better adjustment than sportswomen. Kaur (1992) also reported that male athletes were significantly better than the female athletes on health, social, emotional, educational and overall adjustment.

Table-22 demonstrates the results on the variable Autonomy between inter-university male medalist and inter-university female medalist softball players. The results were found insignificant as the obtained ‘t’-value -0.581 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-22) between inter-university male medalist and inter-university female medalist softball subjects revealed that both the groups had almost the same level of mean scores. The results found that the inter-university male medalist softball players and inter-university female medalist softball players had not differed significantly resulting which both the groups had almost the same level of Autonomy.

Table-22 depicts the results on the variable Security-Insecurity between inter-university male medalist and inter-university female medalist softball players. The results were not found significant as the obtained ‘t’-value 0.406 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-22) between inter-university male medalist and inter-university female medalist softball subjects revealed that both the groups had almost the same level of mean scores. The results found that the inter-university male medalist softball players and inter-university female medalist softball players had not differed significantly resulting which both the groups had almost the same level of sense of security.

Table-22 projects the results on the variable Self-Concept between inter-university male medalist and inter-university female medalist softball players. The results were found significant as the obtained ‘t’-value 2.762
FIGURE-22
GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-UNIVERSITY MEDALIST MALE AND INTER-UNIVERSITY MEDALIST FEMALE SOFTBALL PLAYERS ON THE SUB VARIABLES OF MENTAL HEALTH

Mean Scores

Emotional Stability  Overall Stability  Autonomy  Security-Insecurity  Self Concept  Intelligence

Male Inter University Medalist  Female Inter University Medalist

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was found greater than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-22) between inter-university male medalist and inter-university female medalist softball players revealed that inter-university male medalist had the higher mean values as compared to inter-university female medalist softball players. When comparing the means of both groups, it is found that inter-university male medalist players had significantly better self-concept and self control than inter-university female medalist softball players.

A glance at Table-22 depicts the results on the variable **Intelligence** between inter-university male medalist and inter-university female medalist softball players. The results were found significant as the calculated ‘t’-value 4.070 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-22) between inter-university male medalist and inter-university female medalist softball players shown that inter-university male medalist had the higher mean values as compared to inter-university female medalist softball players. The results demonstrated that the inter-university male medalist softball players were more intellectual had better mental aptitude as compared to their counter part i.e. inter-university female medalist softball players.

Table-22 presents the results with regard to the variable **Overall Mental Health** between inter-university male medalist and inter-university female medalist softball players. The results were found significant as the calculated ‘t’-value 4.598 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values of inter-university male medalist and inter-university female medalist softball players revealed that inter-university male medalist had the higher mean values as compared to inter-university female medalist softball players. The results demonstrated that the inter-university male
medalist softball players had better overall mental health as compared to their counter part i.e. inter-university female medalist softball players.

Self-Esteem

Table-23 presents the results with regard to the variable Personally Perceived Self-Esteem between inter-university male medalist and inter-university female medalist softball players. The results were not found significant as the calculated ‘t’-value 1.205 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The obtained mean values (Figure-23) of inter-university male medalist and inter-university female medalist softball players revealed almost similar level of mean values. It did reveal that the variable of personally perceived self-esteem was similarly developed amongst the groups in comparison i.e. inter-university male medalist players and inter-university female medalist softball players.

Table-23 projects the results with regard to the variable Socially Perceived Self-Esteem between inter-university male medalist and inter-university female medalist softball players. The results were found significant as the obtained ‘t’-value 2.463 was found higher than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-23) of inter-university male medalist and inter-university female medalist softball players shown that inter-university male medalist had the higher mean values as compared to inter-university female medalist softball players. The results revealed that the inter-university male medalist players had exhibited better socially perceived self-esteem as compared to inter-university female medalist softball players.

Table-23 demonstrates with regard to the variable Self-esteem (Total) between inter-university male medalist and inter-university female medalist softball players. The results were found significant as the obtained ‘t’-value 2.749 was found higher than the table value 2.00 which was required to be
FIGURE-23
GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-UNIVERSITY MEDALIST MALE AND INTER-UNIVERSITY MEDALIST FEMALE SOFTBALL PLAYERS ON SUB THE VARIABLES SELF-ESTEEM

FIGURE-24
GRAPHICAL REPRESENTATION OF MEAN SCORES OF INTER-UNIVERSITY MEDALIST MALE AND INTER-UNIVERSITY MEDALIST FEMALE SOFTBALL PLAYER ON THE SUB VARIABLES OF SPORTS COMPETITIVE ANXIETY
significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-23) of inter-university male medalist and inter-university female medalist softball players demonstrated that inter-university male medalist softball players had the higher mean values as compared to inter-university female medalist softball players. The results revealed that the inter-university male medalist players had better self-esteem as compared to inter-university female medalist softball players. The present findings support the findings of Tiggemann and Williamson (2000) who found that the relationship between exercise activity and self-esteem was positive for men but not significant for women.

Sports Competitive Anxiety

Table-24 presents the results with regard to the variable Sports Competitive Anxiety between inter-university male medalist and inter-university female medalist softball players. The results were not found significant as the obtained ‘t’-value 0.209 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=74). The calculated mean values (Figure-24) of inter-university male medalist and inter-university female medalist softball players revealed that both the groups had same level of mean scores. The results demonstrated that the inter-university male medalist players and inter-university female medalist players were similarly developed on the variable sports competitive anxiety.

DISCUSSION REGARDING THE RELATIONSHIP ON TOTAL SAMPLE AMONG SELECTED VARIABLES

Table-25 presents the results with regard to inter-correlation between the variables of Mental Health and Self-Esteem on total sample included medalist and non-medalist (male and female) softball players. It has been found that there was no significant correlation between mental health and self-esteem as obtained ‘r’-value 0.014 was found lesser than the table.
value of 0.113 which was required to be significant at 0.05 level of significance with (df=302). The results indicated that the variables of mental health and self-esteem were developed equally.

Table-25 depicts the results with regard to inter-correlation between the variables of Self-Esteem and Sports Competitive Anxiety on total sample that includes medalist and non-medalist (male and female) softball players. It has been found that there was no significant correlation between self-esteem and Sports Competitive Anxiety as obtained ‘r’-value 0.075 was found lesser than the table value of 0.113 which was required to be significant at 0.05 level of significance with (df=302). The results in question revealed that the variables of self-esteem and Sports Competitive Anxiety had been similarly developed.

Table-25 depicts the results with regard to inter-correlation between the variables of Mental Health and Sports Competitive Anxiety on total sample that includes medalist and non-medalist (male and female) softball players. It has been observed that there was significantly negative correlation found between mental health and Sports Competitive Anxiety as the ‘r’-value -0.391 was found greater than the table value of 0.113 which was required to be significant at 0.05 level of significance with (df=302). The results in question signify that players’ higher level of sports competitive anxiety (higher the score describe high level of anxiety) had lower level of mental health among the medalist male and female players and non-medalist male and female players.

DISCUSSION REGARDING THE RELATIONSHIP ON MALE SAMPLE AMONG SELECTED VARIABLES

Table-26 presents the results with regard to inter-correlation between the variables of Mental Health and Self-esteem on male sample included medalist (inter-college and inter-university) and non-medalist (inter-college and inter-university) softball players. It has been found that there was no
significant correlation between mental health and self-esteem as obtained ‘r’- value -0.087 was found lesser than the table value of 0.113 which was required to be significant at 0.05 level of significance with (df=302). The results have been found that relationship between mental health and self-esteem shows negative and not significant relationship.

Table-26 depicts the results with regard to inter-correlation between the variables of Mental Health and Sports Competitive Anxiety on male sample included medalist (inter-college and inter-university) and non-medalist (inter-college and inter-university) softball players. It has been found negative relationship but significant between mental health and self-esteem for the total male sample that includes medalist players and non-medalist players as obtained ‘r’-value -0.373 was found higher than the table value of 0.113 which was required to be significant at 0.05 level of significance with (df=302). The results reveal that players with higher level of sports competitive anxiety (higher the score describe high level of anxiety) had lower level of mental health in case of male softball players.

Table-26 demonstrates the results with regard to inter-correlation between the variables of Self-Esteem and Sports Competitive Anxiety for the total male sample included medalist (inter-college and inter-university) and non-medalist (inter-college and inter-university) softball players. It has been observed that there has been no significant relationship found as the obtained ‘r’-value 0.029 was lesser than the table value of .159 which was required to be significant at 0.05 level of significance with (df =150). The results reveal with regard to self-esteem and sports competitive anxiety were correlated but not found significant as both the variables were similarly developed among medalist (inter-college and inter-university) and non-medalist (inter-college and inter-university) softball players.
DISCUSSION REGARDING THE RELATIONSHIP ON FEMALE SAMPLE AMONG SELECTED VARIABLES

Table-27 depicts the results with regard to inter-correlation between Mental Health and Self-Esteem the variables of on the total female sample which includes medalist female (inter-college and inter-university) and non-medalist female (inter-college and inter-university) softball players. The results on the variables mental health and self-esteem demonstrated no significant correlation between both the variables as the obtained ‘r’ value .013 was found lesser than the table value of .159 which was required to be significant at 0.05 level of significance with (df = 150). The results revealed that mental health and self-esteem variables had been similarly developed in the female medalist and non-medalist softball players.

Table-27 presents the results with regard to inter-correlation between Mental Health and Sports Competitive Anxiety demonstrated negative relationship but significant on the total female sample which includes medalist (inter-college and inter-university) and non-medalist (inter-college and inter-university) female softball players as the ‘r’-value -0.409 which found higher than the table value of 0.159 and was required to be significant at 0.05 level of significance with (df = 150). The results above revealed that the players with higher level of Sports Competitive Anxiety (as higher the score indicate high level of anxiety) and lower level of mental health in the female medalist and non-medalist softball players.

Table-27 demonstrates the results with regard to inter-correlation between Self-Esteem and Sports Competitive Anxiety for the total female sample which includes medalist female (inter-college and inter-university) and non-medalist female (inter-college and inter-university) softball players observed significant relationship between these variables as the obtained ‘r’
value 0.173 was found significantly higher than the table value of 0.159 and was required to be significant with the at 0.05 level of significance with (df = 150). The results reveal that both the variables were correlated positively which indicated that the players with positive and high level of self-esteem (higher the score describe high level of self-esteem) had moderate level of sports competitive anxiety in case of female softball players.

SECTION-III
TESTING OF HYPOTHESES

1. The hypothesis No.1 stated that there would be significant differences between male medalist and non-medalist inter-University softball players on the variables Mental Health, Self-Esteem and Sports Competitive Anxiety. The results revealed significant differences between male inter-university medalist and non-medalist softball players on the variable Mental Health including all its sub variables thus retained the hypothesis with regards to mental health.

The results with regard to the variable Self-esteem and its sub variables i.e. Socially Perceived self-esteem and Self-Esteem (Total) have also been found significant. However, the results with regard to the sub variable personally perceived self-esteem found insignificant thus partially retained the hypothesis with regard to variable self-esteem.

The results with regard to the variable Sports Competitive Anxiety has also been found significant thus retained the hypothesis with regard to competitive anxiety.
2. The **hypothesis No.2** predicted that there would be significant differences between female medalist and non-medalist inter-University softball players on the variables Mental Health, Self-Esteem and Sports Competitive Anxiety. The results also revealed significant differences between female inter-university medalist and non-medalist softball players on the variable **Mental Health, Self-Esteem and Sports Competitive Anxiety** thus retained the hypothesis No.2.

3. The **hypothesis No. 3** stated that there would be significant differences between male medalist and non-medalist inter-College softball players on the variables mental health, self-esteem and sports competitive anxiety. The results also revealed significant differences on the variable **Mental health** including its sub variables i.e. Security-Insecurity, Self-Concept, Intelligence and Overall mental health. However, no significant differences were noticed regarding the sub variables Emotional Stability, Overall Adjustment and Autonomy. Thus, **hypothesis** with regard to the variable **mental health** has been **partially retained** and **partially rejected**. The results on the variable **Self-Esteem** including all its sub variables have been found insignificant thus **rejected** the **hypothesis** with regards to self-esteem.

The result with regard to the variable **Sports Competitive Anxiety** has been found significant thus **retained** the **hypothesis** with regards to sports competitive anxiety.

4. The **hypothesis No.4** propounded that there would be significant differences between female medalist and non-medalist inter-college softball players on the selected variables. The significant differences were found on the variable **Mental Health** including its sub variables i.e. Emotional Stability, Overall Adjustment, Self-Concept, Intelligence
and Overall mental health. However, no significant differences were noticed regarding the sub variables Autonomy and Security-Insecurity thus partially retained and partially rejected the hypothesis in question. The results on the variable Self-Esteem including all its sub variables were found insignificant thus rejected the hypothesis with regards to self-esteem. The results with regard to the variable Sports Competitive Anxiety have also been found significant thus retained the hypothesis with regards to sports competitive anxiety.

5. The hypothesis No. 5 stated that there would be significant differences between inter-university male medalist and inter-college male medalist softball players on the selected variables. It is noticed from the results that the significant differences were found between male inter-university medalist and inter-college medalist softball players regard to the Mental Health thus retained the hypothesis with regards to mental health.

The results presented on the variable Self-Esteem including its sub variables i.e. Socially Perceived self-esteem and Self-Esteem (Total) significant differences were found. The results on the sub variable Personally Perceived self-esteem were found insignificant thus hypothesis with regard to the variable self-esteem has been partially retained and partially rejected .The result with regard to the variable Sports Competitive Anxiety has been found significant thus retained the hypothesis with regards to sports competitive anxiety.

6. The hypothesis No.6 stated that there would be significant differences between inter-university female medalist and inter-college female medalist softball players on the variables mental health, self-esteem and sports competitive anxiety. The results revealed significant
differences on the variable **Mental Health** including its sub variables i.e. Emotional Stability, Overall Adjustment, Security-Insecurity, Self-Concept, Intelligence and Overall mental health. However, no significant differences were found with regard to the sub variable Autonomy thus **hypothesis** in question has been **partially retained and partially rejected**. The results on the variable **Self-Esteem** including its sub variables i.e. Socially Perceived self-esteem and Self-Esteem (Total) found significant. However, the results with regard to the sub variable Personally Perceived self-esteem no significant differences were noticed thus **partially retained and partially rejected** the **hypothesis** in question. The results with regard to the variable **Sports Competitive Anxiety** have been found significant thus **retained** the **hypothesis** with regard to sports competitive anxiety.

7. **The hypothesis No. 7** stated that there would be significant differences between male and female medalist inter-college softball players on the variables mental health, self-esteem and sports competitive anxiety. The results revealed significant differences with regard to the variable **Mental health** including all its sub variable i.e. Emotional Stability, Overall Adjustment, Autonomy, Security-Insecurity, Self-Concept, Intelligence and Overall mental health thus **retained** the **hypothesis** with regards to variable mental health. The results on the variable **Self-Esteem** including all its sub variables were found insignificant thus **rejected** the **hypothesis** with regards to self-esteem. The results with regard to variable **Sports Competitive Anxiety** were found significant thus **retained** the **hypothesis** with regards to sports competitive anxiety.

8. **The hypothesis No. 8** predicted that there would be significant differences between male and female medalist inter-university softball players on the variables mental health, self-esteem and sports
competitive anxiety. The results revealed significant differences on the variable **Mental Health** including its sub variables i.e. Emotional Stability, Overall Adjustment, Autonomy, Self-Concept, Intelligence and Overall mental health. Whereas no significant differences were noticed with regard to the sub variable Security-Insecurity thus **partially retained** and **partially rejected** the **hypothesis** in question. The results on the variable **Self-Esteem** including its sub variables i.e. Socially Perceived self-esteem and Self-Esteem (Total) found significant. Whereas no significant differences were noticed with regard to the sub variable Personally Perceived self-esteem thus **hypothesis** with regard to the variable **self-esteem** has been **partially retained** and **partially rejected**. The results with regard to variable **Sports Competitive Anxiety** were not found significant thus **rejected** the **hypothesis** with regards to sports competitive anxiety.

9. The **hypothesis No.9** propounded that there would be significant relationship among three variables namely mental health, self-esteem and sports competitive anxiety. The results revealed insignificant relationship between **Mental Health** and **Self-Esteem** as well as **Self-Esteem** and **Sports Competitive Anxiety** on **total sample**. However, significant relationship was observed on variables **Mental Health** and **Sports Competitive Anxiety** thus the **hypothesis** in question **partially rejected** and **partially retained**.

The results revealed insignificant relationship between the variables **Mental Health** and **Self-esteem** as well as **Self-Esteem** and **Sports Competitive Anxiety** on **male sample (Total)**. The results with regard to relationship between the variables of **Mental Health** and **Sports Competitive Anxiety** on male sample found significant thus the
The results revealed insignificant relationship between Mental Health and Self-Esteem on the female sample (Total). The results with regard to Mental Health and Sports Competitive Anxiety as well as Self-Esteem and Sports Competitive Anxiety demonstrated significant relationship thus the hypothesis in question partially rejected and partially retained on the female sample (Total).