INTRODUCTION

The history of physical education and sport from ancient to modern times. Its purpose is to assist students in developing an understanding of the historical foundations of physical education and sport so that they will be equipped to undertake further work in the socio cultural study of human movement. Students will be encouraged to seek out the meanings that sport and physical education held for people during different historical periods, and to identify the linkages between modern sports and physical education and their earlier counterparts. Special emphasis will be given to: the origins of the Olympic Games; the modernisation of sport; the diffusion of the games ethic through the British Empire; and the inception of the modern Olympic Games. The unit also aims to assist students in gaining an appreciation of the different theoretical and methodological approaches related to the history of sport and physical activity in society.

In many countries, the terms physical education and sport are used together to describe the academic discipline that we commonly refer to as physical education in the US. However, the US is unique because we offer interscholastic sport competition. Only a handful of other countries do this. Others rely on independent club amateur, semi-pro, and professional leagues for competitive sports. Because of the coupling of athletic competition to academic institutions, physical educators have found it difficult to coexist with athletic personnel. Consequently, athletics and physical education have always had different goals and more or less have followed divergent paths in their development in the US.

Successful Sport for Development and Peace programs work to realize the right of all members of society to participate in sport and leisure activities. Effective programs intentionally give priority to development objectives and are carefully designed to be inclusive. These programs embody the best values of sport while upholding the quality and integrity of the sport experience. Strong Sport for Development and Peace programs combine sport and play with other non-sport components to enhance their effectiveness. They are delivered in an integrated manner with other local, regional and national development and peace initiatives so that they are mutually reinforcing. Programs seek to empower participants and communities by engaging them in the design and delivery of activities, building local capacity, adhering to generally
accepted principles of transparency and accountability, and pursuing sustainability through collaboration, partnerships and coordinated action.

Social psychology reached a more mature level in both theories and methods during the 1980s and 1990s. Careful ethical standards now regulate research. Pluralistic and multicultural perspectives have emerged. Modern researchers are interested in many phenomena, but attribution, social cognition, and the self-concept are perhaps the greatest areas of growth in recent years. Social psychologists have also maintained their applied interests with contributions in health, environmental, and legal psychology.

The way we perceive ourselves in relation to the rest of the world plays an important role in our choices, behaviors and beliefs. Conversely, the opinions of others also impact our behavior and the way we view ourselves. Social psychology is a branch of psychology concerned with how social phenomena influence us and how people interact with others.

Understanding social psychology can be useful for many reasons. First, we can better understand how groups impact our choices and actions. Additionally, it also allows us to gain a greater appreciation for how our social perceptions affect our interactions with other people.

Social psychology is usually considered as subfields of psychology or sociology, which concentrate on the relative importance of individual or social influences and effects respectively. Some of the differences are organizational (e.g., psychological and sociological social psychologists tend to publish in different journals) whilst other differences include the type of processes emphasized by the respective disciplines.

Psychological social psychologists tend take an interactional approach to human social behavior which emphasizes factors both within the person (cognition, affect, motives, neurophysiology, and personality traits), and the immediate social situation. Sociological social psychologists tend to emphasize processes outside of the person at a more distant macro-level, such as social structure and a more immediate micro-level, such as social interaction. Both include the use of the individual and the group as units of analysis in their research.
Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: One understands individual differences in particular personality characteristics, such as sociability or irritability. The other understands how the various parts of a person come together as a whole.

**Statement of the Problem**

The purpose of the study was to find the “socio-psychological differentials between district, state and national rifle shooter”.

**Delimitations**

1. The study was delimited to the rifle shooting player of India.
2. The study was further delimited to age ranging from 14 to 19 years.
3. The study was further confined to the following socio-psychological variables:
   (a) Personality
   (b) Aggression
   (c) Self esteem
   (d) Achievement motivation
   (e) Self confidence
   (f) Social adjustment
   (g) Locus of control
   (h) Self concept

**Limitations**

1. Different ways of living, socio-economic conditions, nature of activity, daily routine & habits of different rifle shooting groups which were not under the control of research scholar were considered as a limitation of the study.
2. Questionnaire research has its limitations. As such any bias that might have crept into the subject response on their account may be considered as limitation.
3. The test were administered at different points of times considering the availability of the subjects, their mood states as a result of winning or losing a particular match might have influenced their response pattern on a particular scale/instrument. This was another limitation imposed on the study inadvertently.
4. No special motivational technique was used during the test, therefore the differences that might have occurred in performance due to lack of motivation was recorded as the limitation of the study.

**Hypothesis**

On the basis of the literature reviewed, available research findings, expert’s opinion and scholar’s own understanding of the problem, it was assumed that there would be no significant difference between the district, state and national school rifle shooting players in different socio-psychological variable.

**Definition and Explanation of the Terms**

**Personality**

Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. Different personality theorists present their own definitions of the word based on their theoretical positions.

**Extroversion**

An extrovert is someone who likes to be social and whose interests mostly lie with things beyond him/herself, such as other people and the physical environment. Extroverts are not as concerned with themselves and thus do not focus much on their own thoughts or feelings.

**Neuroticism**

An enduring tendency to experience negative emotional states, such as anxiety, anger, guilt and depression. Those who score high on neuroticism scales are more likely than average to respond poorly to stress and to interpret situations as threatening or hopelessly difficult.

**Aggression**

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

**Self Esteem**

Self-esteem as the evaluation which the individual makes and customarily maintains with regard to himself. It expresses an attitude of approval and disapproval.
Achievement Motivation

It is an athlete’s predisposition to approach or avoid a competition situation.

Self Confidence

Self confidence involves thoughts and images reflecting the beliefs that one has the capacity to perform the actions required for success.

Social Adjustment

Adaptation of the person to the social environment. Adjustment may take place by adapting the self to the environment or by changing the environment. (From Campbell, Psychiatric Dictionary, 1996)

Locus of Control

Locus of control is a theory in personality psychology referring to the extent to which individuals believe that they can control events that affect them.

Locus of control generally refers to the mechanism through which individuals determine or do not determine their actions and behavioral controls.

Self Concept

Self-concept as a composite for numerous self-perception encompassing the values, attitudes and behavior towards one-self in relation to environment.

Significance of the Study

The characteristic psychological variables for each player might allow both the coach and the players to acquire a deeper insight into their own interactive processes. A player may be able to develop a higher sense of internal control to be exerted over his competitive performance ability because ‘self-knowledge’ is a key to higher accomplishments.

The finding of this study might certainly help the coach/trainer to know the psychological strengths and weaknesses of the Indian rifle shooting players, so that, in future, due consideration is given by the selectors to the psychological variables which are most relevant to the higher performance.

Finally, the present study is a manner of examine into a complex composition called ‘sport person’ with a view to remove the misconception now surrounding ‘his/her’ both inside
and outside the world of sports. More than any thing else, ‘search for talent’ that is a million dollar question, might become easier than ever before.

The study will contribute in the following ways:-

1. The findings of the study may be used to highlight the socio psychological variables of district, state and national school rifle shooting player.

2. The result of the study may contribute to learn the rifle shooting player characteristics which will be helpful for the physical education teachers and coaches in selection, manifestation and evaluation process of potential candidates to organize the physical education and sports programme successfully.

3. This study may act as an aid to the coaches and selectors to know the strong and weak points of the rifle shooting participants in relation to socio psychological variables.

4. The findings of the study would provide a guide-line to the future research investigators in sports psychology and sports sciences to conduct further research in this field.

5. The results of the present study will add to the existing body of knowledge in the respective areas.

6. The results of this study will help the coaches, athletes, and sports psychologists to identify those socio-psychological factors which contribute to sports performance and shall in turn help them to develop training programme on the same line and direction