INTRODUCTION

As sport is a Physical mental activity. It has both Mental and Physical dimensions, besides physical, social and technical aspects. In this modern era of competitions the psychological preparation and physiological fitness of a sports man in as much important as teaching the different skills of a game on the scientific lines. These sportsmen are prepared not only to play the game, but to win the game and for winning the game it is not only the proficiency in the skills which brings victory but more proficiency in the skills which brings victory but more important is the psychological, physiological and physical powers of the players.

The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. During training besides good physique and physical fitness to the athlete, main emphasis is laid on the development of various types.

Sports psychology as an applied psychology is the greatest blessing of the modern day sports sciences in this age. Within a short span of time, sports psychology has taken grant strides. The knowledge is all field of human endeavor especially of behavior has expanded to such as extent that is difficult to discuss one aspect of behavior without reference of others.

By positive mentality we mean feelings, thoughts: and an energy level that steer the body is an advantageous way. A negative mentality is the opposite, feelings, thoughts and energy that are negative in character thus controlling the body and hence the performance in a negative way.

The best, most consistent and most confident performers are able to control or channel their emotions to focus their concentration and to bounce back from setbacks in an emotionally mature4 of constructive way. They have refined their ability to quickly shift from an emotional reaction to a performance focus, particularly in response to increased anxiety or errors.
When an athlete gets anxious the heart rate increases. The blood pressure becomes elevated, the breathing becomes more repaid and oxygen consumption increases. He may experience nausea light headedness, dryness of the mouth or feeling of fatigue or weakness. He may yawn frequently, begin to tremble or engage in nervous to tremble or engage in nervous activity (bite his nails wriggle his leg twin his hair etc.) He may sweat profusely urinate frequently or have loose stools. He has difficulty in getting to sleep and have an increase in muscular tension. He may even have difficulty in breathing as the muscles of his neck and throat tense up causing him to choke.

The modern sports training places a greater emphasis in preparing the athletes mental than physical and thus lot of emphasis is being given to the psychological research dealing with psychological characteristics of top level athletes, mental rehearsals of the training task etc. Not only that, a new field of psychology which has come up very fast and still progressing in leaps and bounds is that of “Sports Psychology”

A top sportsmen is one who performs with an intensity of effort raising his pulse rate to 160-180 per minute whereas in healthy sports the pulse rate in increased approx to 130 per minute i.e. 50% of highest efficiency of his circulation system. Usually a top sportsmen on the basis of his performance record successively at school sports, recreational sports and competitive sports and undergoing training at each level which enhances his capacity to record higher levels of performance progressively.

**STATEMENT OF THE PROBLEM**

The purpose of the study is to determine the Physical mental profiles of selected indoor & outdoor games players.
**DELIMITATION**

1. The study will be delimited to the selected physical variables.
2. The study will be delimited to the selected mental variables.
3. The study will be delimited to selected indoor and outdoor games.
4. The study will be further delimited to players of state, university level.

**LIMITATION**

Personal habit of the subjects, their emotional stress, strain and the state of mind effect the result of the study and this might be considered as limitation of the study. Certain factor like dietary habits, the socioeconomic condition and geographic differences could be considered as a limitation of the study.

**HYPOTHESIS**

It is hypothesized that there would be no significant differences between selected Physical and mental characteristics of indoor and outdoor games players.
DEFINITION AND EXPLANATION OF THE TERMS

Psycho-physiological performance:

A performance based on the interaction and interrelations of physic and physiological factors is termed as psycho-physiological performance.

Even though all the bodily processes are dependent upon the interaction of psychological and physiological factors, but for the purpose of this study the psycho-physiological performance refers to the performance of those variables which are not motor or big muscular in nature and which are predominantly psychic rather than physiologic such as reaction time, speed of movement, hand steadiness and depth perception.

Anxiety:

Anxiety is a state of emotional and physical disturbance included in a person by real or imagined threat. In psychiatry, the term refers to disturbance cameed threats that are only apparent to the individual, and came him to behave in a way that is not relevant to the true situations.

Pulse rate

In medicine, one’s pulse represents the tactile arterial palpation of the heartbeat by trained fingertips. The pulse may be palpated in any place that allows an artery to be compressed against a bone, such as at the neck(carotid artery), at the wrist (radial artery), behind the knee (popliteal artery), on the inside of the elbow (brachial artery), and near the ankle joint (posterior tibial artery). The pulse can also be measured by listening to the heart beat directly (auscultation), traditionally using a stethoscope.
Significance of the study

1. The study might help coaches to analyze their coaching programme related to the physical and mental of the indoor and outdoor games players.

2. The results of study might also help the coaches and trainer of the game to develop suitable activities for the indoor and outdoor games players.

3. The result of study might also help the coaches and physical educators, selectors and expert by providing them the information on the selected physical mental characteristics which the player require for better achievement in their performance.

4. The result and finding of this study might provide the criteria for selecting potential players in indoor and outdoor sports at all the levels.

5. The study would help the players to understand their own strong point as well as weakness.