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Editorial

Present issue of this journal has six research papers, on different subjects. The lead article is a study of competitive anxiety and self-confidence of national male gymnasts, in relation to their competition performance. Researchers found that high, medium, and low performance groups showed more cognitive anxiety than somatic cognitive ; and that the self-confidence is slightly lower in high performance group than to medium and low performance groups.

The second article by SAI scientists studies the relationship between Hockey performance and psychological attributes of boys and girls and its perception by the coaches. The results show that SCAT (Sports Competition Anxiety Text) and PSS (Perceived Stress Scale) scores were significantly negatively correlated with player's rating by the coaches and the game skills and coachability were significantly negatively correlated with scores on the psychological variables.

The third paper explores the physique and body proportions of female elite Football players. The researchers found that the somatotype components were 3.7- 4 8-1.96 ; the body weight, diameter of the elbow and knee indicated greater development while z values of circumference of upper arm indicate proportional lesser development, than the universal phantom.

The fourth article, again by SAI scientists, tries to predict the performance of Indian weightlifters for the 2016 Rio Olympics and suggests that there is a possibility of Indian weightlifters to qualify for the Rio Olympics.

The fifth study concludes that plyometric

training, also known as 'Jump Training' is an effective means for development of specific strength required for higher performance in triple jump ; and suggest that strict ratio should not be assigned because of greater individual differences in athletes and that probably the changes in ratio will occur as the athlete gains skill.

In the last article, SAI scientists try to predict the probability of selection and medal winning in the upcoming Rio Olympics, 2016. The scientist suggest that, as in 2012 Olympic Games, at least two players would be selected from continental events for Rio Olympics, and on the basis of their performance in National Games 2015, there is a strong probability that they would perform much better.

I hope you would find these presentations interesting and useful.


S.S.Roy
Editor-in-Chief