

# Impact of Human Factors on Sport Performance across different Developmental Stages of National athletes in Sri Lanka

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**Abstract**— This research study was combined both factors as 'human factors' and its impacts on sport performance. The human factors are relating to the interrelation of social factors and individual thought and behaviour. The Sri Lankan explorations, there has been a majority of explorations of the social dimension and psychology aspect. But a limited investigation was carried on the relationship with human factors and sport performance.

The objective of this study was to investigate human factors and its influence in successful and poor sport performance across difference development stages of national level athletes. Twenty five national athletes (N=25) have taken part in the study sample. The semi-structured interviews were conducted in order to collect data. Thematic analysis was used to analysing data and focus on examining themes within data.

The collected information was preferred into three parts and eight categories. The research has revealed that the human factors were contributed to the successful sport performance and poor sport performance evenly during initiation, development, mastery phases and maintenance stages. The impact of parents, family, coach, peers, siblings and other factors was studied among difference life stages. The results were presented that the human factors play a different role in the difference development stages. The instance supportive family and parents were the most important factors to National athletes' successful sport performance on the initiation stage, where the lack of family and coach support to be a more important factor to National athlete's poor sport performance on the maintenance stage. The research was recommended on future research and implication are given.

**Keywords**—Developmental Stages, Human Factors, Sport Performance.

## I. INTRODUCTION

The human factors are relating to the interrelation of social factors and individual thought and behaviour. Psychology covers the psychological or mental profile of men and social factors are studied by human reaches has been presented as defining various ideologies for psychology and social factors. National athlete

performance level is affected by numerous factors, Parents, peers, coaches, siblings factors can be some of them. The Sri Lankan explorations, there has been a majority of explorations of the social dimension and psychology aspect. But a limited investigation on the relationship with human characters and sport performance

In the recent humanistic factors were mostly used in studies in medical and health sciences. This investigation was carried out with the nationalist is unique and they were not interacted before on a similar study. The objective of this study was to investigate human characters and its influence in successful and poor sport performance across different life stages of national level athletes.

## II. METHODOLOGY

This research is aimed to find out whether and how the human factors impact difference development stages of national athlete. By having the research question, it has built up a hypothesis. Both independent variable and dependent variable were been considered the hypothesis of this study is,

H<sub>0</sub>;  $\mu_1 = \mu_2$

H<sub>1</sub>;  $\mu_1 \neq \mu_2$

**H<sub>0</sub>**- There is no impacts of human factors on sport performance across difference development stages.

**H<sub>1</sub>**- There is an impact of human factors on sport performance across difference development stages.

Selected twenty five (N=25) national athletes in Sri Lanka. The level of the athletes varied national athlete and included 15 males and 10 females between the ages of 24 - 46 years. The selection criteria of the participants are (1) a minimum of 05 years involvement in sport, (2) being involved in competitive sport, (3) being involved in either individual sports or team sports, and (4) being involved in after 2000). Semi-structured interviews are conducted derived from the study. Thematic analysis was used to analysing data and focus on examining themes within data.

Twenty five participants were interviewed directly and asked to all factors and got the information. The interviews were conducted at different places. Analyse by interview according to the interview guide. The first step was every national athlete the interview according to the interview guide. The ectype was then rightly or correctly read through. Important information from the ectype was highlighted, and 2-3 times anew. The highlighted details were organized to a factor that contributes to successful/poor sport performance across difference development stages. It was build a separate file. After the raw data units from athlete were arranged and analysed by thematic analysed.

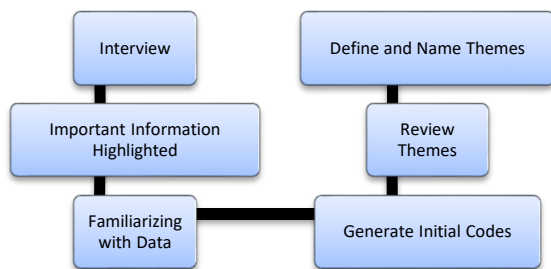


Figure 1. Data Analysing  
Source: Draw by the researcher

III. RESULTS AND DISCUSSION

The collected information was preferred in to three parts and eight categories. The research has revealed that the human factors were contributed to the successful sport performance and poor sport performance evenly during initiation, development, mastery phases and maintenance stages. The impact of human and other factors were studied among different stages. The results were presented that human factors play a different role on the difference stages. The instance supportive parents and family were the most important factors to national athletes’ successful sport performance on the initiation stage and development stage, where the lack of money and support to be a more important factor to national athlete’s poor sport performance on the maintenance stage.

The human factors contributing the successful sport performance on the initiation stage are support from parents, supportive family, and high self-efficacy, Personality Development, better athletic environment, better socialization, successful achievement and joy. There for parents, family, sports environment played a great role of improvement of the sport performance. The factor as lack of family support, monetary problems, psychological and physical weakness, lack of satisfaction, and other perceived barriers are human factors

contributing the poor sport performance on the initiation stage.

The factors as: support from school friends (peers) and family, team cohesion, output and performance, perceive mental things, better training, receive support and happiness and joy, performance and output, happiness with the team and members, preparation, confidence, enjoy the sport and happiness with the activities. According to above factors contributing the successful sport performance on the development stage. human factors contributing the poor sport performance on the development stage are lead to lack of support ( peers, siblings and family) and lack of resources, stress, perceived mental weakness, perceive stress, fatigue, lack of concentration, negative thinking. On this stage most important factors are to lack of support, and lack of resources.

Human factors contributing to successful sport performance on the mastery stage are support from environment (Peers, Family), sport ability, satisfying sport and sport success, better psychological skill, success of team, sport success in individual. Category of human factors contributing the poor sport performance on mastery stage are: poor balance of life, less sport condition, and poor perceived sport ability. At this stage, the impact of parents and family was low.

Table 1. Human Factors contributing the successful sport performance on the mastery stage

Raw data units	Low order themes	High order themes	Participant
Supportive family and parents Good freedom Self-confident Have courageous Have perseverance Honestly	Better psychological skill	Sport ability	Factors contributing the successful sport performance on the maintenance stage
Good communication skills Positive thinking Better coach Self-confidence	Success of team	Satisfying sport and	
Self-confidence Self-motivated Have courageous Have perseverance	Sport success in individual	Sport success	
Better support from the coach support from the parents support from the peers and siblings	Better support from environment	Support from environment	

Parents are care a lot			
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Source: Draw by the researcher using data by National Athlete

**Table 2. Human Factors contributing the poor sport performance on the mastery stage**

Raw data units	Low order themes	High order themes	Participant
lose a lot of duties of the familyless time to be with a family Poor balance of sport and life Not have time with in parents Peers are decreasing	Poor balance of life	Poor balance of life	Factors contributing the poor sport performance on the mastery stage
Having a problem with the peers Having a problem with the marriage life	Poor sport condition	Less sport condition	
Lack of motivation in the family Anxiety	Poor perceived sport ability	Poor perceived sport ability	

Source: Draw by the researcher using data by National Athlete

The human factors contributing to successful sport performance on the maintenance stage are further reflected in term of: Receive support from coach, family, peers, girlfriends/husbands and better communication with family, sport development, individual development and education. On this stage most important factor is to support factor. Coach, Peers and family were greatly affected by the support factors. Continuously human factors contributing the poor sport performance on maintenance stage lead to: perceived barriers and lack of support. According to the themes lead to low order themes including of: sport related barrier, need to do external things in life and lack of support. On this stage most important factor is to perceive barriers like time management in life, not to be got the time to the family.

**Table 3. Human Factors contributing the successful sport performance on the maintenance stage**

Raw data units	Low order themes	High order themes	Participant

Support from coach Better training with the coach Dedication Self confidence Goal setting Positive thinking Clear hopes	Sport development	Individual development	Factors contributing the successful sport performance on the maintenance stage
Individual education Special treatment Support from peers Support from the lectures	Education		
gave freedom Support from parents Support from coach Support from peers Support from sibling Spend to money Parents willingly Have sport family Better mental image in family Have role model in the family Parental impulse	Receive support	Support	
Good communication with coach and other players	Better communication	Communication	

Source: Draw by the researcher using data by National Athlete

**Table 4. Human Factors contributing the poor sport performance on the maintenance stage**

Raw data units	Low order themes	High order themes	Participant
Fight between marriage life Fight between family Poor support from the family Fight between parents Negative thinking of the family	Lack of support	Lack of support	

Lack of resources in the family Coaches are missing lose a lot of duties of the family Haven't time to stay with a family Poor balance of sport and life Not have time with in parents Peers are decreasing			Factors contributing the poor sport performance on the maintenance stage
Bad behaviors of the peers	Sport related barrier	Perceived barriers	
Having a problem with the marriage life lose a lot of duties of the family Poor balance of sport and life	Need to do other things in life		

Source: Draw by the researcher using data by National Athlete

According to the results: Most impacted contributing to successful human factor is in the initiation stage was parents and family. Gave freedom, parents willingly, good hopes, have role model in family, and parental impales will belong to, etc. Parents and family was the another factor of poor sport performance of initiation stage. Lack of money, Parental stress, haven't knowledge about the sport these are the reason of this factor. The most important thing is going to happen contributing to successful sport human factor in the development stage: coach, peers and family. As the examples are talented, support from money, good mental image, strong confidence, and positive pressure. This stage also appeared to affect the poor performance of the stage: family, parents and peers. Lack of resources is the one of the reason thing to build a poor sport performance.

The coach is the great affected factor of contributing to successful sport performance in mastery stage. The coach support from money and better training are the example of to build a successful sport. At this stage, human factors do not have much influence on sport performance. But the influence of the family and peers are somewhat limited.

Most commonly human factor that contributing to successful sport performance on the maintenance stage coach, family, siblings and peers. Support from peers, support from siblings as the example of this stage. The main factor affecting poor performance is the family. According to this stage since athletes are married, that time the sport is a hindrance to their life.

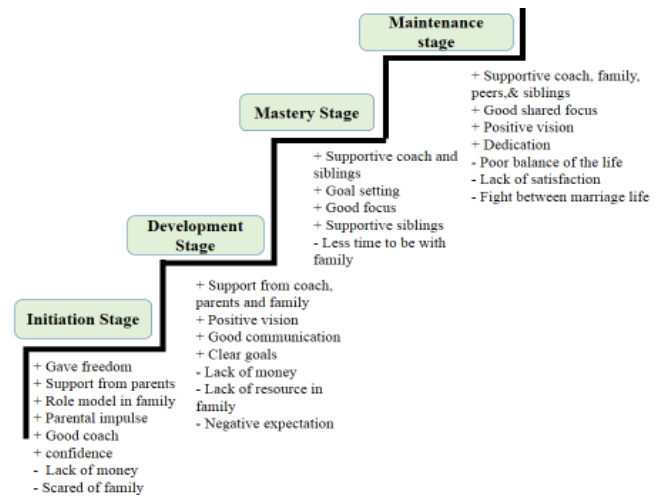


Figure 2. Summary of the results

Source: Draw by the researcher using data by National Athlete

Table 5. Highly affected human factors of the different stages

Different stage	Human factors that contributing to successful sport performance	Human factors that contributing to poor sport performance
Initiation Stage	Parents Family	Parents Family
Development Stage	Coach Family Peers	Parents Siblings
Mastery Stage	Coach Siblings Others	Family Peers
Maintenance Stage	Family Coach Peers Siblings	Family Coach

Source: Draw by the researcher using data by National Athlete

#### IV. CONCLUSION

There was researcher chosen for the study to national athletes in Sri Lanka. The sample was twenty five athletes and sample was selected in convenience sample method. Semi structured interviewed are conducted derived from this study. There were one independent variable and one dependent variable use in this study. Human factors are independent variable and sport performance as considered as dependent variable.

The finding based on the discussion, there is an impact of on different stages of national athletes in Sri Lanka. As far as the relationship between the human factors and sport performance are concerned, it has been proved by this

study that there is an impact of human factors that contribute to successful sport performance and contribute to poor sport performance different development stages of national athletes in Sri Lanka.

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