



## COMPARATIVE STUDY ON PSYCHOLOGICAL VARIABLES AMONG KERALA AND TAMILNADU SOUTH ZONE INTER UNIVERSITY VOLLEYBALL MALE PLAYERS

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### ABSTRACT

The purpose of the study was to analyze and compare the psychological variables between Kerala and Tamilnadu South Zone Inter University volleyball Male players. For the purpose of this study 100 players (Kerala 50, Tamilnadu 50) were selected from South Zone Inter University volleyball Tournament in the year 2016-2017. For this study self-talk, self-esteem, self-determination and self confidence were selected as dependent variables, were measured by self-talk questionnaire developed by Zervas, Y., Stavrou, N.A., Psychountaki, M. (2007), Rosenberg self-esteem Scale (1965), The self-Determination scale developed by Sheldon, K.M., Ryan, R.M., & Reis, H (1996) and self-confidence inventory developed by Agnihotry, R. (1987), questionnaire was used to measure psychological variables. Descriptive Statistic (Mean, Standard Deviation), Independent t-test was applied to analyze and compare the psychological variables between Kerala and Tamilnadu South Zone Inter University volleyball Male players. The level of Significance was set at 0.05. Results indicated that there are significant differences found in self confidence, and also there are no significant difference found in self-talk, self-esteem and self-determination between Kerala and Tamilnadu South Zone Inter University volleyball Male players.

**Keywords:** Volleyball, Self-talk, Self-esteem, Self-determination and Self confidence.

### INTRODUCTION

Today, the role of learning and sport psychology interventions in the performance of athletes has great importance. With the advancement of the psychology science, the mental skills has considerable importance in implementation of sports performance, whereas, previously it has been emphasized more on the importance of physical preparation (Mihan-doust, 2001). It is now well recognized fact that modern sports are more than muscle strength. Apart from genetically endowed physical qualities, a psychological traits plays a significant role in making participants to give extraordinary performance in competitive sports (Kamlesh, 2006). Studied the psychological needs of referees and stated that exercise and psychological interventions can improve both mental health of referees and execution of competition (Rousis and Loizou, 2007). According to many studies, people with mental skills, benefit from the following features: are able better to focus, have high confidence, increases their mental performance and have less exciting and therefore, are more successful in performance. Also, successful athletes to other athletes have more power of positive thinking and better decision-making (Gould & Weinberg, 1995).

Nowadays, many studies have been done on the role of sport psychological skills (Shojai et al., 2010). Volleyball is probably one of the most popular sports in the world (Reeser & Bahr, 2003). In volleyball, as in any other sport, there are several fundamental components that influence the players' behaviour during a competition. A player's ability to play a good game depends on herself: her technical and tactical abilities, physical qualities, psychological skills, and theoretical knowledge (Crust, 2007). Psychological training strategies using words can help performers learn skills, change bad habits, effect moods, build self esteem, increase motivation and focus attention among others (Zinsser, Bunker & Williams, 1998). It is now well recognized fact that modern sports are more than muscle strength. Apart from genetically endowed physical qualities, a psychological trait plays a significant role in making participants to give extraordinary performance in competitive sports (Kamlesh, 2006). Most sport psychology researchers, applied consultants, coaches, and athletes agree that psychological variables are an essential contributor to optimal sport performance. Research has identified psychological variables as a characteristic that clearly distinguishes between successful and unsuccessful athletes. The Self-talk, Self esteem, Self determination and self-confidence in sport have been examined as critical things deeply impact on sport performance (Dureja and Singh 2011). Conducted research in the field of sports psychology suggests that mental skills play an important role in achieving high performance (Sanati-monfared, 2006). Consider psychological factors as the first cause of day to day fluctuations in athletic performance (Weinberg and Gold 2007). Young university students participate in a wide variety of sports not only to represent the university but also as part of a personal life routine. A university athlete lives a double role: in first place, he/she is a student, and in second place, he/she is an athlete. In both roles, they have to develop the highest levels, which can be affected by stress conditions that should be detected in order to be controlled. Sports psychology and other sciences allow the understanding of these factors that affect sports performance positively or negatively (Fargier, Collet, Moran, & Massarelli, 2017).



**METHODOLOGY**

The purpose of the study was to compare self- talk, self- esteem, self-determination and self confidence among Kerala and Tamilnadu men volleyball players. To achieve this purpose of the study, 100 men volleyball players who have participated in the South Zone Inter University Volleyball tournament were randomly selected as subjects during the year 2016-2017. self- talk, self- esteem self-determination and self confidence were selected as dependent variables, were measured by self-talk questionnaire developed by Zervas, Y., Stavrou, N.A., Psychountaki,M. (2007), Rosenberg self-esteem Scale (1965), The self- Determination scale developed by Sheldon, K.M., Ryan, R.M., & Reis, H(1996) and self-confidence inventory developed by agnihotry, R. (1987). To find out the difference between Kerala and Tamilnadu volleyball players selected psychological parameters data is subjected to independent sample t-test.

**FINDINGS**

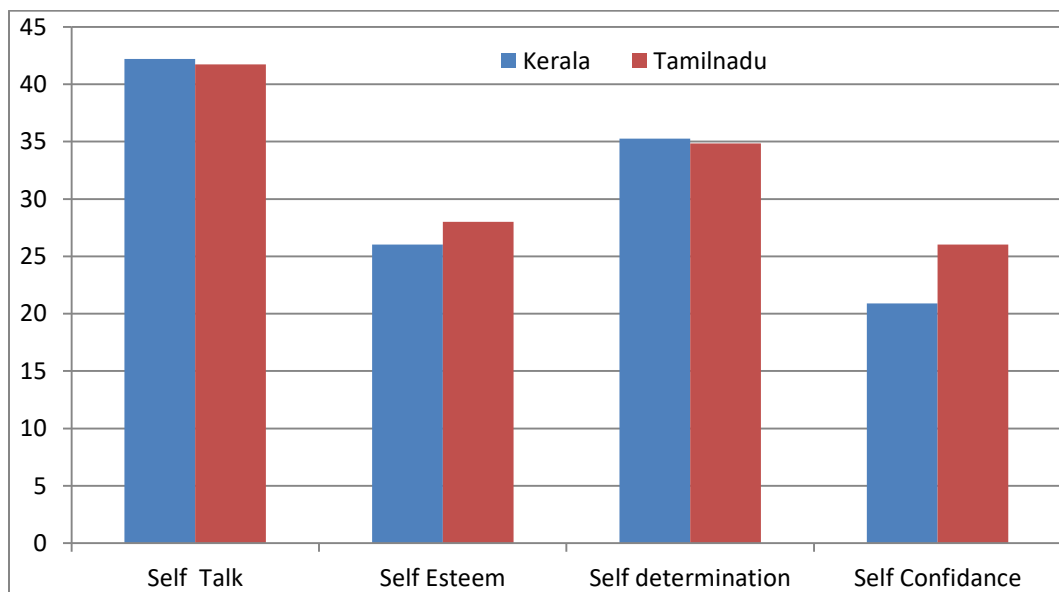
The raw data collected psychological variables among Kerala and Tamilnadu South Zone Inter University volleyball Male players was statistically treated and the results are presented in following tables.

**TABLE -1**  
**‘T’ TEST ON DIFFERENCES ON PSYCHOLOGICAL VARIABLES AMONG KERALA AND TAMILNADU SOUTH ZONE INTER UNIVERSITY VOLLEYBALL MALE PLAYERS.**

Variables	State of the player	(Mean ± SD)	T	df	Sig. (2-tailed)
Self-talk	Kerala	42.20 ± 9.18	0.279	98	.781
	Tamilnadu	41.72 ± 7.01			
Self-esteem	Kerala	26.02 ± 5.76	1.800	98	.075
	Tamilnadu	28.00 ± 5.22			
Self determination	Kerala	35.26 ± 6.26	0.341	98	.734
	Tamilnadu	34.84 ± 6.05			
Self-confidence	Kerala	20.90±10.30	2.799	98	.006
	Tamilnadu	26.04 ± 9.32			

\*Significant level at 0.05 level

From table 1 it is evident that there is significant difference found in Self Confidence and also there are no significant difference found in self- talk, self-esteem and self-determination between Kerala and Tamilnadu South zone inter University male volleyball Players. It is observed that the Self Confidence is higher in Kerala state Male volleyball player. The above results are graphically illustrated in figure 1.



**Fig. No.1: Mean Score of Self-talk, Self-esteem, Self-determination and Self-confidence of Kerala and Tamilnadu South Inter University volleyball Male players.**

#### DISCUSSION AND FINDINGS

Singh and Shatriya studied a Comparative Study of Self Concept & Mental Toughness on Selected Volleyball Players of Gujarat. The t-test showed that there were significant difference found in the sub-variables of self confidence, attention control and attitude control between male & Female Volleyball Players. There were no significant difference were found in the self concept & sub-variable of motivation control, goal setting and visual and imagery and total mental toughness score.

Praveen A, Impact of Self Confidence on The Physical Fitness of Inter Collegiate Volley Ball Players Of Gulbarga District. one hundred inter collegiate Volley ball Players of Gulbarga district (Male only) were the sample of the study, statistically mean, SD, t- Value were used to find the influence and analyzed the result of self confidence on physical fitness among inter collegiate Volleyball Players of Gulbarga district. Finally the high SC Volley ball Players were better performed in physical fitness test than low SC Volley ball Players of Gulbarga district.

Zeto (2012) The effect of self-talk in learning the volleyball service skill and self-efficacy improvement. The results indicated Self-talk helps female volleyball athletes to improve performance and learning of overhand service skill and to improve also their self-efficacy.

#### CONCLUSION

Sport psychology plays a critical role not only in the enhancement of performance for players, but in the development and maintenance of psychological wellbeing within the competition environment. There is increasing recognition in the sport community that supporting players mental health is a vital aspect of competition performance, Sport psychology needs to continue to develop as profession to ensure comprehensive, holistic and evidence-based psychology services are available for players and teams, providing the range of services required to achieve peak performance. Equipping players with an understanding of their psychological functioning, and building the ability to implement a range of psychological strategies in competition, enables players to both execute their skills and thrive under pressure as they strive to reach their performance potential.



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