



COMPARATIVE STUDY ON PSYCHOLOGICAL VARIABLES AMONG KARNATAKA 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 Karnataka and Tamilnadu South Zone Inter University volleyball Male players. For the purpose of this study 100 players (Karnataka 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 and Standard Deviation), Independent t-test was applied to analyze and compare the psychological variables between Karnataka 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-esteem, and also there are no significant difference found in self-talk, self-determination and self-confidence between Karnataka and Tamilnadu South Zone Inter University volleyball Male players.

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

INTRODUCTION

Volleyball game is relatively played in small area at high intensity in short bursts as compare to other ball games. It is an excellent team sport and widely accepted as a highly competitive sport. The speed of powerfully spiked ball in the game of volleyball is about 45 meters per second which is much faster than the movement of ball in most of other games (Dhanraj et.al. 1991). Volleyball players require well-developed muscular strength, power and endurance, speed, agility, and flexibility, and have a high level of jumping ability, fast reaction time and swift movements (She, 1999). Lower body power, speed, and agility are important indicators of volleyball performance (Vescovi & Mcguigan, 2008). Totally the optimized performing of sport skills is depended on physical, Technical, and psychological fitness. Today as developing professionalism, sport psychology has gained importance incrementally. Mental skills are the major and proven components of performance in high-level competitions. In other words, we can attribute one of the most important differences between elite and sub-elite athletes to mental skills. Mental skills are divided into three categories, Fundamental Skills, Psychosomatic Skill, and Cognitive Skills. Fundamental Skill involves, goal setting, confidence, and commitment. These skills must be stabilized and then the other two can be developed. Psychosomatic Skill includes reaction to stress, relaxation and activation, are related to physiological indexes of the athlete. Cognitive skills deal with cognitive processes (e.g. learning, perception, memory, and etc. And it involves imaginary, mental practice, focusing, refocusing, and competition planning (Durand-Bush, Salmela, & Green Demers, 2001)

The performance of volleyball teams depends upon *strong* relationship between physical and psychological skills of players. The psychological preparation is planned and carried out with the aim of enabling the sportsman to be in an optimum psychic state at the time of competition so that he can achieve the maximum possible performance (Hassan 2011), one of the factors influencing the athletes' performance in critical situations is their awareness of the strategies enhancing mental skills. Recently, sport psychology has shown a growing interest in identifying cognitive behaviors that lead to athletes' effective performance.

METHODOLOGY

The purpose of the study was to compare self-talk, self-esteem, self-determination and self confidence among Karnataka and Tamilnadu men volleyball players. To achieve this purpose of the study, 100 men volleyball players (Karnataka 50, Tamilnadu 50) 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, Stavrou and Psychountaki (2007), Rosenberg self-esteem Scale (1965), The self-Determination scale developed by Sheldon, Ryan and Reis (1996) and self-confidence inventory developed by Agnihotry (1987). To find out the difference between Karnataka and Tamilnadu volleyball players selected psychological parameters data is subjected to independent sample t-test.



FINDINGS

The raw data collected psychological variables Karnataka 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 KARNATAKA AND TAMILNADU SOUTH ZONE INTER UNIVERSITY VOLLEYBALL MALE PLAYERS.

Variables	State of the player	(Mean ± SD)	t	df	Sig. (2-tailed)
Self-Talk	Karnataka	42.50 ± 7.99	0.489	98	0.626
	Tamilnadu	41.72 ± 7.01			
Self-Esteem	Karnataka	24.16 ± 5.14	3.704	98	0.000
	Tamilnadu	28.00 ± 5.22			
Self Determination	Karnataka	34.44 ± 5.72	0.339	98	0.735
	Tamilnadu	34.84 ± 6.05			
Self Confidence	Karnataka	29.40 ± 8.19	1.709	98	0.091
	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-esteem and also there are no significant difference found in self-talk, self-determination and self-confidence between Karnataka and Tamilnadu South zone inter University male volleyball Players. It is observed that the self-esteem is higher in Tamilnadu state Male volleyball player. The above results are graphically illustrated in figure 1.

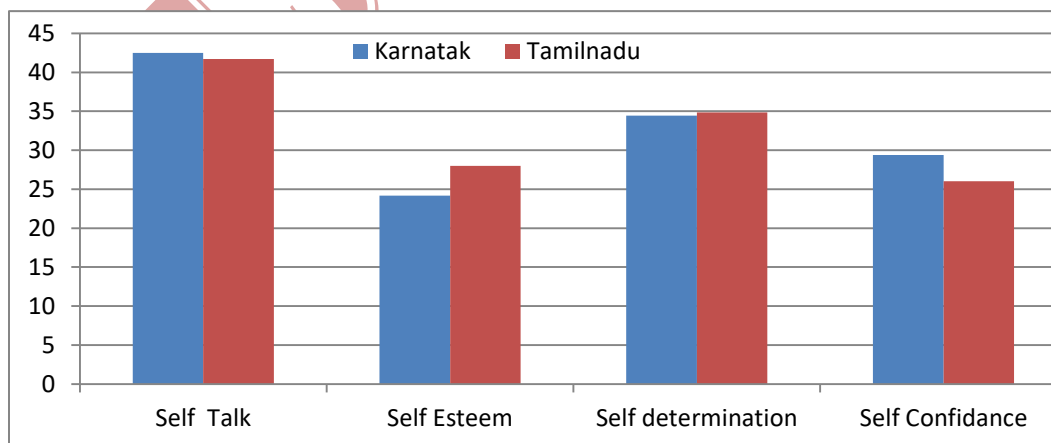


Fig. No. 1: Graphical representation of mean Score of Self-talk. Self Esteem, Self determination and Self Confidence of Karnataka and Tamilnadu South Zone Inter University volleyball Male players.



DISCUSSION AND FINDINGS

Mathew, Pious, and Rosalyn (2017) compared self-esteem among early adolescent athletes and non-athletes. The athletes have significantly higher self – esteem compared to non- athletes. Also, competitive athletes have higher self- esteem than recreational athletes. It was also found that there is no gender difference in self – esteem among early adolescent athletes

Deepa and Samraj (2017) studied revealed that there was a significant difference among Tamilnadu, Kerala, Karnataka and Andhra Pradesh women volleyball players in south zone inter university women volleyball tournament on anxiety and achievement motivation.

Kumar (2017) assess and investigate the locus of control at different level of confidence of university level male cricketers. The results of the revealed that the inter-university level male cricket players with different levels of self-confidence differed significantly in their internal locus of control. The players higher in self-confidence gave more importance to task-orientation and were more internally controlled.

Gayen, Das, and Roy (2014) studied revealed that there was insignificant difference existed between soccer and volleyball players in anxiety, interest and sports achievement motivation. The present study found that there has no difference between soccer and volleyball players in relation to anxiety, interest and sports achievement motivation.

The difference between the two groups analysis of covariance was used. The result reveals that the autogenic training group showed better psychological on locus of control, anxiety and assertiveness than the control group owing to the effects of autogenic training (Ravindra Bharathi and Uthirapathy (2014).

CONCLUSION

Negative external or internal psychological factors can lead to mental blocks, causing breaks in focus and preparation, poor performance and, at times, injuries to the athlete. Although Psychology preparation is a component that has been often neglected by athletes and coaches alike, studies have shown that mental readiness was felt to be the most significant statistical link with elite performance.

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