



COMPARATIVE STUDY ON PSYCHOLOGICAL VARIABLES AMONG KARNATAKA AND ANDHRA PRADESH SOUTH ZONE INTER UNIVERSITY VOLLEYBALL MALE PLAYERS

(Received on: 20 Jan 2018, Reviewed on: 13 Feb 2017 and Accepted on: 11 March 2017)

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Abstract

The purpose of the study was to analyze and compare the psychological variables between Karnataka and Andhra Pradesh South Zone Inter University volleyball Male players. For the purpose of this study 100 players (Karnataka 50, Andhra Pradesh 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 Karnataka and Andhra Pradesh 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-determination and self confidence, also there are no significant difference found in self-talk and self-esteem between Karnataka and Andhra Pradesh South Zone Inter University volleyball Male players.

Keywords: Volleyball, Self-Talk, Self-Esteem, Self-Determination and Self Confidence

Introduction

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). 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).

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). 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). Conducted research in the field of sports psychology suggests that mental skills play an important role in achieving high performance (Sanati-monfared, 2006). Nowadays, many studies have been done on the role of sport psychological skills (Shojai et al., 2010). posited that sport psychologists today work with both male and female athletes to help them perform at their optimal level. (Wuest and Bucher (2006).

Methodology

The purpose of the study was to compare self-talk, self-esteem, self-determination and self confidence among Karnataka and Andhra Pradesh men volleyball players. To achieve this purpose of the study, 100 men volleyball players (Karnataka 50, Andhra Pradesh 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, 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 Karnataka and Andhra Pradesh volleyball players selected psychological parameters data is subjected to independent sample t-test.

Findings

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

TABLE 1.
SUMMARY OF 'T' TEST ON DIFFERENCES ON
PSYCHOLOGICAL VARIABLES AMONG KARNATAKA AND
ANDHRA PRADESH SOUTH ZONE INTER UNIVERSITY
VOLLEYBALL MALE PLAYERS.

Variables	State	(Mean ± SD)	df	T - ratio	Sig.
Self Talk	Karn.	42.50 ± 7.99	98	.693	0.490
	A. P.	41.52 ± 6.02			
Self Esteem	Karn.	24.16 ± 5.14	98	1.298	0.197
	A. P.	25.34 ± 3.86			
Self Determination	Karn.	34.44 ± 5.72	98	2.172	0.033
	A. P.	32.30 ± 3.97			
Self Confidence	Karn.	29.40 ± 8.19	98	1.960	0.053
	A. P.	26.40 ± 7.07			

*Significant level at 0.05 level

From table 1 it is evident that there is significant difference found in self-determination, and Self Confidence, and also there are no significant difference found in self-talk and self-esteem between Karnataka and Andhra Pradesh South zone inter



University male volleyball Players. It is observed that the self-determination is higher in Karnataka and Self Confidence is higher in Andhra Pradesh state Male volleyball player. The above results are graphically illustrated in figure 1.

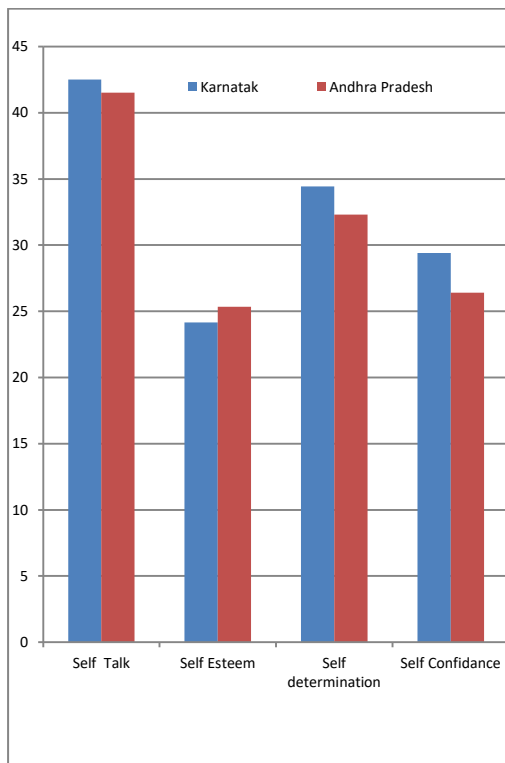


Figure 1.
Graphical Representation of mean Score of Self-talk, Self esteem, Self determination and Self Confidence of Karnataka and Andhra Pradesh South Zone Inter University volleyball Male players.

Discussion and Findings

Gayen, A., Das, D., Roy, S.S (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.

Charanjit Singh, Jaspal Singh (2014) Mental Skills between High and Low Performing Volleyball Players an Analysis. Findings of this study showed that t-values 5.36, 2.93 and 5.00 between high and low performing school, college and club level volleyball players found significant in favour of high performing volleyball players. These results clearly support that high performing players having higher mental skills level.

Dr. Quadri. SJ, Jadhav RK, Akolkar AA. A Study the Impact of Sports on Confidence and Motivation Among Students Studying in Higher Secondary School. There will be significant difference of self-confidence among students of both engaged in sports and non-sports. The results indicate that sport activity is positively impact on students self-confidence and achievement motivation.

Ashwini K N, Virupaksha, N. D. Self-Confidence among Handball and Volleyball Players. The results in respect of self-confidence levels of Volleyball and handball players seems to be moderate specially that of Volleyball players, whereas the handball players lack confidence level (20% - low level self-confidence. Over all the Volleyball players are better in self-confidence when compared to handball players. High level self -confidence is seen only in five in Handball and three players of Volleyball players respectively.

Conclusion

Psychological variables influencing the performance of volleyball players such as physical, skill, and tactical preparation should



be monitored. 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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