

A Comparative Study of Selected Psychological Variables between Men and Women, College and University Volleyball Players



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Abstract

The game of volleyball requires concentration, quick thinking and a great deal of movement. The speed of the game means that the players must be thinking for a moment about attack and the next about defense. They must be concentrating all the time, if they are to keep up with play. Volleyball is action packed game with none of the players acting as involuntary spectators for part of the game as in other team games. Above all, the psychological aspects of performance can not be ignored for top of the performance at different level of volleyball competition. The modern sport training lays a greater emphasis on preparing the players psychologically. Lots of emphasis is being given to the psychological research dealing with psychological characteristics and mental rehearsals of the training of the top level players. No training in the sports field is complete without reference to the psychological study and psychological training. All other factors like biological and sociological being equal, psychological conditioning of a players decidedly determines his chances of success or failure in the competition. There will not be significant difference between college and university men and women volleyball players on all the five selected psychological variables using total sample.

Achievement Motivation was assessed by Sports Achievement Motivation Test which was developed by M. L. Kamlesh. Aggression was assessed by Smith's Aggressive Questionnaire which was developed by Smith. Anxiety was assessed by Sports Competition Anxiety Test Questionnaire which was developed by Rainer Marten. Mood of States was assessed by Profile of Mood State Questionnaire which was developed by Douglas M. Mc. Nair, Maurice Lorr, and Leo F. Droppelman. Personality was assessed by Eysenck Personality Inventory which was developed by Dr. Giridher Prasad Thakur. An observation of the data revealed that obtained 'F' value is statistically significant for Achievement Motivation, Aggression, and Personality as it was more than tabulated value.

Keywords: Achievement Motivation, Aggression, Anxiety, Mood of State, and Personality

Introduction

The game of volleyball requires concentration, quick thinking and a great deal of movement. The speed of the game means that the players must be thinking for a moment about attack and the next about defense. They must be concentrating all the time, if they are to keep up with play. Volleyball is action packed game with none of the players acting as involuntary spectators for part of the game as in other team games. Above all, the psychological aspects of performance can not be ignored for top of the performance at different level of volleyball competition. The modern sport training lays a greater emphasis on preparing the players psychologically. Lots of emphasis is being given to the psychological research dealing with psychological characteristics and mental rehearsals of the training of the top level players. No training in the sports field is complete without reference to the psychological study and psychological training. All other factors like biological and sociological being equal, psychological conditioning of a players decidedly determines his chances of success or failure in the competition.

Aim of the Study

The aim of the study was to analyze the selected psychological variables between college and university men and women volleyball players.

Review of Literature

Gooch (1973) conducted a study to investigate the personality traits of highly skilled basketball, softball and women athletes. Cattle's sixteen women players and athletes' subjects were tested prior to participation in state regional or national level competitions. ANOVA was used. Results indicated that there was a relationship between personality and physical performance. There was no significant differences in personality were found between successful and non successful women athletes and between intercollegiate and non-intercollegiate women athletes.

Hypothesis

There will not be significant difference between college and university men and women volleyball players on all the five selected psychological variables using total sample.

Procedure and Methodology

The purpose of this study was to make a comparative study of selected psychological variables between men and women, college and university volleyball players. For this study, 48 volleyball players from Dr. R.M.L.A. University, Faizabad Inter-university team and affiliated colleges were selected as subjects. Among 48 subjects selected for this purpose, 12 were college men and 12 college women volleyball players who had participated in the Inter collegiate tournaments. Also there were 12 university

men and 12 university women volleyball players who had represented North Zone Interuniversity Volleyball Tournament between the age groups of 18 to 25 years. The players were selected purposely.

Selection of Questionnaire

1. Achievement Motivation: This was assessed by Sports Achievement Motivation Test which was developed by M. L. Kamlesh.
2. Aggression: This was assessed by Smith's Aggressive Questionnaire which was developed by Smith.
3. Anxiety: This was assessed by Sports Competition Anxiety Test Questionnaire which was developed by Rainer Marten.
4. Mood of States: This was assessed by Profile of Mood State Questionnaire which was developed by Douglas M. Mc.Nair, Maurice Lorr, and Leo F. Droppleman.
5. Personality: This was assessed by Eysenck Personality Inventory which was developed by Dr. Giridher Prasad Thakur.

Findings

In the processing of the data mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the groups for different psychological variables using 'F' test in Table-1. In order to locate the pairs where significant differences exist the L.S.D test has been applied. Groups consisting of college women, university women, college men and university men. The level of significance was fixed at 0.05 level.

Table - 1**ANOVA results**

	Source of Variation	Sum of Squares	Degree of Freedom	Mean Squares	F
Achievement Motivation	Between	682.0	3	227.3	7.476*
	Error	1388	44	30.41	
	Total	2020	47		
Aggression	Between	227.6	3	75.85	5.104*
	Error	653.9	44	14.86	
	Total	881.5	47		
Competition Anxiety	Between	140.2	3	46.72	2.637
	Error	779.5	44	17.72	
	Total	919.7	47		
Mood of State	Between	488.2	3	162.7	0.26
	Error	27486	44	624.7	
	Total	27974	47		
Personality	Between	751.6	3	250.5	5.408*
	Error	2038	44	46.33	
	Total	2790	47		

* Significant at 0.05 level of confidence (3.49)

An observation of the table-1 reveals that obtained 'F' value is statistically significant for Achievement Motivation (7.476), Aggression (5.104) and Personality (5.408) as it is more than tabulated value of 3.49. In order to locate the pairs of

Achievement Motivation, Aggression and Personality where significant differences exist L.S.D test has been applied. The results are presented in Table- 2,3 and 4.

Table- 2
L.S.D Analysis of Achievement Motivation

Groups				Mean Difference	CD at 0.05 level
College Women	University Women	College Men	University Men		
29.50	26.67			2.83	4.55
29.50		36.67		7.17	4.55*
29.50			33.17	3.67	4.55
	26.67	36.67		10.0	4.55*
	26.67		33.17	6.50	4.55
		36.67	33.17	3.50	4.55

* Significant at 0.05 level of confidence

An observation of the table-2 also reveals that significant differences exist between College women - College Men and University women -College men hence the hypothesis in their case is rejected. Whereas College Women - University women, College Women - University men, University Women -

University Men and College Men - University Women were found not to be significantly related and hence the hypothesis in their case is accepted.

The L.S.D comparisons for the mean value among different groups are graphically presented in figure-1.

Figure-1

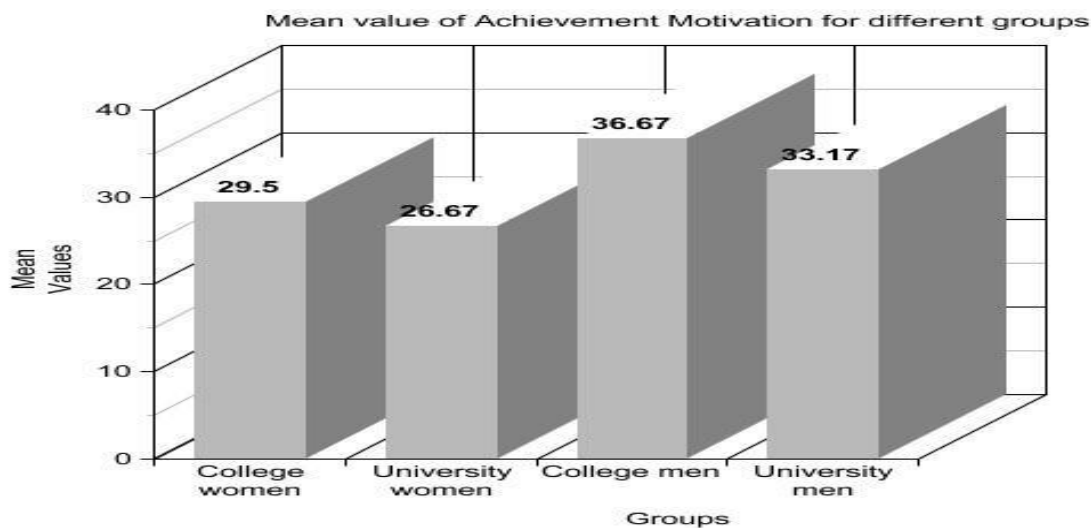


Table- 3
L.S.D Analysis of Aggression

Groups				Mean Difference	CD at 0.05 level
College Women	University Women	College Men	University Men		
11.91	11.33			0.58	3.17
11.91		14.33		2.42	3.17
11.91			16.83	4.92	3.17*
	11.33	14.33		3.00	3.17
	11.33		16.83	5.50	3.17*
		14.33	16.83	2.50	3.17

* Significant at 0.05 level of confidence

An observation of the table-3 also reveals that significant differences exist between College

women - University men and University women - University Men hence the hypothesis in their case is

rejected. Whereas College Women - University women, College Women - College Men, University Women - College men and College Men - University men were found not to be significantly related and hence the hypothesis in their case is accepted.

The L.S.D comparisons for the mean value among different groups are graphically presented in figure-2.

Figure- 2

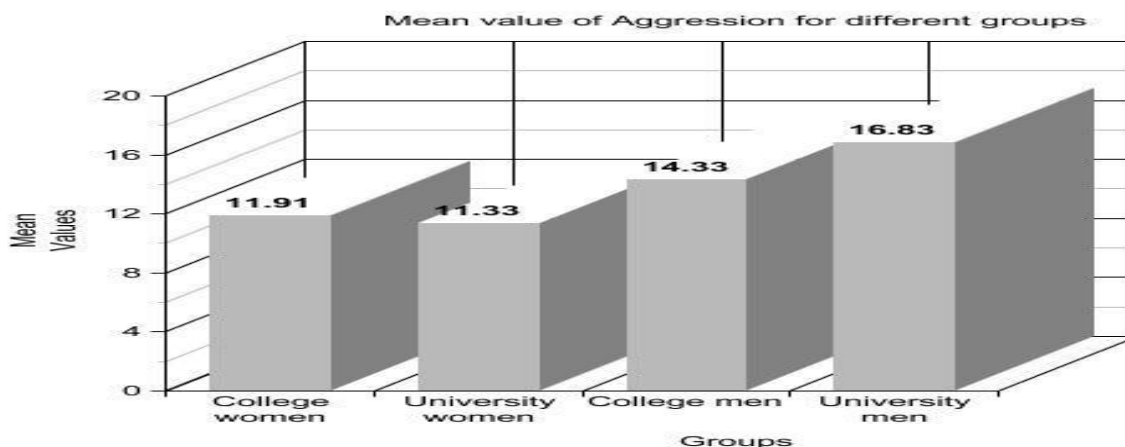


Table- 4
L.S.D Analysis of Personality

Groups				Mean Difference	CD at 0.05 level
College Women	University Women	College Men	University Men		
24.58	25.25			0.67	5.61
24.58		27.75		3.17	5.61
24.58			34.58	10.0	5.61
	25.25	27.75		0.50	5.61
	25.25		34.58	9.33	5.61*
		27.75	34.58	6.83	5.61*

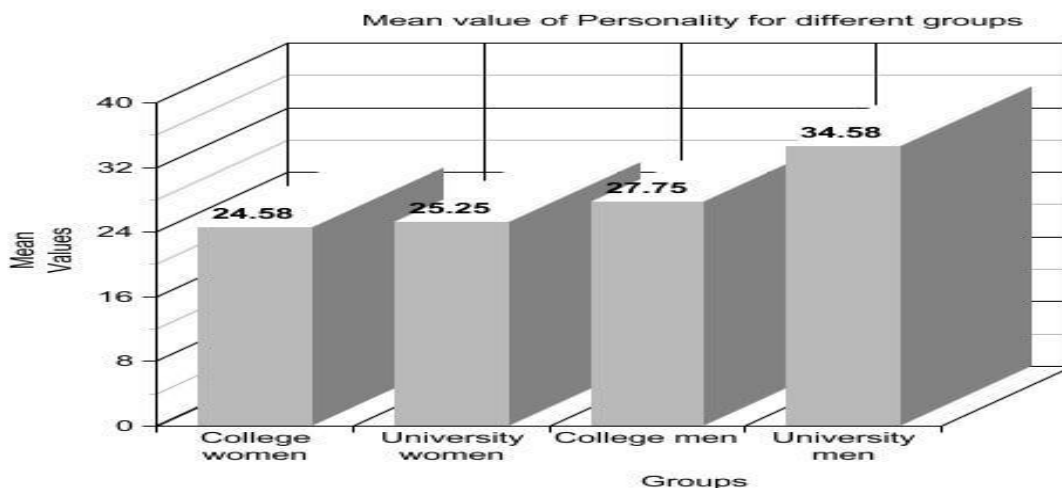
* Significant at 0.05 level of confidence

An observation of the table-4 also reveals that significant differences exist between University women - University Men and College Men - University men hence the hypothesis in their case is rejected. Whereas College Women - University women, College Women - College Men, College women -

University men and University Women - College men were found not to be significantly related and hence the hypothesis in their case is accepted.

The L.S.D comparisons for the mean value among different groups are graphically presented in figure-3.

Figure- 3



Conclusion

The tabulation of Achievement Motivation, Aggression, Competition Anxiety, Mood of state, and Personality has been assessed and it was evident from the results that there was significant deference for Achievement Motivation, Aggression and Personality of intercollegiate and interuniversity volleyball men and women players. It was also evident from the results that there was no significant deference for Completion anxiety and mood of state.

Suggestion

Physical education teachers, coaches, and selectors can use the result of this study as an aid in screening, identification and selection of volleyball players at different levels. A similar study may be under taken with other variables like psychological, bio-chemical, physiological and sociological etc.

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