



A STUDY OF SELECTED PSYCHOLOGICAL VARIABLES AMONGST NATIONAL LEVEL FEMALE VOLLEYBALL PLAYERS

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Abstract

The present investigation was conducted on a total number of 100 Female Volleyball players, who were selected with adopting purposive sampling design. The minimum level of participation is open senior national level championship organized by Volleyball association of India for the year 2010 to 2012. The age of the subjects ranged from 17 to 30 and the mean value of age was 24.50. The variables for the study were Personality and Life style status, Sports Specific Personality Test was measured by Sports Specific Personality Test developed and standardize by Agya Jit Singh and H. S. Cheema. Life style Scale was measured by Life Style Scale developed and standardized by S. K. Bawa, and S. Kaur. The data was analyzed by computing descriptive analysis and Pearson's product Moment correlation. The Mean scores shows that the mean scores of personalities and its sub variables are on the higher side, which shows that the selected Volleyball players were having a good personality profile. The Mean scores shows that the mean scores of life style and its sub variables are on the higher side, which shows that the selected Volleyball players are under the category of good lifestyle and moreover the inter relationship amongst the variables shows that efficient lifestyle results to good personality.

Keywords: *Personality and Life Style*

Introduction:

Psychological Training in games and sports is no casual approach but it provides: opportunities for scientific process and verification. Training has been accepted as a highly specialized science involving the use of scientific methods Organized, systematic, scientific, efficient, effective and standard form of training in the game of Volleyball is necessary in the process of producing outstanding Volleyballers and also in order to develop the level of

physiological, psychological, and physical parameters of Volleyball players in appropriate proportions.

Volleyball performance in its broader sense is an unlimited and open process. It starts, with Volleyballer's career and ends with his end of career. In short, Volleyball performance has no end; it keeps on changing its limit with the development of the performance of the game. A Volleyballer goes on increasing his runs-, wickets and catches against his name in the record books through improving his constitutional, physical, physiological, psychological, technical and tactical Variables. The concept of Volleyball performance may be deemed as the modification of performance factors. Accordingly, Volleyball performance is not limited to technical and tactical aspects but it is also with other aspects of the game. In sufficient power can be compensated by superior technique, inadequate sprinting speed by superior endurance and inferior techniques by aggressiveness. A few centimeters and fraction of a second, decide between record performance, victory or defeat in tough international competitions. For this reason, it is very important to identify and fully mobilize each individual's potential to the maximum.

Some Volleyballers are simply better suited to running faster than others, it does not mean that they are any better people. It means that their physiological and psychological blueprint enables them to start out with a physical advantage in that particular movement.

In order to understand the 'psychological functioning' of athletes in various games and sports and under varied competitive situations, the sport psychologists adopted a dual approach. The earliest workers in the field of sport psychology relied greatly on the study of human personality in the context of sports setting. This effort gave rise to trait psychology. In this type of Approach, the efforts of the sport psychologists were aimed at finding out (1) what traits of personality Co-related well with athletic performance/achievement in general, and (2) whether there was sport- specific Traits which helped some athletes to climb to the top. Thus, the concept of 'personality types' such as 'Football type' or a 'Basketball type' or a 'Wrestler type' was born. While there seems to be no pattern which enhances entry initially into a particular sport through modification of existing patterns of personality or attrition of inappropriate patterns, only those individuals possessing "suitable" personality patterns tend to persist and become successful athletes.

The second approach to the understanding of the psychological functioning of the athletes emphasizes-the acquisition of psychological skills by the athletes right from the very

beginning whether or not they were born with certain fixed traits of personality which some psychologists feel underlie elite athletic performance. To sum up the issue it can be said that one school of psychologists' advocates that 'an athlete's psychological functioning is best conceptualized in terms of relatively stable personality traits, the other school on the contrary, attributes elite athletic performance to the acquisition of psychological skills over a period of time either through self-effort or through a planned and systematic training of the mind.

The two approaches do not seem to contradict but supplement and complement each other. As a result, 'recent research has begun to focus on psychological skills as well as personality variables in ongoing efforts to understand and, if possible, facilitate athletic performance. "Records and outstanding sporting achievement requires the highest standard of performance and maximum will power to achieve that standard. (The limits of physical and psychological performance are being consistently advanced through training and competition) Evaluation and analysis of world championships, Olympic games etc. indicate that only those athletes will achieve impressive performance who are suited for the sports in question, who possess the necessary psychological and moral characteristics, who have an outstanding physical potential, who have perfect command of the technique and tactics of their sports and who have proved themselves over a number of years of competition. It has become increasingly clear in the past few years that the highest standard of athletic excellence can be achieved only by those who have developed the necessary pre-requisites in their childhood and youth. Training in sports is essentially an educational process. The athlete is supervised and educated by the trainer, the sports teacher and the coach. Here it is a matter of developing the pre-requisite essential for sport in such a way that as a unity they guarantee optimal development in performance. The quality of his work must always be seen in conjunction with and in relationship to the level of his conviction, attitude, ideals and motives. Performance in sports reflects the state of development of physical and psychological prerequisites for performance.

The researcher has put into a push to comprehend the significance of the psychological abilities in performance of arrow based equipment players, and have been picked the psychological profile with variables, such as;- sports specific personality, lifestyle, anxiety, Hand-steadiness and depth-perception for evaluating the psychological status: The rational of the Undertaking Study is to help India to further enhance their performance at International Competition researcher is an answer to a problem.

Objectives and Hypothesis

Keeping in view the available literature and with the consultation of the experts in this field the study was based on the following psychological objectives which are enlisted down: -

- The objective of the present study was to investigate the Sports specific personality of national level Volleyballers.
- The objective of the present study was to investigate the Life style status of national level Volleyballers.
- The objective of the present study was to investigate the Relationship between the variables.

Based on the objectives following hypothesis can be made:

- There will be a significant relationship amongst the selected psychological variables for national level Volleyball players

Procedure and Methodology

The present investigation was conducted on a total number of 100 Female Volleyball players, who were selected with adopting purposive sampling design. The minimum level of participation is open senior national level championship organized by Volleyball association of India for the year 2010 to 2012. The age of the subjects ranged from 17 to 30 and the mean value of age was 24.50. The variables for the study were Personality and Life style status, Sports Specific Personality Test was measured by Sports Specific Personality Test developed and standardize by Agya Jit Singh and H. S. Cheema. Life style Scale was measured by Life Style Scale developed and standardized by S. K. Bawa, and S. Kaur. The data was analyzed by computing descriptive analysis and Pearson's product Moment correlation.

Result and Analysis

Table No. 1: Descriptive Analysis of the Sports Specific Personality and its sub-variables of national level Volleyball players

Variables	N	Minimum	Maximum	Mean	Std. Deviation
Sociability	100	29	51	38.26	5.49
Dominance	100	20	41	29.27	6.13
Extroversion	100	23	48	37.29	6.49
Conventionality	100	21	38	27.87	5.54
Self-Concept	100	23	48	38.09	6.49
Mental Toughness	100	29	51	38.47	5.51
Emotional Stability	100	23	48	37.43	6.88
Total	100	211	287	246.68	15.94

Table No. 1 clearly depicts the descriptive analysis of Sports Specific Personality and its sub variables for selected national level Volleyball players, which shows that, the mean and standard deviation for Sociability, Dominance, Extroversion, Conventionality, Self-Concept, Mental Toughness and Emotional Stability are found to be 38.26 ± 5.49 , 29.27 ± 6.13 , 37.29 ± 6.49 , 27.87 ± 5.54 , 38.09 ± 6.49 , 38.47 ± 5.51 and 37.43 ± 6.88 respectively.

Table No. 2: Descriptive Analysis of the Life style and its sub-variables of national level Volleyball players

Variables	N	Minimum	Maximum	Mean	Std. Deviation
HCL	100	21	38	28.48	5.70
AOL	100	18	33	24.49	4.56
COL	100	18	33	24.49	4.47
SOL	100	13	29	21.18	4.64
TSL	100	21	38	28.91	5.62
FOL	100	18	33	24.57	4.59
Total	100	128	179	152.12	11.76

Table No. 2 clearly depicts the descriptive analysis of Life style and its sub variables for selected national level Volleyball players, which shows that, the mean and standard deviation for HCL, AOL, COL, SOL, TSL, and FOL are found to be 28.48 ± 5.70 , 24.49 ± 4.56 , 24.49 ± 4.47 , 21.18 ± 4.64 , 28.91 ± 5.62 and 24.57 ± 4.59 respectively.

Table No. 3: Pearson's Product Moment Correlation amongst the selected variables for National level Volleyball players

Variables	Personality		Life Style		Competitive State Anxiety
Personality	Pearson Correlation	1	-2.063*		3.045*
	Sig. (2-tailed)		0.001		0.000
	N	100	100		100
Life Style	Pearson Correlation	-2.063*	1		-4.031*
	Sig. (2-tailed)	0.001			0.000
	N	100	100		100

*. Correlation is significant at the 0.05 level (2-tailed).

Table No. 3, clearly indicates the values of Pearson's product moment correlation amongst the selected variables for national level Volleyball players, which shows that a significant relationship has been found amongst the Sports Specific Personality and Life style of National level Volleyball players.

Conclusions:

- The mean and standard deviation for Sociability, Dominance, Extroversion, Conventionality, Self-Concept, Mental Toughness and Emotional Stability are found to

be 38.26 ± 5.49 , 29.27 ± 6.13 , 37.29 ± 6.49 , 27.87 ± 5.54 , 38.09 ± 6.49 , 38.47 ± 5.51 and 37.43 ± 6.88 respectively. The Mean scores shows that the mean scores of personalities and its sub variables are on the higher side, which shows that the selected Volleyball players were having a good personality profile.

- The mean and standard deviation for HCL, AOL, COL, SOL, TSL, and FOL are found to be 28.48 ± 5.70 , 24.49 ± 4.56 , 24.49 ± 4.47 , 21.18 ± 4.64 , 28.91 ± 5.62 and 24.57 ± 4.59 respectively. The Mean scores shows that the mean scores of life style and its sub variables are on the higher side, which shows that the selected Volleyball players are under the category of good lifestyle.
- The inter relationship amongst the variables shows that efficient lifestyle results to good personality.

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