

Comparative Study on Motivational Function and Cognitive Function among Kerala and Andhra Pradesh South Zone Inter University Level Male Volleyball Players

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Abstract

The study was conducted to investigate the motivational function and cognitive function difference between Kerala and Andhra Pradesh South Zone Inter University level male volleyball players. For the present study Kerala (N=50) and Andhra Pradesh (N=50) volleyball players were selected who participated at South Zone Inter University volleyball tournament in the year 2016-2017. The sample of this study was selected through Purposive Random sampling technique. For this study motivational function and cognitive function were selected as dependent variables, were measured by self-talk questionnaire developed by Zervas, Y., Stavrou, N.A., Psychountaki, M. (2007). Descriptive Statistic (Mean, Standard Deviation), Independent t-test was applied to analyze and compare the motivational function and cognitive function between Kerala and Andhra Pradesh South Zone Inter University level male volleyball players. The level of Significance was set at 0.05. Results indicated that there are no significant differences found in motivational function and cognitive function between Kerala and Andhra Pradesh South Zone Inter University level male volleyball players.

KEYWORDS: motivational function, cognitive function, volleyball.

INTRODUCTION

Volleyball has come a long way from the dusty-old YMCA gymnasium of Holyoke, Massachusetts, USA, where the visionary William G. Morgan invented the sport back in 1895. It has seen the start of two centuries and the dawn of a new millennium. Volleyball is now one of the big five international sports, and the FIVB, with its 220 affiliated national federations, is the largest international sporting federation in the world. Volleyball thus became more and more a competitive sport with high physical and technical performance. (Volleyball World Wide, 2007). One of the sports that has become most popular on the planet is Volleyball. Worldwide 800 million people participating and playing the game at least once a week (Kenny & Gregory, 2006). 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. The use of mental-skills-related strategies such as attention control training, goal setting, imagery, relaxation, and self-talk (ST) that control and enhance mental processes has been consistently underscored by recent research. Among these strategies, inner conversation or self-talk has been identified as a key component which plays a central role in controlling athletes' mental behaviors that can lead to successful sport performance. Typically ST refers to an individual's thinking of something and involves statements that are addressed to oneself and not to others. It can also be said overtly or covertly. Other specific aspects of ST have been presented in various definitions of this phenomenon in previous research. For example, Hackfort and Schwenkmezger (1993) define self-

talk as “what you say to yourself. You may talk to yourself out loud or you may talk to yourself in your mind, so that only you can hear what you are saying (p.235).Hardy (2006), a prominent researcher in this field, views self-talk as an inner conversation, in which the individual explains emotions, approaches and feelings, estimates, regulates and changes judgment and assessment, and gives himself/herself guidelines and instructions. The effectiveness of self-talk strategies in sport has been receiving increasing research attention in recent years. Self-talk strategies are based on the use of cues that aim at facilitating learning and enhancing performance, through the activation of appropriate responses. Such strategies have been implemented in a variety of motor and sport tasks ranging from fine (Van Raalte et al., 1995). From a functional point of view, self-talk may have two functions, namely cognitive and motivational (Hardy et al., 2001).

Motivational function defines statements made to facilitate performance by boosting confidence and energy expenditure, expanding effort, and evoking a positive mood (Theodorakis et al. 2000).

Cognitive function that has been discussed relative to sport intelligence and with reference to intellectual properties that affect sport performance such as information processing, knowledge, experience, decision making, reaction time, timing, memory and recall, vision, sensorimotor processing, attention, anticipation, cognitive styles, and time and space perception (Konter, 2010).

METHODOLOGY

The purpose of the study was to compare motivational function and cognitive function between Kerala and Andhra Pradesh men volleyball players. To achieve this purpose of the study, 100 men volleyball players Kerala(N=50) and Andhra Pradesh (N=50) who competed at south zone inter-University competition during the academic year 2016-17 held at Mahatma Gandhi University, Kottayam, Kerala. Were selected for this study. Purposive random sampling technique was observed for the present investigation to give equal importance to University level volleyball players from the two selected South Indian states. Motivational function and Cognitive function were selected as dependent variables, were measured by self-talk questionnaire developed by Zervas, Y., Stavrou, N.A., Psychountaki, M. (2007). To find out the difference between Kerala and Andhra Pradesh volleyball players motivational function and cognitive function parameters data is subjected to independent sample t-test.

FINDINGS:

The raw data collected motivational function and cognitive function Kerala and Andhra Pradesh south zone Inter University level male volleyball players was statistically treated and the results are presented in following tables.

Table 1.

Summary of ‘t’ test on differences on motivational function and cognitive function among Kerala and Andhra Pradesh South Zone Inter University level male volleyball players.

Variables	State of the player	N	(Mean± SD)	T	Df	Sig.(2-tailed)
Motivational function	Kerala	50	27.24 ± 5.96	.326	98	.745
	Andhra Pradesh	50	26.90 ± 4.34			
	Kerala	50	14.88 ± 3.73			

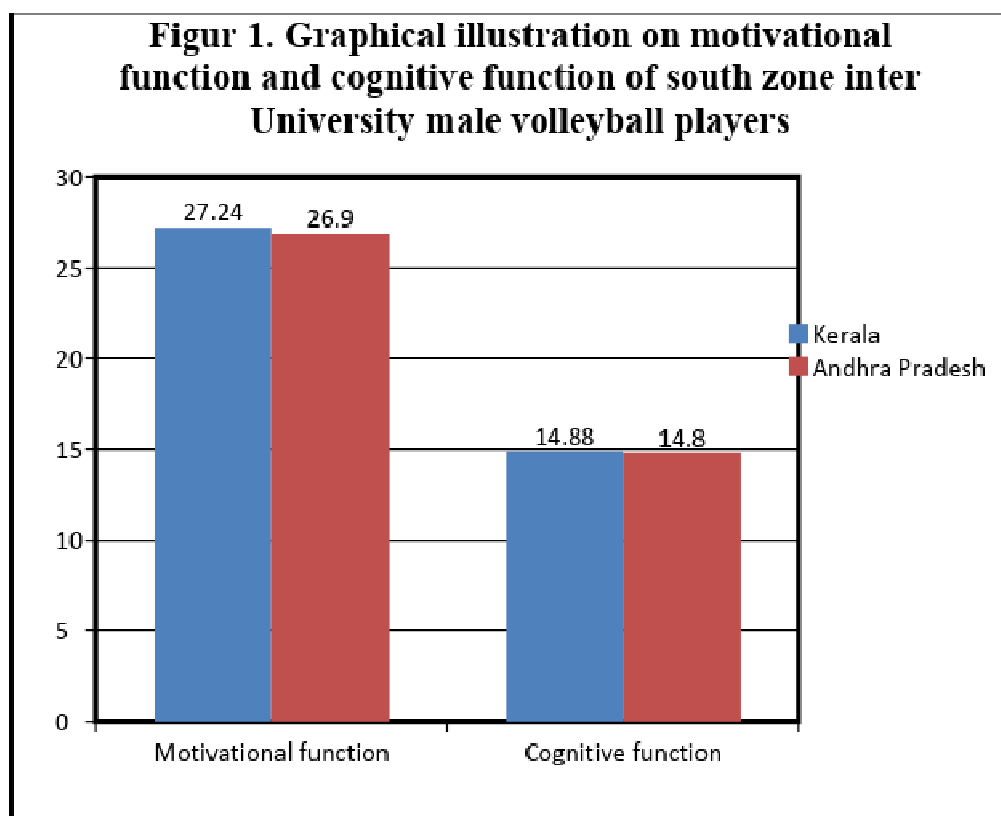
Cognitive function	Andhra Pradesh	50	14.80 ± 3.15	.116	98	.908
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*Significant level at 0.05 level

From table 1 it is evident that there is no significant difference found in motivational function and cognitive function between Kerala and Andhra Pradesh South zone inter University level male volleyball Players. The above results are graphically illustrated in figure 1.

Figure 1.

Graphical representation of mean Score motivational function and cognitive function on Kerala and Andhra Pradesh south zone Inter University level male volleyball players



CONCLUSION

Based on the findings and discussion of the present study, it can be concluded that there was no significant difference in mean scores of motivational function and cognitive function in south zone Inter-university level male volleyball players belonging to Kerala and Andhra Pradesh.

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