

## Study of Psychosocial Characteristic of Volleyball Players

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### Abstract

The purpose of the study was to study the psychological characteristics of volleyball players. The samples were selected randomly from various districts of Punjab, Haryana, Chandigarh and Himachal Pradesh. Selected variables were Aspiration and confidence. Total three hundred (n=180) subjects were selected. The age range of all participants was from 16 to 24 years. The study was delimited to girls players only. The data was divided into three achievements groups each having 60 subjects in it. Achievement groups/levels were District, State and National level. 60 girls from district level, 60 girls from state level and 60 girls from national level. The study aimed at studying psychological characteristics of volleyball players.

**KEYWORDS:** Aspiration, Confidence, District, State, National.

### INTRODUCTION

Performance in Sports Competitions at various levels has become a sign of prosperity, development and innovations of new techniques in the field of sports. The world is becoming more and more competitive. Sports achievement has become the key factor for personal progress. Parents desire that their children climb the ladder of achievement as high as possible. This desire for a high level of achievement puts a lot of pressure on players in our country and measured in terms of his/her performance in competitions. In fact, the whole system of sports revolves around the sports achievement of players.

Volleyball is a wonderful game that creates learning situations in which the participants learn and modify certain qualities in unique manner. The excellence of physical development, mental development, moral development and uniqueness of social adjustment are assured in volleyball.

'Levels of Aspiration' is a psychological construct which reflects a cognitive type of motivation of the individual. Frank (1935) defines it in terms of the level of future performance in a familiar task, which an individual, knowing his level of past performance in that task, explicitly undertakes to reach the set target. Drever J. (1923) explains it as a frame of reference involving self-esteem or alternatively as a standard with reference to which an individual experiences, i.e., has the feeling of the success or failure. Thus, the term 'Levels of Aspiration' involves the estimation of his ability (whether over, under or realistic) for his future performance on the strength of his past experience (goal discrepancy), his ability and capacity, the efforts that he can make towards attaining the goal thus set by him. The goal setting behavior as well as the process of attaining the goal are consequences of his past experience, whether failure-struck or success-oriented, level of efforts made by him in that direction, and his capacity to pursue the goal. Thus, four main points are distinguished in a typical sequence of events in a Levels of Aspiration situation.

Confidence is crucial in determining performance and can be built systematically. A strong belief in your mental and physical abilities is essential to reaching your potential. Research has demonstrated how expectations can both harm and enhance performance. Bandura's theory of self-efficacy provides a sound theoretical foundation to study the relation between confidence and performance only when one has the requisite skills and sufficient motivation to accomplish the task. Confidence increases effort. How much effort someone expends and how long they will persist in pursuit of that goal depends largely on confidence (Weinberg, Yukelson, and Jackson, 1980).

#### **OBJECTIVE**

The objective of the study is to compare the psychological characteristics of different levels of volleyball game.

#### **HYPOTHESIS**

There will be no significant difference of psychological characteristics of different levels of volleyball game.

#### **METHODOLOGY**

The purpose of the study aimed at the study psychological characteristics of volleyball players. The samples were selected randomly from various districts of Punjab, Haryana, Chandigarh and Himachal Pradesh. Selected variables were personality and confidence.

#### **SELECTION OF SUBJECTS**

Total three hundred (n=180) subjects were selected. The age range of all participants was from 16 to 24 years. The study was delimited to girls players only. The data was divided into three achievement groups each having 60 subjects in it.

#### **SELECTION OF VARIABLES**

The independent variables of the study refer to various conditions, characteristics and factors related to –

##### 1. Level of aspiration:

- Goal Discrepancy score (GDS)
- Attainment Discrepancy score (ADS)

##### 2. Confidence

#### **TOOLS**

The investigator will use the following tools for the purpose of present study-

1. Level of aspiration was judged by Level of Aspiration Questionnaire (LOA) : Shah and Bhargava (1983).
2. Confidence was checked by questionnaire of Robin S. Vealey on Confidence. (Vealey 1986).

#### **ADMINISTRATION OF TESTS**

##### **3.4 BHARAGAVA AND SHAH'S LEVEL OF ASPIRATION MEASURE**

The test instructions to the respondents and the scoring table contain the performance sheet of this measure arranged in the order of trial number. The performance sheet has 50 circles (each of 1 cm in diameter) which are arranged in 5 rows, 10 in each row. Above and below of these rows, there are 2 boxes on the right side. The upper box is for writing the expected score (except in Practice Trial) whereas the lower box is for putting the number of actual score or completed performance. Thus, 10 trials are needed for each subject except practice trial. Stop watch or stop clock is also required for the test.

#### **SELF-CONFIDENCE**

Vealey’s Trait Sport Confidence inventory developed by Robin S. Vealey. Vealey's Trait Sport Confidence Inventory is a 13 question instrument which measures state sport confidence. To aid in the conceptualization of sport-confidence, Vealey perused the literature on self-efficacy, perceived competence, and performance expectancy. Sport-confidence was defined "as the belief or degree of certainty individuals possess about their ability to be successful in sport"

**RESULTS:-**

Means and standard deviations were found out for all the components of aspiration and confidence. In order to find out significant differences between the means scores of all the variations of different groups of players, ANOVA was applied. Wherever ANOVA shows the significant difference among the sample means, LSD Post-hoc Test (Multiple ranges) was applied to see the differences in difference pairs.

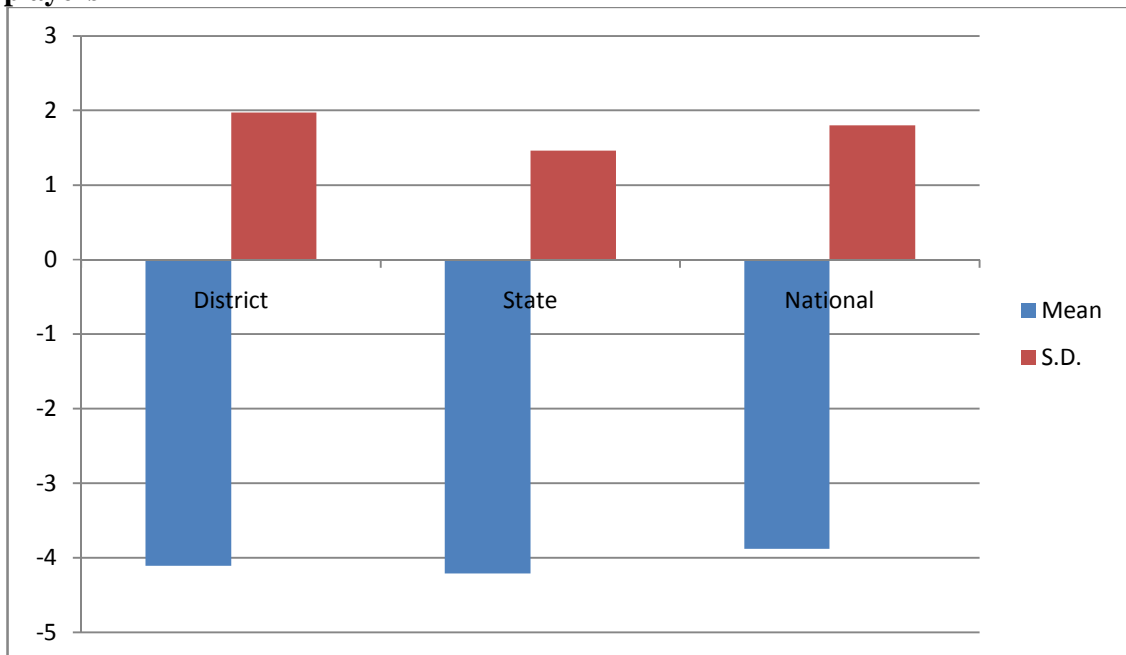
**Table:-1**

**Means & SDs of Psychological characteristics of volleyball girls players**

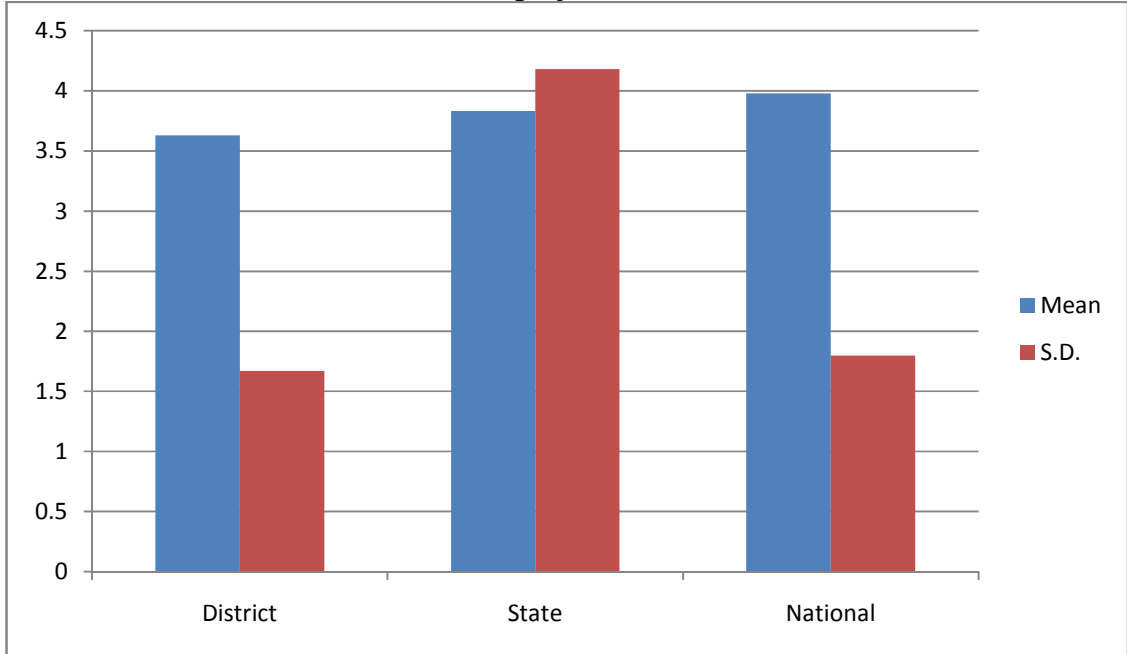
Variable	Group	N	Mean	Std. deviation
Aspiration (ADS)	District	60	-4.11	1.97
	State	60	-4.21	1.46
	National	60	-3.88	1.72
Aspiration (GDS)	District	60	3.63	1.67
	State	60	3.83	4.18
	National	60	3.98	1.94
Confidence	District	60	96.18	4.36
	State	60	94.45	12.22
	National	60	95.32	9.54

**Figure No. 1**

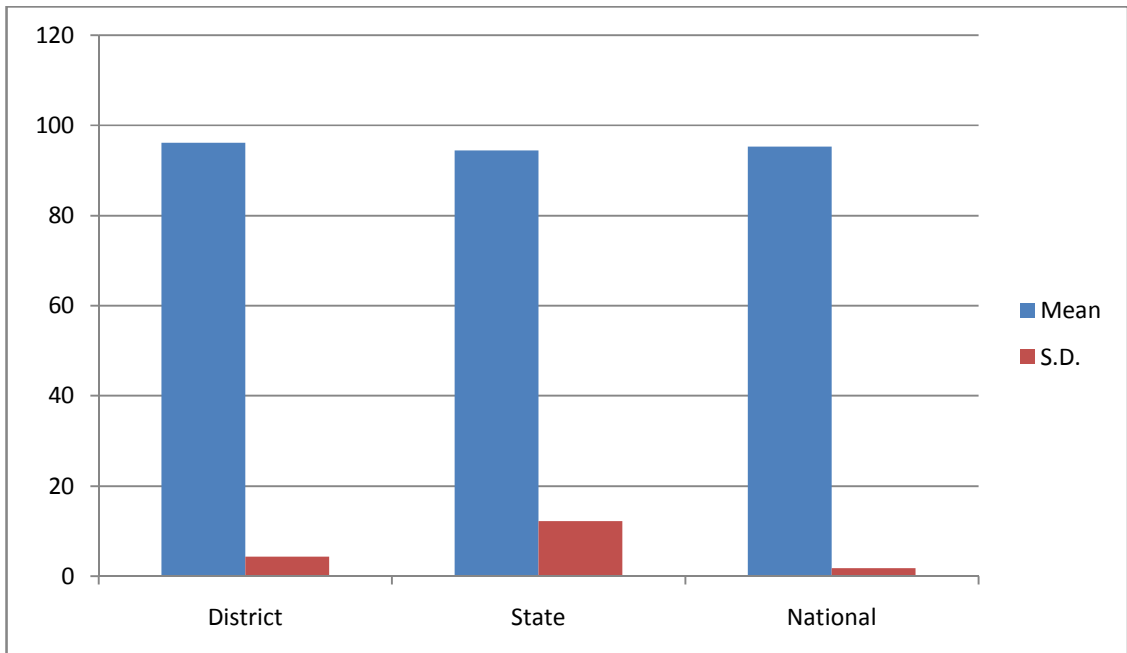
**Comparison of Aspiration (ADS) of district, state and national level volleyball girls players**



**Figure No. 2**  
**Comparison of Aspiration (GDS) of district, state and national level volleyball girls players**



**Figure No. 3**  
**Comparison of Confidence of district, state and national level volleyball girls players**



ANOVA was applied to find out the intra- group differences where ‘F’ values found significant, least significant differences (LSD) Post- hoc test was applied to find out the direction and degree of difference.

**Table:-2**

**Analysis of variance (ANOVA) results of Aspiration (ADS) among distt., state and national level volleyball girls players**

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
<b>Between Groups</b>	3.395	2	1.698	.558	.573
<b>Within Groups</b>	538.246	177	3.041		
<b>Total</b>	541.641	179			

**\*Significant at 0.05**

It can be seen from table-4.5.1 that insignificant differences were found with regard to the aspiration (ADS) among distt., state and national level volleyball girls players as the p-value (sig.) .573 was found higher than 0.05 level of significance ( $p < 0.05$ ). So there is a no need of Post-Hoc test.

**Table:-3**

**Analysis of variance (ANOVA) results of Aspiration (GDS) among distt., state and national level volleyball girls players**

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
<b>Between Groups</b>	3.835	2	1.918	.235	.791
<b>Within Groups</b>	1444.661	177	8.162		
<b>Total</b>	1448.497	179			

**\*Significant at 0.05**

It can be seen from table-4.3.1 that insignificant differences were found with regard to the aspiration (GDS) among distt., state and national level volleyball girls players as the p-value (sig.) .791 was found higher than 0.05 level of significance ( $p < 0.05$ ). So there is a no need of Post-Hoc test.

**Table:-4**

**Analysis of variance (ANOVA) results of Confidence among distt., state and national level volleyball girls players**

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
<b>Between Groups</b>	90.133	2	45.067	.513	.600
<b>Within Groups</b>	15560.817	177	87.914		
<b>Total</b>	15650.950	179			

**\*Significant at 0.05**

It can be seen from table-4.17.1 that insignificant differences were found with regard to the confidence among distt., state and national level volleyball girls players as the p-value (sig.) .600 was found higher than 0.05 level of significance ( $p < 0.05$ ). So there is a no need of Post-Hoc test.

**Discussion and findings**

The present study was designed to analysis the psychological characteristics of district, state and national level volleyball girls players. The result of the study revealed that there is a insignificance difference of aspiration and confidence of district, state and national level volleyball girls players. The result of the study confirmed with the findings of Sharma, Amita (2014). So there is observed insignificant difference of the psychological characteristics of district, state and national level volleyball girls players. On the basis of the results of the study, the hypothesis that there will be no significance difference of mental health of different levels of volleyball players is rejected.

**Conclusion**

It was observed from the study that national level girls had highest aspiration (ADS) and aspiration (GDS) followed by state and district level girls. On the other hand, district level girls had highest level of confidence than state and national level girls. There was insignificant difference found of psychological characteristics among different levels of volleyball girls players.

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