

## **Comparative Study on Motivational Function and Cognitive Function among Tamil Nadu 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 Tamil Nadu and Andhra Pradesh South Zone Inter University level male volleyball players. For the present study Kerala (N=50) and Tamil Nadu (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 Simple 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 Tamil Nadu 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 Tamil Nadu 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 have 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). Volleyball players require well-developed muscular strength, power and endurance, speed, agility, and flexibility, and have a high level of jumping ability, fast reaction time and swift movements (She, 1999). Usually, in volleyball, teams are judged based on their ability to win matches (Luhtanen et al., 2001). Reasons for the successful or unsuccessful outcome of the match depend upon a number of factors (Marcelino et al., 2005).

Self-talk has been studied scientifically for almost as long as experimental psychology has been in existence, with researchers in the 1880s taking an interest in understanding the nature and function of inner speech and the things people say to themselves (Reed, 1916).

Self-talk to be distinguished from other cognitive, behavioural, and communicative phenomena that overlap with, but are distinct from, self-talk. Although progress has been made in defining self-talk, many of the extant definitions conflate description,

function, and categorization into multi-faceted definitions that are difficult for practitioners and researchers to apply (Theodorakis et al., 2012). One of the most prevalent hypotheses in the applied self-talk literature is that self-talk with a positive valence is best for sport performance (Tod et al., 2011). 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, sensormotor processing, attention, anticipation, cognitive styles, and time and space perception (Konter, 2010).

Cognitive self-talk, which is also referred to as instructional self-talk, is the practice of making self-statements that involve instructing the individual in the process of the task at hand. Instructional self-talk can aid in learning skills and focusing on skills to achieve better performances. For example, an intervention study using instructional selftalk for sprinters used phrases such as push, heel, and claw in relation to racing strategies (Mallet & Hanrahan, 1997). In addition to sprinting, instructional self-talk has shown performance benefits in other athletic disciplines including golf (Malouff & Murphy, 2004), tennis (Landin & Hebert, 1999), basketball (Perkos, Theodorakis, & Chroni, 2002), and water polo (Hatzigeorgiadis, Theodorakis, & Zourbanos, 2004). Motivational self-talk is used to provide self-efficacy, focus, and arousal control, both in relaxation and amping up, for the athletic performer. For exercisers, motivational self-talk is used as a way to get out and start exercising, while competitive athletes use it as part of training, pre-competition, and in competition (Gammage et al., 2001).

Motivational self-talk might be statements such as “you can do it” or “strong and explosive” (Donohue, Barnhart, Covassin, Carpin, & Korb, 2000). It has been used effectively in a variety of sports including distance running (Weinberg, Miller, & Horn, 2012), water polo (Hatzigeorgiadis et al., 2004), and basketball (Chroni, Perkos, & Theodorakis, 2007).

## **METHODOLOGY**

The purpose of the study was to compare motivational function and cognitive function between Tamil Nadu and Andhra Pradesh men volleyball players. To achieve this purpose of the study, 100 men volleyball players Tamil Nadu (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. Simple 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 Tamil Nadu 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 Tamil Nadu 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 Tamil Nadu and Andhra Pradesh South Zone Inter University level male volleyball players.**

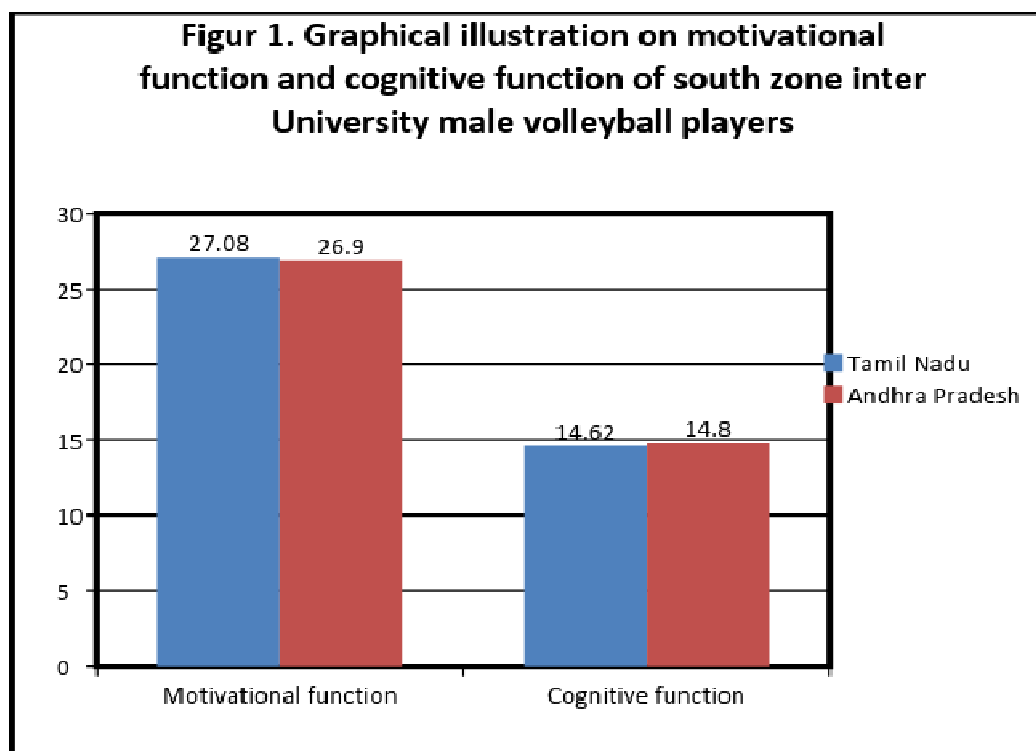
Variables	State of the player	N	(Mean± SD)	T	Df	Sig.(2-tailed)
Motivational function	Tamil Nadu	50	27.08 ± 5.09	.190	98	.849
	Andhra Pradesh	50	26.90 ± 4.34			
Cognitive function	Tamil Nadu	50	14.62 ± 3.73	-.260	98	.795
	Andhra Pradesh	50	14.80 ± 3.15			

\*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 Tamil Nadu 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 Tamil Nadu 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 Tamil Nadu and Andhra Pradesh.

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