Comparative Study On Motivational Function And Cognitive Function Among Karnataka 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 Karnataka and Andhra Pradesh South Zone Inter University level male volleyball players. For the present study Karnataka (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 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 Karnataka 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 Karnataka and Andhra Pradesh South Zone Inter University level male volleyball players.

KEYWORDS: motivational function, cognitive function, volleyball.

1. INTRODUCTION

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).

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 some thingand 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, Hackfortand 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.

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).

2. METHODOLOGY

The purpose of the study was to compare motivational function and cognitive function between Karnataka and Andhra Pradesh men volleyball players. To achieve this purpose of the study, 100 men volleyball players (Karnataka 50, Andhra Pradesh 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 Karnataka and Andhra Pradesh volleyball players motivational function and cognitive function parameters data is subjected to independent sample t-test.

3. FINDINGS:

The raw data collected motivational function and cognitive function Karnataka and Andhra Pradesh south zone Inter University level male volleyball players was statistically treated and the results are presented in following table 1.

Table 1.

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

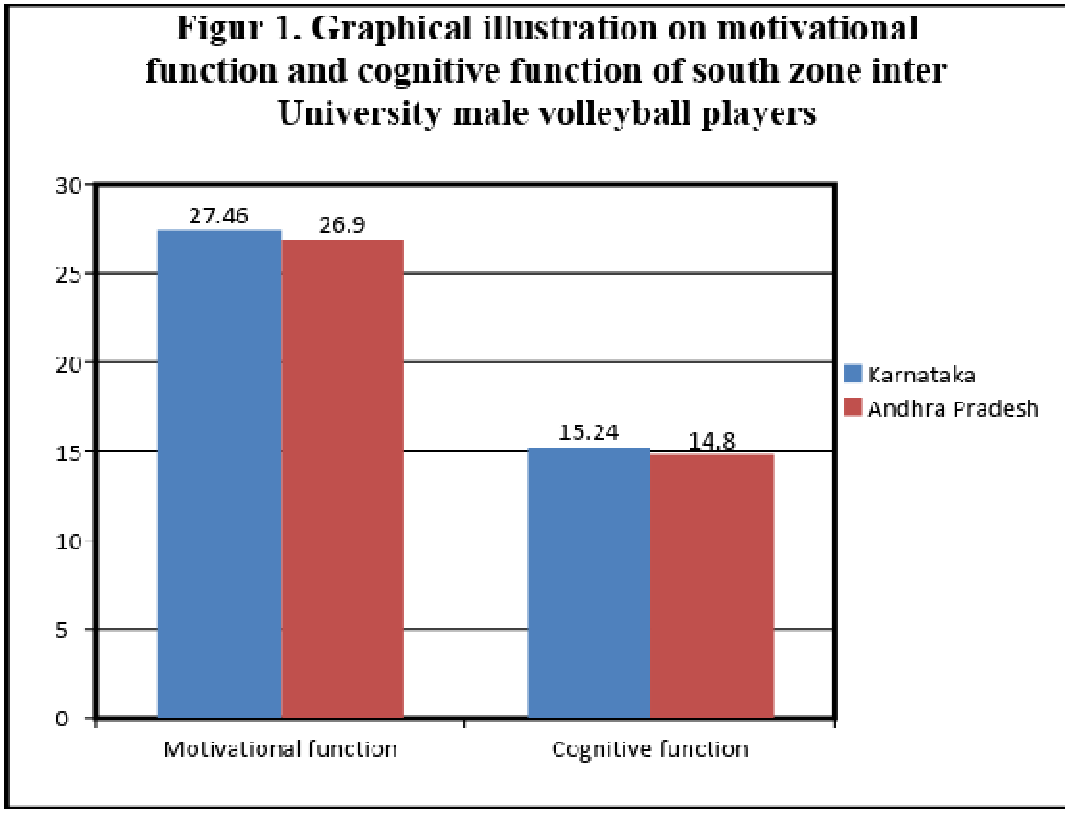
Variables	State of the player	N	(Mean± SD)	T	Df	Sig.(2-tailed)
Motivational function	Karnataka	50	27.46 ± 5.26	.581	98	.563
	Andhra Pradesh	50	26.90 ± 4.34			
Cognitive function	Karnataka	50	15.24 ± 3.42	.668	98	.506
	Andhra Pradesh	50	14.80 ± 3.15			

*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 Karnataka 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 Karnataka and Andhra Pradesh south zone Inter University level male volleyball players.



4. 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 Karnataka and Andhra Pradesh.

5. REFERENCE

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