

Comparative Study On Motivational Function And Cognitive Function Among Karnataka And Kerala South Zone Inter University Level Male Volleyball Players

Prasad. M

Research Scholar, Dep't of Physical Education, Kuvempu University, Shankaraghatta, Karnataka, India

Abstract

The study was conducted to investigate the motivational function and cognitive function difference between Karnataka and Kerala South Zone Inter University level male volleyball players. For the present study Karnataka (N=50) and Kerala (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 Kerala 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 Kerala South Zone Inter University level male volleyball players.

KEYWORDS: *motivational function, cognitive function, volleyball.*

1. 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).

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).

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).

2. METHODOLOGY

The purpose of the study was to compare motivational function and cognitive function between Karnataka and Kerala men volleyball players. To achieve this purpose of the study, 100 men volleyball players (Karnataka 50, Kerala 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 Kerala 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 Kerala 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 Kerala South Zone Inter University level male volleyball players.

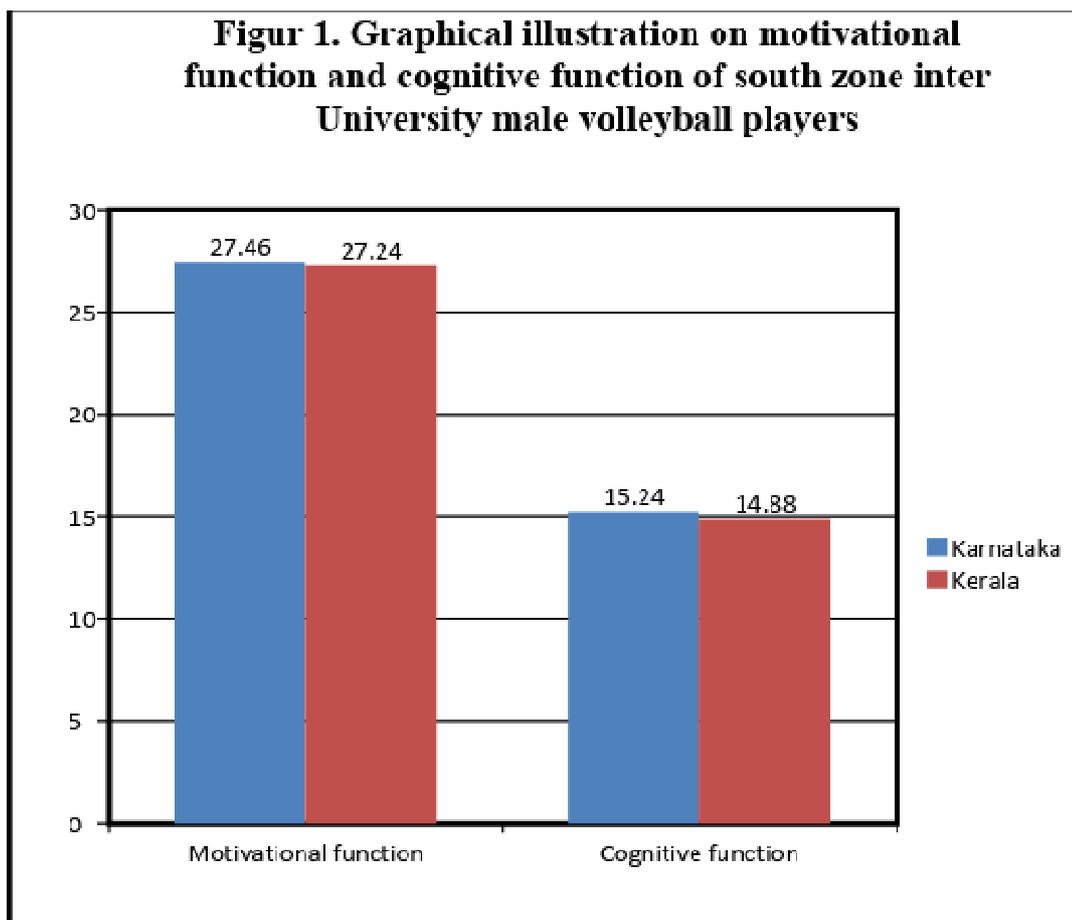
Variables	State of the player	N	(Mean± SD)	T	Df	Sig.(2-tailed)
Motivational function	Karnataka	50	27.46 ± 5.26	.196	98	.845
	Kerala	50	27.24 ± 5.96			
Cognitive function	Karnataka	50	15.24 ± 3.42	.503	98	.616
	Kerala	50	14.88 ± 3.73			

*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 Kerala 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 Kerala 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 Kerala.

5. REFERENCE

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