# Emotional Profiling of University Level Female Volleyball Liberos of Kerala

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## Abstract

Athletes are commonly required to balance the demands of full-time employment or education with the demands of elite competition. Sport psychologists who have worked with elite athletes will be aware that pressures away from competition can affect preparation for the contest. As such, sport psychologists have begun teaching athletes coping skills that can transfer from one situation to another. The two most commonly accepted theories in the field of sports psychology are the Inverted- U hypothesis and the Individual Zone of Optimal Functioning model. This hypothesis, however, does not account for individual differences among athletes. The Individual Zone of Optimal Arousal model suggests that, like the Inverted- U hypothesis, an athlete experiences poor performances when they have low levels of arousal and high levels of arousal. However, the IZOF also suggests that this varies among athletes. Presented by Russian psychologist Yuri Hanin (Weinberg & Gould, 2003), the IZOFsays that individual athletes have their own personal zone of optimal arousal. Although methods on finding an athlete's optimal level of arousal are still being investigated, it does seem to be clear that all athletes have an individual zone, and it is possible for that zone to be different than other athletes. Also, is seems to be clear that if athletes are able to get into that zone, even if they aren't able to clearly define the boundaries of it, their experience during competition will be more optimal.In the context of this history, when an athlete is able to reach flow, they are most likely within the boundaries of their zone. And when an athlete experience non optimal levels of arousal, either too much or too little, they are outside their zone boundaries and are unable to reach flow.The IZOF model helps to estimate the between and within – individual consistency of the Individual Zone of Optimal Functioning (IZOF) based emotional profiles describing the best and worst performance situation of athletics.

**KEYWORDS:** Psychology, Emotion, Anxiety, IZOF

## INTRODUCTION

Athletes may respond emotionally to many different internal or external events. How individuals interpret the situations has been given a central role in explaining emotional reactions and several researches suggest that athletes only respond emotionally to events that they perceive to have personal relevance (Clore,1994; Lazarus, 2000.).Emotional affect athletes at many levels of personal and sport functional including physiological, psychological and behavior levels. Understanding the ways in which emotions affect athletes is essential in helping them gain mastery over their emotions during their competitions. Emotions lead to physical changes that can have a powerful role in the emotional experiences.

### Objectives

1. This will help in the Psychological preparation of the athlete.

2. To estimate the between and within – individual consistency of the Individual Zone of Optimal Functioning (IZOF) based emotional profiles describing the best and worst performance situation of athletics.
3. This study will be helpful to inspire sports persons and to identify the emotions that will influence their performance.

**Methodology**. It include the selection of subjects , methodology and orientation of subjects and administration of IZOF profiling procedure.

**Selection of subjects**: A total of 24 female players (N=24) from the Kannur University and Calicut University. Their age ranged from 18 to 25 years.

**Orientation of the subjects**: An orientation session is organized for the selected subjects where they will be given a detailed account of how to recollect the intricate details of their previous performances.

**Instrument:** The instrument that is used for the study was the Individual Zone of Optimal Functioning (IZOF) profiling formulated by Dr. Yuri Hanin. The theoretical model or approach to study ,known as IZOF is based on the view that as its originator Yuri Hanin put it 'to understand why and how outstanding performers achieve consistent excellencies, one needs to focus primarily on their unique experiences'.

**Administration of IZOF profiling procedure**

The administration of IZOF profiling, is a step wise procedure. Self regulation empowering programme requiring full commitment of all who will be involved in it.

The following will be the steps in developing emotional profiles;

**Step I**: Identify Best Ever and Worst Ever performance.

**Step II**: Identify the helpful – positive and helpful negative emotions.

**Step III**: Identify harmful negative and harmful positive emotions.

**Step IV**: Describe the intensity of emotions their best ever completion.

**Step V**: Describe the intensity of emotions in their worst ever competition.

**Step VI**: Make them visualize their emotional states in their best ever competition.

**Note:** The IZOF optimal emotion profile usually is bell-shaped and looks like an iceberg (peak, mountain). This sharp reflects the optimal interaction effects: an elevated intensity in HELPFUL (P+ and N+) emotions (located in the middle), and a low intensity in HARMFUL (P- and N-) emotions (located by the sides) **IZOF Profiling of Calicut university and Kannur university liberos during their best performance.**

**IZOF Profiling of the following Calicut university and Kannur university liberos**

GRAPH (1)

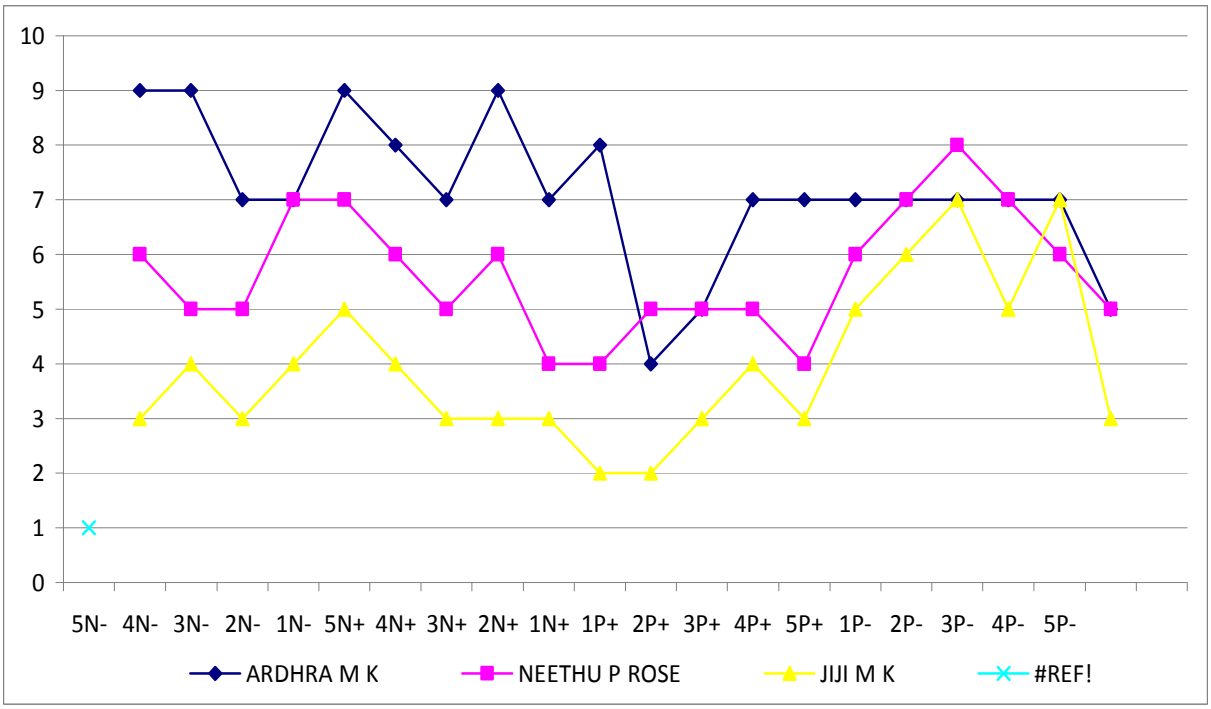


**Table 1 Related to the above graph 1**

| | Ardhra M K | Neethu P Rose | Jiji M K |
|---|---|---|---|
| 5N- | 9 | 6 | 3 |
| 4N- | 9 | 5 | 4 |
| 3N- | 7 | 5 | 3 |
| 2N- | 7 | 7 | 4 |
| 1N- | 9 | 7 | 5 |
| 5N+ | 8 | 6 | 4 |
| 4N+ | 7 | 5 | 3 |
| 3N+ | 9 | 6 | 3 |
| 2N+ | 7 | 4 | 3 |
| 1N+ | 8 | 4 | 2 |
| 1P+ | 4 | 5 | 2 |
| 2P+ | 5 | 5 | 3 |
| 3P+ | 7 | 5 | 4 |
| 4P+ | 7 | 4 | 3 |
| 5P+ | 7 | 6 | 5 |
| 1P- | 7 | 7 | 6 |
| 2P- | 7 | 8 | 7 |
| 3P- | 7 | 7 | 5 |
| 4P- | 7 | 6 | 7 |
| 5P- | 5 | 5 | 3 |

*(N+) are the negative emotions which affect the player positively

*(N-) are the negative emotions which affect the player negatively
*(P+) are the positive emotions which affect the player positively
*(P-) are the positive emotions which affect the player negatively

**Explanation of table 1and graph 1 is given below**

| Name of the player | Zone | Descriptions |
|---|---|---|
| **Ardhra M K** | Negative | The emotions of ***disturbed and worried*** (N-) had affected her negatively in her best performance. |
| | Positive | The emotions of ***dynamic and motivated*** (P+) had affected her positively in her best performance |
| **Neethu P Rose** | Negative | The emotions of ***vigorous, confident, tired, determined and fast***(N-) had affected her negatively in her best performance. |
| | Positive | The emotions of ***easy and motivated*** (P+) had affected her positively in her best performance |
| **Jiji M K** | Negative | .The emotions of ***tired d, depressed and relaxed*** (N-) had affected her negatively in her best performance |
| | Positive | The emotions of ***active, tired and satisfied*** (P+) had affected her positively in her best performance. |

**Findings and Conclusion**

After an exhaustive analysis, on the basis of IZOF based emotional profiling analysis, the following conclusions were drawn:

- The profiling of the subjects revealed fluctuation in their emotional state especially during competition.
- No female Volleyball players from Kannur University or Calicut University had consistency in their emotional condition in different performance situations.
- The female volleyball players had great difficulty in controlling their negative emotions.
- Some of the volleyball players revealed extreme arousal state just before important competition.
- ***Dynamic and motivated easy, motivated, active, and satisfied*** proved to be the most common positive emotions affecting the performance of the volley5ball players positively.
- ***Disturbed, worried ,vigorous, confident, tired, determined fast, depressed and relaxed*** Afraid, panicky, tired, doubtful, distressed, concerned proved to be the most common negative emotions affecting the performance of the volleyball players negatively.

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