

## **Emotional Profiling of University Level Female Volleyball Blockers of Kerala during Their Best Performance**

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### **Abstract**

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. The Inverted- U hypothesis states that arousal and performance are related in the form of an Inverted- U, suggesting that at low levels of arousal and high levels of arousal an athlete experience poor performance(Weinberg & Gould,2003). However, the IZOF also suggests that this varies among athletes. Presented by Russian psychologist Yuri Hanin (Weinberg & Gould, 2003), the IZOF says 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, it 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, Pargman, IZOF

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### **INTRODUCTION**

Sport and exercise psychology is the study of the effect of psychological and emotional factors on sport and exercise performance and the effect of sport and exercise involvement on psychological and emotional factors. Shows clearly the interactive relationship between sport and exercise involvement and psychological and emotional factors. Athletic performance is influenced by psychological and emotional factors that can be fine tuned and learned. Conversely, involvement in sport and exercise activities can have a positive effect upon an individual's psychological and emotional make up. Hence emotional phenomena play an important part in sport and exercise from both an intra and interpersonal perspective.

#### **Objectives**

1. This will help in the Psychological preparation of the Volleyball blockers.
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 Volleyball blockers.

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 14 female players (N=14) 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 of the Volleyball blockers.

**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 Volleyball blockers during their best performance.

**IZOF Profiling of the following Calicut University and Kannur university Volleyball blockers during their best performance.**

- Anupama Johnson
- Mithu Monica Abraham
- Elizabeth Paul
- Poornima M S

Graph(1)

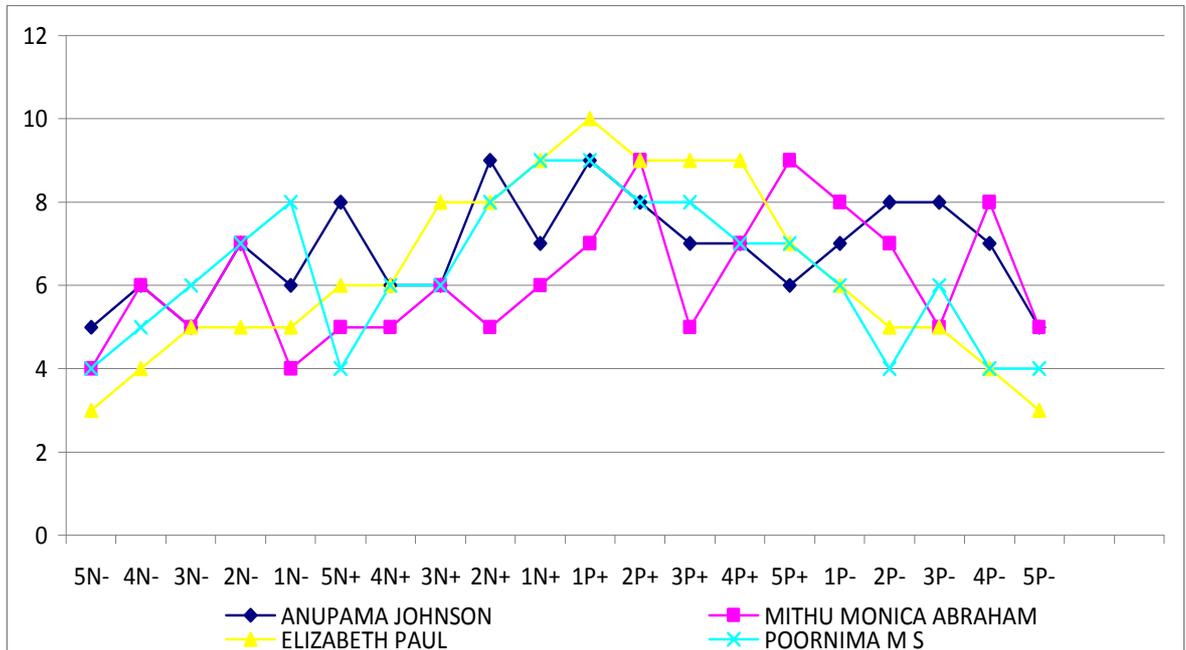


Table (1).

	Anupama Johnson	Mithu Monica Abraham	Elizabeth Paul	Poornima M S
5N-	5	4	3	4
4N-	6	6	4	5
3N-	5	5	5	6
2N-	7	7	5	7
1N-	6	4	5	8
5N+	8	5	6	4
4N+	6	5	6	6
3N+	6	6	8	6
2N+	9	5	8	8
1N+	7	6	9	9
1P+	9	7	10	9
2P+	8	9	9	8
3P+	7	5	9	8
4P+	7	7	9	7
5P+	6	9	7	7
1P-	7	8	6	6
2P-	8	7	5	4
3P-	8	5	5	6
4P-	7	8	4	4

5P-	5	5	3	4
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\*(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 (1) and graph (1) is given below**

Name of the player	Zone	Descriptions
Anupama Johnson	Negative	The emotions of <i>discouraged, afraid, fast and light hearted</i> (N-) had affected her negatively in her best performance.
	Positive	The emotions of <i>active, satisfied and determined</i> (P+) had affected her positively in her best performance
Mithu Monica Abraham	Negative	The emotions of <i>jittery, tense, dynamic, peaceful and pleasant</i> (N-) had affected her negatively in her best performance.
	Positive	The emotions of <i>aggressive, peaceful and determined</i> (P+) had affected her positively in her best performance
Elizabeth Paul	Negative	.The emotions of <i>tired, fast and greedy</i> (N-) had affected her negatively in her best performance
	Positive	The emotions of <i>annoyed, panicky, concerned and inspired</i> (P+) had affected her positively in her best performance.
Poornima M S	Negative	The emotions of <i>tired, afraid, quick and irresolute</i> (N-) had affected her negatively in her best performance.
	Positive	The emotions of <i>restless and confident</i> (P+) had affected her positively in her best performance.

### Findings and Conclusions

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 in which they could not perform well.
- 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.

- Active, satisfied, determined, aggressive, peaceful , determined, restless ,disturbed and easy, angry, satisfied and motivated proved to be the most common positive emotions affecting the performance of the volleyball players positively.
- Discouraged, afraid, fast, light hearted, jittery, tense, dynamic, peaceful, pleasant, worried, tensed, disturbed, irritated, restless, disturbed and easy proved to be the most common negative emotions affecting the performance of the volleyball players negatively.

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