

STUDY ON SELECTED PSYCHOLOGICAL VARIABLES OF SOCCER AND VOLLEYBALL MALE PLAYER

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ABSTRACT

The objective of the study was to compare anxiety, interest and sports achievement motivation between soccer and volleyball players. For the purpose of the study 30 (15 soccer and 15 volleyball) male players who represented their university in respective competitions were selected as the subjects of the study. Age of the selected subjects was ranged from 17 to 26 years. Anxiety, Interest and Sports achievement motivation of subjects were measured through standard questionnaire. Independent t-test was used to compare soccer and volleyball players on the selected psychological variables further the level of significance was set at 0.05. The results of the study revealed that there was insignificant difference existed between soccer and volleyball players in anxiety, interest and sports achievement motivation. The present study found that there has no difference between soccer and volleyball players in relation to anxiety, interest and sports achievement motivation.

Keywords: Anxiety, interest, achievement motivation, soccer, volleyball.

1. INTRODUCTION

The behavioral pattern of sports persons is also different from that of the general people. So, the athletes have different physical, physiological & behavioral profile than the normal population (Kornspan, 2009).

Psychologists explore such concepts as perception, cognition, attention, emotion, phenomenology, motivation, brain functioning, personality, behaviour and interpersonal relationships. Psychologists of diverse stripes also consider the mind. Psychologists employ empirical methods to infer causal and correlation relationships between psychosocial variables. In addition, or in opposition, to employing empirical and deductive methods, some especially clinical and

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counseling psychologists at times rely upon symbolic interpretation and other inductive techniques. Psychology has been described as a “hub science”, with psychological findings linking to research and perspectives from the social sciences, natural sciences, medicine, and the humanities, such as philosophy (Urbina, 2014). While psychological knowledge is often applied to the assessment and treatment of mental health problems, it is also applied to understanding and solving problems in many different spheres of human activity. The majority of psychologists are involved in some kind of therapeutic role, practicing in clinical, counseling, or school settings. Many do scientific research on a wide range of topics related to mental processes and behaviour, and typically work in university psychology departments or teach in other academic settings. Some are employed in industrial and organizational settings, or in other areas such as human development and aging, sports, health, and the media, as well as in forensic analysis and other aspects of law.

Sports performance is determined by a combination of physiological factors, technical skill, tactical insight and state of mind. All four factors are critical to peak performance. One could argue however that the last of these is the executive function, as it is the mind which determines whether or not what you have trained in over the past few years, is brought out on the day. Yet it is this aspect of sports performance which has traditionally been paid the least attention in preparation for competition (Barrow, 1983). Hence, in a world where many athletes are physically, technically and tactically increasingly similar, it is the mind which offers perhaps the greatest scope for a competitive advantage. The role of mind has become even more important with the rapidly increasing commercialization of sport, which has presented new pressures for athletes across many levels and ages. Fortunately, like the other three factors, the mind can be improved through training (Jonhson& Nelson, 1982). The more the mental skills are learned and practiced, the better and the more consistent the performances become. There is little doubt that in future, proper mental preparation will become as routinely integrated into training and competition as the other factors already are.

The objectives of the present study were to measure anxiety, interest and sports achievement motivation of soccer and volleyball players and further to compare anxiety, interest and sports achievement motivation between soccer and volleyball players.

2. METHODS AND MATERIALS

2.1 Subjects

A total of 30 (15 soccer and 15 volleyball) male players who represented their university in respective competitions were selected as the subjects of the study. The subjects were under graduate students and they selected from

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Santiniketanarea in West Bengal, India. Age of the selected subjects was ranged from 17 to 26 years.

2.2Tools

2.2.1 Anxiety: Anxiety was measured by state trait anxiety inventory questionnaire developed by Spielberger, Gorsuch, Lushene, Vagg, & Jacobs, (1983).

2.2.2. Interest: Interest was measured through questionnaire developed by Pan (1998).

2.2.3 Sports Achievement Motivation: Sports achievement motivation was measured by sports achievement motivation questionnaire developed by Kamlesh (1990).

These tests were administered as per the directions laid down by the authors including scoring principles.

2.3Statistical Analysis

To compare the mean differences between two different games of anxiety, interest and sports achievement motivation, mean, standard deviation (SD) and independent t-test was computed by means of SPSS version 17 (Statistical Package for the Social Sciences, version 17.0, SPSS Inc, Chicago, IL, USA).

3. RESULTS AND DISCUSSION

The result of the study is presented in the following Tables.

Table1:Descriptive statistics and Mean difference of different groups on Psychological variables

Parameters	Group	Mean \pm SD (Scores)	<i>t</i> value	<i>p</i> value
State Anxiety	Soccer	39.07 \pm 5.82	1	0.33
	Volleyball	37.13 \pm 4.76		
Trait Anxiety	Soccer	47.80 \pm 5.25	0.76	0.46
	Volleyball	49.40 \pm 6.31		
Interest	Soccer	151.27 \pm 5.55	0.83	0.42
	Volleyball	149.13 \pm 8.32		

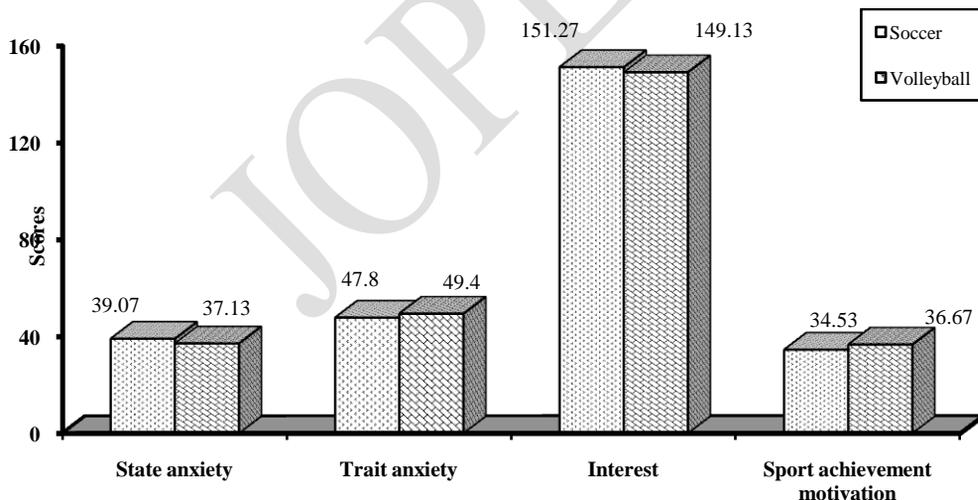
Sport Achievement Motivation	Soccer	34.53±3.23	1.60	0.12
	Volleyball	36.67±4.05		

Tab $t_{(0.05)} 28 = 2.05$

Table 1 shows that mean value and standard deviation (SD) of state anxiety, trait anxiety, interest and sport achievement motivation for soccer player were 39.07±5.82, 47.80±5.25, 151.27±5.55 and 34.53±3.23 respectively whereas the volleyball player were 37.13±4.76, 49.40±6.31, 149.13±8.32 and 36.67±4.05 respectively.

To find the significance of mean difference between two different game players of psychological variables independent t-test was employed. Table 1 also shows that the t-value of state anxiety, trait anxiety, interest and sport achievement motivation for soccer and volleyball player was 1 (>0.05), 0.76 (>0.05), 0.83 (>0.05) and 1.60 (>0.05) respectively. These indicate that there was insignificant mean difference between two distinct groups because the players were of nearly similar categories.

Figure 1: Graphical representation of means of different groups on psychological variables



4. CONCLUSIONS

In the light of findings, the present study may be concluded that there was no distinction (more or less similar) on selected psychological variables (anxiety, interest and sport achievement motivation) between soccer and volleyball players.

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