



## COMPARATIVE STUDY ON PSYCHOLOGICAL VARIABLES AMONG ANDHRA PRADESH AND TAMILNADU SOUTH ZONE INTER UNIVERSITY VOLLEYBALL MALE PLAYERS

**Prasad M.**, Research Scholar  
Department of Physical Education, Kuvempu University  
Shankaraghatta, Karnataka, India

### Abstract

The purpose of the study was to analyze and compare the psychological variables between Andhra Pradesh and Tamil Nadu South Zone Inter University volleyball Male players. For the purpose of this study 100 players (Andhra Pradesh 50, Tamil nadu 50) were selected from South Zone Inter university volleyball tournament in the year 2016-2017. For this study self- talk, self- esteem, self-determination and self-confidence were selected as dependent variables and were measured by self-talk questionnaire developed by Zervas, Y., Stavrou, N.A., Psychountaki, M. (2007), Rosenberg self-esteem Scale (1965), The self- Determination scale developed by Sheldon, K.M., Ryan, R.M., & Reis, H (1996) and self-confidence inventory developed by Agnihotry, R. (1987), questionnaire were used to measure psychological variables. Descriptive Statistic (Mean, Standard Deviation), Independent t-test was applied to analyze and compare the psychological variables between Andhra Pradesh and Tamil Nadu South Zone Inter University volleyball Male players. The level of Significance was set at 0.05. Results indicated that significant differences found in self-esteem and self-determination, and no significant difference found in self- talk and self-confidence between Andhra Pradesh and Tamil Nadu south zone inter university volleyball male players.

**Keywords:** Volleyball, Self- talk, Self- esteem, Self-determination and Self-confidence.

### Introduction

Volleyball is probably one of the most popular sports in the world (Reeser & Bahr, 2003). In volleyball, as in any other sport, there are several fundamental components that influence the player's behaviour during a competition. A player's ability to play a good game depends on his/her technical and tactical abilities, physical qualities, psychological skills, and theoretical knowledge. (Crust 2007). Sport psychology is broadly defined as "The study and application of psychological factors and the effect they have on athletic skills and performance" (Silva & Weinberg, 1984). The field of sports psychology can help athletes and coaches succeed faster and achieve higher sports goals than they ever dreamed possible, but there are many myths and mysteries surrounding this fascinating field. It is now well recognized fact that modern sports are more than muscle strength. Apart from genetically endowed physical qualities, a psychological trait plays a significant role in making participants to give extraordinary performance in competitive sports (Kamlesh, 2006). According to many studies, people with mental skills, benefit from the following features: are able better to focus, have high confidence, increases their mental performance and have less exciting and therefore, are more successful in performance. Also, successful athletes to other athletes have more power of positive thinking and better decision-making



(Gould & Weinberg, 1995). A number of psychological factors have been uncovered and their importance in sport has been highlighted due to the growth in the field of sport psychology. One significant factor which may affect an athlete's performance, and even their psychological well-being, is whether the sport involves a solo individual performance or a team performance. There are a number of fundamental differences in team and individual sport athletes that are important to be uncovered so that the right support can be put in place for athletes where necessary. Due to the increasingly competitive nature of sport a number of characteristics such as motivation, self-confidence, coping strategies, self-esteem, and mental toughness, all play a vital role in the success of an athlete and the maintenance of their psychological well-being.

### Methodology

The purpose of the study was to compare self-talk, self-esteem, self-determination and self confidence among Andhra Pradesh and Tamil Nadu men volleyball players. To achieve the purpose of the study, 100 men volleyball players who have participated in the South Zone Inter University Volleyball tournament were randomly selected as subjects during the year 2016-2017. self-talk, self-esteem self-determination and self confidence were selected as dependent variables, were measured by self-talk questionnaire developed by Zervas, Y., Stavrou, N.A., Psychountaki, M. (2007), Rosenberg self-esteem Scale (1965), The self-Determination scale developed by Sheldon, K.M., Ryan, R.M., & Reis, H (1996) and self-confidence inventory developed by agnihotry, R. (1987). To find out the difference between Andhra Pradesh and Tamil Nadu volleyball players selected psychological

parameters data is subjected to independent sample t-test.

### Results

The raw data collected psychological variables among Andhra Pradesh and Tamil Nadu South Zone Inter University volleyball Male players was statistically treated and the results are presented in following tables.

TABLE 1  
COMPARISON PSYCHOLOGICAL VARIABLES AMONG ANDHRA PRADESH AND TAMIL NADU SOUTH ZONE PLAYERS

Variables	State	(Mean ± SD)	't' test	df	Sig. (2-tailed)
Self Talk	A.P.	41.52 ± 6.02	0.14	98	0.89
	T.N.	41.72 ± 7.01			
Self Esteem	A.P.	25.34 ± 3.86	2.90	98	0.01
	T.N.	28.00 ± 5.22			
Self Determination	A.P.	32.30 ± 3.97	2.48	98	0.02
	T.N.	34.84 ± 6.05			
Self Confidence	A.P.	26.40 ± 7.07	0.00	98	1.00
	T.N.	26.04 ± 9.32			

\*Significant at 0.05 level of significance

From table 1 it is evident that there is significant difference found in self-esteem and self-determination and also there are no significant difference found in self-talk, Self Confidence between Andhra Pradesh and Tamil Nadu South zone inter University male volleyball Players. It is observed that the self-esteem and self-determination is higher in Tamil Nadu state Male volleyball player.

### Discussion of Findings

Ahmad GhotbiVarzaneh et. al., Relationship between Mental Skills and Anxiety Interpretation in Female Volleyball Players, The results revealed that several subscales of mental skills had a significant impact on the success of volleyball players in regard to interpretation of anxiety and self-confidence as facilitative to their performance. Also, participants perceived anxiety intensity and self-confidence differently from anxiety direction and self-confidence. The study



findings show that mental skills are important to reinforcement of self confidence of volleyball players. M. S. Rathod et al, A Study of Socio-Psychological Characteristics of Students Kabaddi Players. The players need to undergo such an arduous, training that they should be able to have physical during practice schedules and can have psychic stress during the period of competition, because it is during competition that athletes as well as teams inevitably come under psychological stress. Gunti Gowtham Kumar, The influence of socio-economic status on selected psychological variables among university level players. The results of the study that there a significant difference between players of high expensive games and moderate expensive games, players of high expensive games and minimum expensive games and players of moderate expensive games and minimum expensive games on selected psychological variables namely competition anxiety, aggression, self-confidence and achievement motivation.

### Conclusion

It can be concluded that coaches and sports psychologists should seriously consider athlete's mental skills in preparation of volleyball players before competition. Improving self- talk, self- esteem, self-determination and self confidence has shown to improve performances in volleyball sport events.

### References

- Ahmad GhotbiVarzaneh, EsmaeelSaemi, ParvanehShafinia, Mehdi Zarghami, Amin Ghamari (2011) Relationship between Mental Skills and Anxiety Interpretation in Female Volleyball Players. *Studies in Physical Culture and Tourism* Vol. 18, No. 1.
- Crust, L. (2007) Mental toughness in Sport: A Review. *International Journal of Sport and Exercise Psychology*, 5(3). P. 270-290.
- Gould D, Weinbeg R. (1995) *Foundations of Sport and Exercise Psychology*, Human Kinetics, 247-249.
- Kamlesh, M. L. (2006) *Education Sports Psychology*, Friends Publication India, pp.349.
- M. S. Rathod, Dr.M. M. Rathod and Vishal Reeser, J., & Bahr, R. (2003) *Handbook of Sports Medicine and Science: Volleyball*. Massachusetts: Blackwell ScienceLtd.
- Sanati-monfared S. H., (2006) Validation of OMSAT-3 Questionnaire and the Effect of Mental Fitness Program on selection Mental Skills of Athletes to participate in the Doha Asian Games 2006. *Academy Sports Psychology Center of Olympic and Paralympic*.
- Schaal, K., Tafflet, M., Nassif, H., Thibault, V., Pichard, C., Alcotte, M. & Toussaint, J. F. (2011) Psychological balance in High Level Athletes: Gender-based differences and Sport-specific patterns. *PloS one*, 6(5), e19007.
- Shojai M, Daneshfar A, Rahmati AR.,(2010) The Effects of Aging on Mental Skills of Veteran Wrestlers. *Journal of Sport Sciences*, 2 (4): 11-29.
- Silva, J. M., & Weinberg, R. S. (Eds.) (1984) *Psychological foundations of sport*. Champaign, IL: Human Kinetics.
- Jean duran2014  
<https://prezi.com/gjrg6ztjh80k/importance-of-sports-psychology>
- Weinberg S, Gold D. (2007) *Foundations of Sport and Exercise Psychology*. USA: Human Kinetics.
- Wuest, D.A. and Bucher, C.A. (2006) *Foundation of Physical Education, Exercise Science and Sport*. Mc Crew Hill companies, Inc. 1221 Avenue American: New York.