



Identification of Psychological Skills to Predict the Volleyball Playing Ability

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Abstract

Purpose of the present study was to identify the psychological variables who can best predict the volleyball playing ability. For the purpose of study fifty male Volleyball players was selected purposely from different sports hostels and colleges of UP i.e. Lucknow and Gorakhpur Sports College, Allahabad and Dewaria Sports Hostel. The age of subjects was 16 to 22 years. To predict the playing ability, sports achievement motivation and sports aggression was selected as predictor variables. Playing ability was measured by panel of three experts on ten point rating scale. Data was collected from respective sports hostels and colleges from prior permission of incharges/coaches by proper explained and demonstrated of test to the subjects and required trial was provided before final effort/attempt. Descriptive statistics and Pearson product moment correlation was used at 0.05 level of significance. Findings revealed that selected psychological variables are not significantly correlated with Volleyball playing ability.

Key Words: Sports achievement motivation and Sports aggression

1. Introduction

Today, the preparation of an athlete for top notch achievement is a completely dynamic state characterized by a high level of physical, physiological, psychological as well as anthropometric efficiency and degree of perfection of the necessary skills, knowledge, technique and tactical preparation. An athlete arrives at this stage only as a result of appropriate training. Thus, athletes training today are a multisided process of expedient use of aggregate factors so as to influence the development of an athlete and ensure the necessary level of participation. The success or failure of an individual athlete depends on the blending of physical ability, conditioning, training mental preparation and the ability to perform well under pressure. It is not uncommon to hear coaches and athlete express disbelief on how poorly their team performed against a certain opponent or how they field in the crucial situation.

In the last fifteen years the sport of Volleyball has become popular all over the world. The increasing number of high quality professional teams has made official matches more intensive and spectacular. Today, competitions such as the World Championship, the world cup, the World League and the Olympic Games entail several exhaustive matches played very close to one another. As a result, top ranking players are forced to improve their quality of technique with high intensive intermittent movement in a dynamic competitive situation.

From the above statements it is clearly evident that Volleyball is a game which is unique in its nature of play and required specific skill and character to be succeed at top level. But one thing is very clear that the success or failure of a player depends on the blending of physical ability, conditioning, training mental preparation and the ability to perform well under pressure. Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important but they also indicate the good mental preparation for competition is necessary component of success. In western countries like Quba, France, Germany, Argentina, Brazil etc. much stress on the training for mental preparation of their national Volleyball Team. A coach has the job of helping the athletes to find out his specific talents and factors for their fullest potential. This includes developing not only the physical attributes but also his attitudinal motivational and psychological traits.

So it can be said the preparation of a player for achievement is a complex dynamic state characterized by high level of physical, physiological and psychological efficiency and the degree of perfection of the necessary skills and knowledge, technical and tactical preparation. Many other factors are also brought into action in his preparation (means of rehabilitation, parameters of loads, special nutrition, organization of general regime in accordance with the

conditions of sports activity etc.). Thus players preparation in present competitive era is a multi - sided process of expedient use of aggregate factors, means method and condition so as to influence the development of an athlete and ensure the necessary level of preparation.

1.1 Objectives of the Study:

- (i) To find out the psychological status of Volleyball players.
- (ii) To find out the relation of psychological skill with Volleyball playing ability.
- (iii) To identify the effect of psychological variables on Volleyball playing ability.

2. Methodology:

To achieve the purpose of present study fifty male Volleyball players was selected purposely from different sports hostels and colleges of UP i.e. Lucknow and Gorakhpur Sports College, Allahabad and Dewaria Sports Hostel. The age of subjects was 16 to 22 years. To predict the playing ability, sports achievement motivation and sports aggression was selected as predictor variables. To measure the psychological variables standardized questionnaire was used while playing ability was measured by panel of three experts on ten point rating scale. Data was collected from respective sports hostels and colleges from prior permission of incharges/coaches. Purpose of test was explained and test was explained to the subjects. Descriptive statistics was used to determine the characteristics of data and to know the status of players. Pearson product moment correlation was used to find out the relationship of psychological skill with Volleyball playing ability at 0.05 level of significance.

3. Finding of the Study:

Table: 1
Descriptive Values of Psychological Variables of Volleyball Players

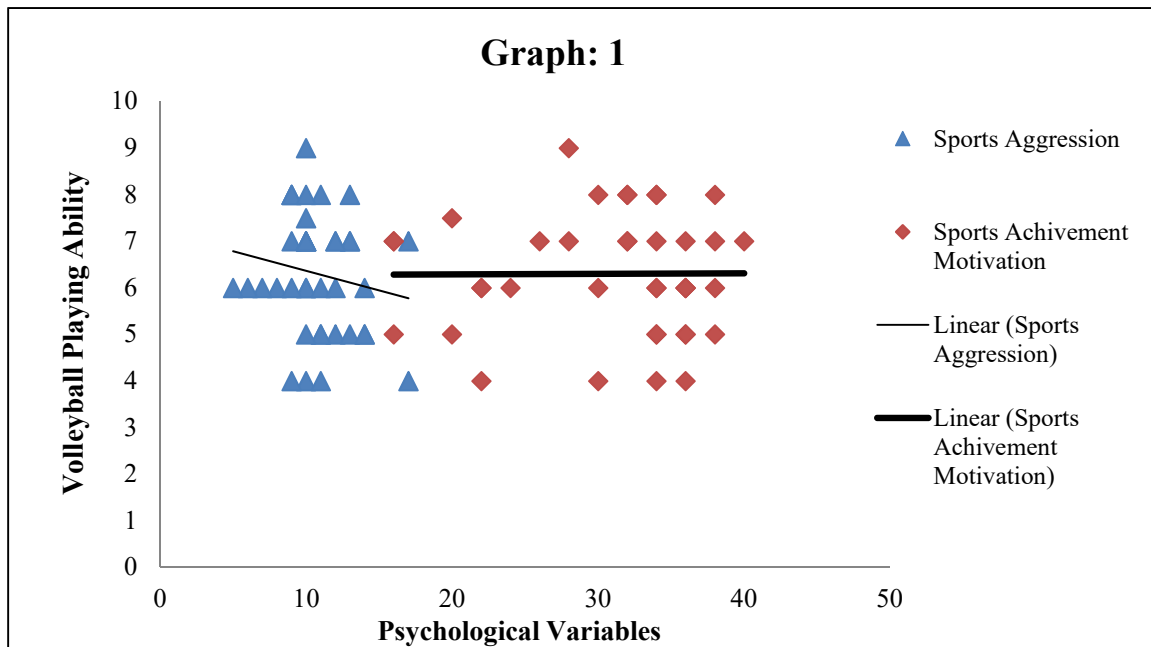
Statistics	Sports Aggression	Sports Achievement Motivation
Mean	10.794	32.051
Median	10.000	34.000
Mode	10.000	34.00
Std. Deviation	2.469	5.794
Coeff. of Variance	22.514%	17.845%
Skewness	.327	-1.430
Std. Error of Skewness	.378	.378
Kurtosis	1.171	1.704
Std. Error of Kurtosis	.741	.741
Range	12.000	24.000
Minimum	5.000	16.000
Maximum	17.000	40.000

Table: 1 reveal that the mean and median for all the variables are nearly equal. Where coefficient of variance for sports achievement motivation is 17.845%, which is least among the psychological variables so that sports achievement motivation is having least variation in compared to other variables. Thus Volleyball players are very homogenous in terms of sports achievement motivation. Whereas it is highest in sports aggression (22.514%) thus the sports aggression is varies to wider extend so sports aggression is variable in which Volleyball players are most heterogeneous. In respect to skewness, sports achievement motivation (-1.430) is negatively skewed, where $S_k < 0$, which means most of the scores of sports achievement motivation are more than its mean value, while sports aggression (.327) is positively skewed, where $S_k > 0$, it means most of the scores of sports aggression is less than their mean value. In terms of kurtosis both psychological variables of Volleyball players has positive value of kurtosis, which indicates that the scores cluster more around its mean value.

Table: 2
Relationship of Volleyball Playing Ability with Selected Psychological Variables

S. No.	Independent Variable	Dependent Variable	Coefficient	Sig.
1.	Sports Aggression	Volleyball Playing Ability	-.121	.465
2.	Sports Achievement Motivation		-.099	.548

Table: 2 reveals that selected psychological variables are not significantly correlated with Volleyball playing ability, where correlation coefficient of sports aggression and sports achievement motivation with Volleyball playing ability is -.121 and -.099. Correlation coefficient of both psychological variables is not significant at 0.05 level of significance.



Relationship of Volleyball Playing Ability with Selected Psychological Variables

4. Discussion:

Results revealed that selected psychological variables are not significantly related with Volleyball playing ability, where correlation coefficient of sports aggression and sports achievement motivation with Volleyball playing ability is -.121 and -.099. Correlation coefficient of both psychological variables are not significant at 0.05 level of significance. Sami and Hassan have compared the psychological skill in elite and non elite Australian Volleyball players, where they have considered motivation, as of the most important mental skills and they revealed that elite Volleyball players, compared with non-elite ones, recorded higher scores. They have suggested that psychological skills (Motivation, Concentration, Self-confidence, Mental energy, Imagery, Goal-orientation) play a more important role in reaching the peak fitness in Volleyball players and they deserve to receive more attention from coaches and athletes. They suggest when athletes have a correct understanding of their duties and position as a premier player, there would be a stronger relationship and they will be more motivated to continue their sport activity for excellence.

Hence the hypothesis that there is significant relationship between psychological variables and performance of Volleyball Players is rejected. All selected psychological variables are not found significantly correlated with Volleyball playing ability.

5. Conclusion: Volleyball playing ability is insignificantly correlated with selected psychological (i.e. Sports aggression and sports achievement motivation) variables. Selected variables were inappropriate to predict the volleyball playing ability. They must have to be associated with some more psychological variables.

6. References

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