



SPORTS SPECIFIC PSYCHOLOGICAL SKILLS OF INTER COLLEGE LEVEL VOLLEYBALL PLAYERS

Dr. P. SATHIYAVATHI

Directress of Physical Education, Shanmuga Industries Arts & Science College, Tiruvannamalai, Tamilnadu, India.

Abstract

The purpose of the investigation was to find out the gender based difference of psychological skill among Inter College Level volleyball players. Study conducted on 60 volleyball players showed that among them 30 were male and 30 female hockey players. Variables in psychological skills were anxiety Control, concentration, confidence, mental preparation, motivation and team emphasis. The data were obtained by administering psychological skills inventory for sports (PSIS) developed by Mohoney et.al. To compare gender based difference between the variables, 't' test was applied. The findings revealed significant difference in concentration and team emphasis but there was no difference seen in anxiety control confidence, mental preparation and motivation.

Keywords: Psychological Skills, Motivation.

INTRODUCTION

Sports is a medium which can provide a sense of purpose, a sense of continuous challenge, as well a range of emotion which is sometimes difficult to experience elsewhere. The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give. The mental demands of sport are in every aspect as important as the physical demands. Athletes, individuals and teams spend thousands of hours perfecting their physical performance but many often neglect their mental skills and fitness. Development of your mental skills will enhance your physical and strategic skills and can make them all the important difference between winning and losing. Sven Goran- Eriksson said in 2001 that "so little is required to be successful in sport. It's certainly mostly a matter of psychology and in the end it's that psychological difference that decides whether "win or lose".

PURPOSE

The purpose of the study was to assess gender

based differences in sports specific psychological skill of volleyball players

METHODOLOGY

Sixty volleyball players were selected as subjects (30 male and 30 female). Their participation level was Inter College from Shanmuga Industries Arts & Science College, Tiruvannamalai. Psychological skills inventory for sports (PSIS) as developed by Mohaney et. al (1987) were used to collect the data.

DATA ANALYSIS

't'-ratio was applied to see the significant differences between male and female volleyball players in the psychological skills.

HYPOTHESES

It was hypothesized that there will be a significant difference between male and female volleyball players in Anxiety Control, Concentration, Confidence, Mental preparation, Motivation and Team emphasis.

RESULTS AND FINDINGS

TABLE I
THE MEAN, STANDARD DEVIATION AND 'T' VALUE OF MALE AND FEMALE VOLLEYBALL PLAYERS (N=30) IS PRESENTED IN TABLE

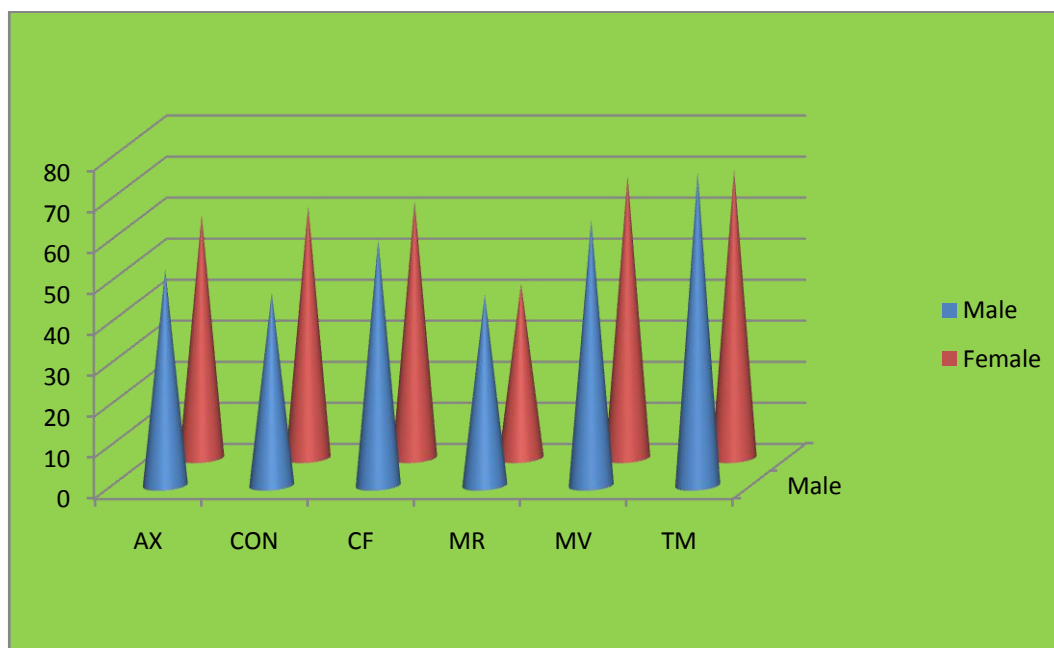
PSIS	Male (N =30)				Female (N= 30)				't' ratio
	Mean	SD	Max	Min	Mean	SD	Max	Min	
AX	52.70	8.04	68	38	59.23	17.37	93	38	1.84
CON	47.03	9.71	67	25	61.47	13.74	88	33	4.68*
CF	59.93	11.41	83	39	62.57	14.93	94	42	0.78
MR	46.60	12.03	71	21	42.50	14.04	75	17	1.26
MV	64.73	8.87	82	46	68.77	8.25	86	54	1.61
TM	76.27	7.80	86	61	70.20	10.65	93	46	2.62*

*Significat at 0.05 t 0.05 = 201

From the table it is evident that there are significant differences in Concentration and Team emphasis as the obtained't' value of 4.68 and 2.62 are higher than the required value of 2.01 for significance at 0.05 level of confidence. Whereas no significant differences were found in Anxiety Control, Confidence,

Mental preparation, and Motivation as the obtained't' values of 1.84, 0.78, 1.26 and 1.61 are much lesser than the required value of 2.01 for significance at 0.05 level of confidence. So the hypothesis is accepted for the variables of concentration and team emphasis and rejected for all other variables.

FIGURE I
GRAPHICAL REPRESENTATION OF MEAN SCORES OF MALE AND FEMALE



The overall findings in the study showed no gender based variations in concentration, confidence, mental preparation and Motivation. It might be attributed to the reason that women are equal in competitiveness to men. At present it can also be seen in our sports scene among female sportspersons that formerly negative incentives, such as decision, re-proof and criticism are being replaced by positive incentive such as prestige, status and recognition for successful and competitive women athletes.

CONCLUSIONS

Within the limitations of the present study and on the basis of the results of the study, the following conclusions may be considered appropriate.

1. There were significant differences between male and female volleyball players in the variables confidence and team emphasis.
2. There were no significant differences between male and female volleyball players in the variable of anxiety control, confidence, mental preparation and motivation.

RECOMMENDATIONS

On the basis of experience of the present research and the findings of this study here are some recommendations for the physical educationists, coaches, managers, policy makers, administrators and the athletes.

1. There is a need to conduct a study on sports specific psychological skills between the Inter college international sportspersons, to find out whether there is any difference between the sportspersons and to find out whether psychological skills are contributive in their performance
2. The coaches/sports trainers should consider the psychological skills while imparting training to the sportspersons before their competition. They should lay emphasis on their mental fitness and psychological conditioning.
3. The athletes should also take the help of psychological skills training and apply it during the practice schedules to improve upon their motor skills.
4. The sports administrators and selectors should consider the psychological factors which are helpful in selection of the athletes and players before their participation in the national and international competitions.

REFERENCES

1. Terry Orlick, In Pursuit of Excellence (Canada: Human Kinetic Publishers Inc,1980): 18.
2. <http://www.sarah-fenwick.com/sports.html>.
3. Ibid
4. Alderman Richard B. Psychological Behaviour in **Sports** (London : W.B.Saunders Company 1974): 99.