



A STUDY OF RELATIONSHIP BETWEEN PERFORMANCE AND SELECTED PSYCHOLOGICAL CHARACTERISTICS OF VOLLEY BALL PLAYERS

Physical Education

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ABSTRACT

The objective of the study was to determine the relationship of performance with selected Psychological characteristics of the districts level of volleyball players. Hundred players are selected as subjects belonging to different districts. The selected Psychological characteristics were Aggression and self concept. Aggression was measured by using Sports Aggression Inventory, developed by Dr. Anand kumar and Dr. PremShankar Shukla and self- concept was measured by using Self Concept Questionnaire, developed by Dr. Pratibha Dev. The Volleyball performance of the player's were evaluated by the panel of three volleyball experts on the basis of subjective observation of the player's during the series of matches, during the course of the competition and each experts evaluation each players out of 10 points. To find out the relationship of selected Psychological characteristics to volleyball performance Product moment method of correction was used at 0.05 level of significance. Significant relationship between Aggression and volleyball performance and insignificant relationship were found between self concept and performance in volleyball.

KEYWORDS

Aggression, Self- Concept, Product moment correction.

Introduction:

Sports is the activity through which the physical ability is maintained and improved by participating in competitive physical activity or games. It provides the enjoyment to participants and entertains the spectators. There are many kinds of sports. Some of them include single participants while some include more than one participant. Sport is recognized through the system of activity which is based on the physical ability of an individual. However, there is certain sport which is recognized through the mental ability of an individual such as chess. Sports contain some rules which ensure fair competition and allow the best person to win. Winning depends on the ability of a person who is capable of defeating the opponent by following the game rules. These days' sports have become the major source of entertainment. It not only draws large crowd but also generates the revenue. A number of competitions is set to be a tournament where the winning person or the winning team is declared as champions. Some sports are played through leagues, whereas some are played in seasons and it follows by playoffs. Volleyball is a sport played by two teams on a playing court divided by a net. There are different, versions available for specific circumstances in order to offer the versatility of the game to everyone. The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact). The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly. In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

Aggression could have positive influence on the performance outcome of an individual of team I the aggressive behavior harmed the opposition either physically or psychologically therapy weakening their sources (i.e., input). Aggression could also improve a team's performance outcome by improving the process of that group. Aggressive behavior is quite visible in sports. To observe aggressive sports we could attend a basketball game and watch player fights for rebound or we could watch runners throw elbows and jostle of position in 1500 mts race.

A self- concept is a highly complex component of behavior composed of both cognitive and effective dimension and has at least four orientations. The real self and the ideas self and the self as perceived by others. The type of behavior depends upon what upon what one feel is capable of and appropriate to his need. Thus self – concept and unique behavior pattern of an individual resembles the relationship between egg and chick.

Objective: The objective of the study was to determine the relationship of performance with selected Psychological characteristics of the district level volleyball players.

Subjects: For the purpose of study hundred players were selected as the subject of the study. Their age ranged from 18-25 years of age.

Methodology: The selected Psychological characteristics were Aggression and self concept, Aggression was measured by using sports inventory, developed by Dr. Anand Kumar and Dr. Prem Shankar Shukla and self- concept was measured by using Self Concept Questionnaire, developed by Dr. Pratibha Dev. The Volleyball performance of the player's were evaluated by the panel of three volleyball experts on the basis of subjective observation of the player's during the series of matches, during the course of the competition and each experts evaluation each players out of 10 points. To find out the relationship of selected Psychological characteristics to volleyball performance Product moment method of correction was used at 0.05 level of significance.

Statistical Analysis: To find out the relationship of selected Psychological characteristics to volleyball performance Product moment method of correction was used at 0.05 level of significance.

Finding:

The findings of the study are given below:

TABLE: 1 Relationship of selected Psychological characteristics with performance in Volleyball.

Psychological Characteristics	Correlation Coefficient
Aggression	0.68
Self Concept	0.031

*Significant at 0.05 level.
 $r_{.05}(98) = .196$

Table shows that there exist a significant relationship between Aggression and Volley performance as the correlation coefficient value were found greater than the tabulated value .196 at 0.05 level of significance while insignificant relationship were found between self concept and performance in volleyball were calculated value found smaller than the tabulated value .196 at 0.05 level of significance.

Conclusion:

The finding of the study indicates that Aggression and Volley performance has significant relationship while on the other hand there was insignificant relationship found between self concept and performance in volleyball.

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