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PSYCHO-ANALYTICAL COMPARISON BETWEEN MALE AND FEMALE SPIKERS

ABSTRACT

The study aimed to look at men and women volleyball players' mental toughness, will to win, and competitive sports anxiety levels. The study included 40 volleyball players (N1=20 males, N2=20 females) who had competed at the inter-university level at Guru Nanak Dev University in Amritsar. The participants ranged in age from 18 to 27 years old. The subjects for this study were chosen using a basic random selection procedure. The subjects for this study were selected using a basic random selection procedure. Mental toughness was tested using the "Alan Goldberg questionnaire," The will to win was assessed using the "Anand Kumar questionnaire" to collect data for the study. P.S Shukla's questionnaire was used to examine competitive anxiety, while R. Martin's SCAT (Sports Competition Anxiety Test) questionnaire was used to assess competitive anxiety. The information for this study came from the responses supplied by the chosen subjects in the questionnaires, which were graded according to the key. The properties of the obtained data were summarized using descriptive statistics, and then a t-test was used to determine whether there was a significant difference between the two groups. The significance level for testing the hypothesis was chosen at 0.05, deemed adequate for the current investigation. The study found that while there was no significant difference in a will to win and competitive anxiety level between male and female volleyball players, there was a significant difference in Mental Toughness.

Keywords - Mental Toughness, Anxiety, and will to win.

INTRODUCTION

Sports psychology is a branch of psychology that focuses on the application of psychological principles to sports and exercise. To improve performance, these ideas are frequently used. True sports psychologists, on the other hand, are more concerned with human enrichment than performance advancement. The ambitions and aspirations of the best sports psychologist are incompatible with a win-at-all-costs attitude. The goal of the sports psychologist is to assist every athlete in reaching their full athletic potential. So be it if assisting a young athlete in developing self-control and confidence leads to improved sports performance. Sport psychology, as a whole, is an intriguing field committed to improving athletic performance as well as the social-psychological aspects of human enrichment. Sport and exercise psychology, to put it another way, is the study of the impact of psychological and emotional elements on sport and exercise performance and the impact of sports and exercise participation on psychological and emotional components. This simple description demonstrates the interaction between sport and exercise participation and psychological and emotional aspects. Psychological and emotional factors can be fine-tuned and



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learned to influence athletic performance. Participation in sports and exercise, on the other hand, can have a good impact on a person's psychological and emotional makeup. Modern man lives in a mental environment where his psychological abilities are the most critical qualities for success. To find an explanation for his actions, he must explore the psychological aspects of his existence. Behavior is defined as a person's whole aggregate of human responses to work-related internal and external stimuli, including motivation, aggression, attitude, attention, interests, anxiety, emotion, personality, introversion, and extroversion, among others. The study's primary objective was to compare men and women volleyball players on psychological characteristics such as mental toughness, will to win, and competitive sports anxiety.

REVIEW OF LITERATURE

The goal of this study, conducted by Naseer Ali and Singh, was to examine athletes' aggression and mental toughness in the Armed Forces and Civilian Sports. P.S. Shukla's Sports Aggression Inventory was used to collect data on aggression, and Dr. Alan Goldberg's Mental Toughness Questionnaire collected data on athletes' mental toughness from various categories. The test included 70 male athletes from the armed forces and civilian athletes. The data were subjected to a 0.05 level t-test for analytical purposes. The trial included 70 male athletes from the armed forces and civilian athletes. The findings reveal no substantial difference in mental toughness or hostility between military and civilian athletes.

According to Haider's research, anxiety before or during sporting tournaments can impair an athlete's performance. The study's goal was to see how different levels of volleyball players dealt with sports competition anxiety. 300 volleyball players were chosen from various volleyball events for the study (100 Youth National, 100 Interuniversity, and 100 Senior State).

PURPOSE OF THE STUDY

The purpose of the study was to analyze the psychological variables of men and women volleyball players.

RESEARCH OBJECTIVE

To analyze the mental toughness, the will to win, and competitive sports anxiety level of men and women volleyball players.

METHODS AND MATERIALS

The study included a total of 40 volleyball players (N1=20 males, N2=20 females) who had competed at the inter-university level at Guru Nanak Dev University in Amritsar. The participants ranged in age from 18 to 27 years old. The subjects for this study were chosen using a basic random selection procedure. Mental toughness was tested using the "Alan Goldberg questionnaire," The will to win was assessed using the "Anand Kumar questionnaire" to collect data for the study. P.S Shukla's questionnaire was used to examine competitive anxiety, while R. Martin's SCAT (Sports Competition Anxiety Test) questionnaire was used to assess competitive anxiety. The data for this study were gathered by handing out the aforementioned questionnaires to the selected subjects right before the competition began. The study's goal was openly explained to the selected respondents before the distribution of the questionnaire. There would be no room for misinterpretation in their replies. The answer sheet will be graded using the key, and the results will be used in statistical calculations. The information for this study came from the responses supplied by the chosen subjects in the questionnaires, which were graded according to the key. The properties of the obtained data were summarized using descriptive statistics, and then a t-test was used to determine whether there was a significant difference between the two groups. The significance level for testing the hypothesis was chosen at 0.05, deemed adequate for the current investigation.



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RESULTS

TABLE-I

MEAN, STANDARD DEVIATION, AND T-RATIO FOR THE DATA ON MENTAL TOUGHNESS OF MALE AND FEMALE VOLLEYBALL PLAYERS

Group	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Male	19.6	5.23	3.2	1.56	2.19*
Female	16.4	3.02			

*Significant at 0.5 level, Tabulated $t_{.05 (38)} = 2.048$

The findings of the table-1 reveal that the mean and standard deviation of Inter-University level male and female volleyball players are 19.6 ± 5.23 and 16.4 ± 3.02 respectively. The mean difference is 3.2 and after the statistical treatment t-ratio of 2.19 which indicates a significant difference between the means of Male and Female volleyball players in the variable of mental toughness. Because the calculated t value of 2.19 is higher than that of the tabulated t value of 2.048 needed to be significant at .05 levels for the 38 degrees of freedom.

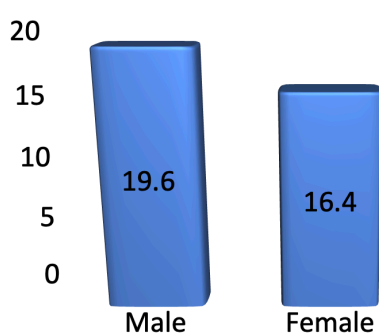


Figure-1: Comparison of Means for the Data on Mental Toughness of Male and Female Volleyball Players

TABLE-II

MEAN, STANDARD DEVIATION, AND T-RATIO FOR THE DATA ON WILL TO WIN OF MALE AND FEMALE VOLLEYBALL PLAYERS

Group	Mean	Standard Deviation	Mean Difference	Standard Error	t - ratio
Male	8.73	1.11	0.20	0.43	0.342
Female	8.53	1.26			

*Significant at 0.5 level, Tabulated $t_{.05 (38)} = 2.048$

The findings of Table-2 reveal that the mean and standard deviation of Inter-university level male and female volleyball players are 8.73 ± 1.11 and 8.53 ± 1.26 respectively. The mean difference is 0.20 and after the statistical treatment t-ratio of 0.342 which indicates that the mean difference is statistically not significant between the means of Male and Female volleyball players in the variable of will to win. Because the calculated t value of 0.342 is quite less than that of the tabulated t- value of 2.048 needed to be significant at .05 level for the 38 degrees of freedom. The difference of means has been graphically presented in Fig.2.

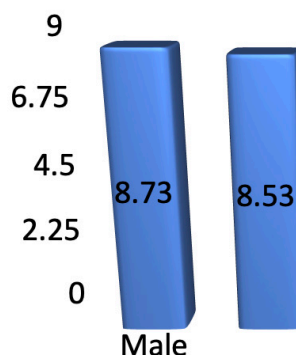


Figure-2: Comparison of Means for the Data on Will to Win of Male and Female Volleyball Players



TABLE-III

MEAN, STANDARD DEVIATION AND T-RATIO FOR THE DATA ON SPORT ANXIETY OF MALE AND FEMALE VOLLEYBALL PLAYERS

Group	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Male	20.33	3.49	0.2	1.5	0.170
Female	20.13	4.16			

*Significant at 0.5 level, Tabulated $t_{.05}(38) = 2.048$

It is evident from the findings of table-3 that the mean and standard deviation of Inter-University level male and female volleyball players are 20.33 ± 3.49 and 20.13 ± 4.16 respectively. The mean difference is 1.1 and after the statistical treatment t-ratio of 0.170 which indicates that the mean difference is not significant between the means of Male and Female volleyball players in the variable of sports competitive anxiety. Because the calculated t- value of 0.133 is quite less than that of the tabulated t- value of 2.048 needed to be significant at .05 level for the 38 degrees of freedom. The difference of means value has been graphically presented in Fig.3.

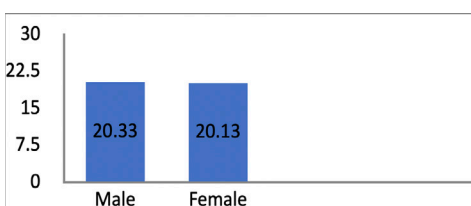


Figure-3: Comparison of Mean, Standard Deviation and t-ratio for the Data on Sport Anxiety of Male and Female Volleyball Players

DISCUSSION ON FINDINGS

Table 1 shows that there was a substantial difference in Mental Toughness between male and female volleyball players. It could be linked to the male player's traits. Females are soft-hearted by nature. Males, on the other hand, have a mental toughness that allows them to accept or surpass any difficulty. As a result, it's possible that this

happened in this study.

Tables 2 and 3 revealed that there was no significant difference in the variables of will to win and competitive anxiety level between men's and women's volleyball players. It could be because a player can't give her best performance until she has a strong desire to win and the right amount of competitive anxiety. These two psychological characteristics drive an athlete or sportsman to give it his all in order to beat his or her opponent. As a result, there was no discernible difference between male and female volleyball players.

CONCLUSION

Within the limitations of the present study and based on findings, the following conclusions are drawn:

1. There was a significant difference in mental toughness among the male and female volleyball players.
2. There was an insignificant mean difference among male and female volleyball players in the will to win.

There was an insignificant mean difference among male and female volleyball players in competitive anxiety.

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