

# Psychological Variables of Football and Volleyball Male Player – A Comparative Study

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**Abstract:** The objective of the study is to compare anxiety, interest and motivation between football and volleyball players. For the purpose of the study 30 (15football and 15 volleyball) male players who represented their university in respective competitions were selected as the subjects of the study. Age of the selected subjects was ranged from 17 to 26 years. Anxiety, Interest and motivation of subjects were measured through standard questionnaire. Independent t-test was used to compare football and volleyball players on the selected psychological variables further the level of significance was set at 0.05. The results of the study revealed that there was insignificant difference existed between football and volleyball players in anxiety, interest and motivation. The present study found that there has no difference between football and volleyball players in relation to anxiety, interest and motivation.

**Keywords:** Anxiety, Interest, Motivation, Football, Volleyball, Male players.

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## I. Introduction

Today, the role of learning and sport psychology interventions in the performance of athletes has great importance. With the advancement of the psychology science, the mental skills has considerable importance in implementation of sports performance, whereas, previously it has been emphasized more on the importance of physical preparation. It is now well recognized fact that modern sports are more than muscle strength. Apart from genetically endowed physical qualities, a psychological traits plays a significant role in making participants to give extraordinary performance in competitive sports

## II. Review Of Related Literature

The behavioural pattern of sports persons is also different from that of the general people. So, the athletes have different physical, physiological & behavioural profile than the normal population).

Psychologists explore such concepts as perception, cognition, attention, emotion, phenomenology, motivation, brain functioning, personality, behaviour and interpersonal relationships. Psychologists of diverse stripes also consider the mind. Psychologists employ empirical methods to infer causal and correlation relationships between psychosocial variables. In addition, or in opposition, to employing empirical and deductive methods, some especially clinical and counselling psychologists at times rely upon symbolic interpretation and other inductive techniques. Psychology has been described as a “hub science”, with psychological findings linking to research and perspectives from the social sciences, natural sciences, medicine, and the humanities, such as philosophy

While psychological knowledge is often applied to the assessment and treatment of mental health problems, it is also applied to understanding and solving problems in many different spheres of human activity. The majority of psychologists are involved in some kind of therapeutic role, practicing in clinical, counselling, or school settings. Many do scientific research on a wide range of topics related to mental processes and behaviour, and typically work in university psychology departments or teach in other academic settings. Some are employed in industrial and organizational settings, or in other areas such as human development and aging, sports, health, and the media, as well as in forensic analysis and other aspects of law.

Sports performance is determined by a combination of physiological factors, technical skill, tactical insight and state of mind. All four factors are critical to peak performance. One could argue however that the last of these is the executive function, as it is the mind which determines whether or not what you have trained in over the past few years, is brought out on the day. Yet it is this aspect of sports performance which has traditionally been paid the least attention in preparation for competition.

In the world where many athletes are physically, technically and tactically increasingly similar, it is the mind which offers perhaps the greatest scope for a competitive advantage. The role of mind has become even more important with the rapidly increasing commercialization of sport, which has presented new pressures for athletes across many levels and ages. Fortunately, like the other three factors, the mind can be improved through training.

The more the mental skills are learned and practiced, the better and the more consistent the Sports performances become. There is little doubt that in future, proper mental preparation will become as routinely integrated into training and competition as the other factors already are.

The objectives of the present study were to measure anxiety, interest and motivation of soccer and volleyball players and further to compare anxiety, interest and motivation between football and volleyball players.

### III. Methodology

#### 3.1 Subjects

A total of 30 (15 football and 15 volleyball) male players who represented their university in respective competitions were selected as the subjects of the study. The subjects were under graduate students and they selected from Bengaluru region, Karnataka. Age of the selected subjects was ranged from 17 to 26 years.

#### 3.2 Tools

**Anxiety:** Anxiety was measured by state trait anxiety inventory questionnaire developed by Spielberger, Gorsuch, Lushene, Vagg, & Jacobs, (1983).

**Interest:** Interest was measured through questionnaire developed by Pan (1998).

**Motivation:** Sports achievement motivation was measured by sports achievement motivation questionnaire developed by Kamlesh (1990).

These tests were administered as per the directions laid down by the authors including scoring principles.

### IV. Statistical Analysis And Interpretation Of Data

To compare the mean differences between two different games of anxiety, interest and motivation, mean, standard deviation (SD) and independent t-test was computed by means of SPSS version 17 (Statistical Package for the Social Sciences, version 17.0, SPSS Inc, Chicago, IL, USA).

**Table1: Descriptive statistics and Mean difference of different groups on Psychological variables**

Parameters	Group	Mean ± SD(Scores)	t value	p value
State Anxiety	Football	39.07±5.82	1	0.33
	Volleyball	37.13±4.76		
Trait Anxiety	Football	47.80±5.25	0.76	0.46
	Volleyball	49.40±6.31		
Interest	Football	151.27±5.55	0.83	0.42
	Volleyball	149.13±8.32		
Motivation	Football	34.53±3.23	1.60	0.12
	Volleyball	36.67±4.05		

Tab  $t_{(0.05)} 28 = 2.05$

Figure 1: Graphical representation of means of different groups on psychological variables

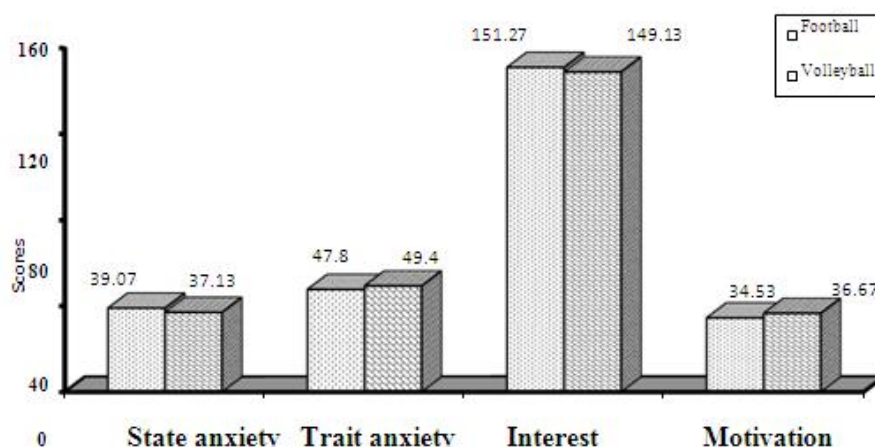


Table 1 and Figure 1 shows that mean value and standard deviation (SD) of state anxiety, trait anxiety, interest and motivation for football player were  $39.07 \pm 5.82$ ,  $47.80 \pm 5.25$ ,  $151.27 \pm 5.55$  and  $34.53 \pm 3.23$  respectively whereas the volleyball player were  $37.13 \pm 4.76$ ,  $49.40 \pm 6.31$ ,  $149.13 \pm 8.32$  and  $36.67 \pm 4.05$  respectively.

To find the significance of mean difference between two different game players of psychological variables independent t-test was employed. Table 1 also shows that the t-value of state anxiety, trait anxiety, interest and motivation for football and volleyball player was 1 ( $>0.05$ ), 0.76 ( $>0.05$ ), 0.83 ( $>0.05$ ) and 1.60 ( $>0.05$ ) respectively. These indicate that there was insignificant mean difference between two distinct groups because the players were of nearly similar categories.

## V. Conclusions

In the light of findings, the present study may be concluded that there was no distinct (more or less similar) on selected psychological variables (anxiety, interest and motivation) between football and volleyball players.

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