



## Ascertain on Emotional Aspects amid the Semi Finalist Team at South Zone Volleyball Competition

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### Abstract

*To achieve the purpose of the present study as samples players belong to selected teams those who were entered in to semi finals at South zone Inter University Volleyball tournament totally 48 were selected in the age group of 18-24. The south zone was organized by SRM University in the year 2012- 2013. Since anxiety has been focused specifically as a psychological determinant and one of the first order performance its related components have to be considered as variables in the present study, thus the selected variables are: cognitive anxiety, somatic anxiety and self-confidence. To measure these variables Competitive State Anxiety Inventory – 2 (CSAI-2 Martens et al. 1990) was used. The collected data were analyzed by one way analysis of variance to test the hypotheses formula in the present study. The results of the present study were: significance mean difference was observed among the team's rankings of semi finals (winner, runner, third and fourth places) on cognitive anxiety, somatic anxiety and self confidence. In cognitive anxiety and somatic anxiety it was observed that winning team has fewer in cognitive anxiety and somatic anxiety as compared to third and fourth place, whereas winning team is not differ significantly. In self confidence, winning team has more self confidence as compared to third and fourth place, whereas winning team is not differ from team secured second place significantly. Based on the results the following conclusions have been made: The psychological aspects of cognitive anxiety, somatic anxiety and self confidence are significantly related to the level of performance as the given variables were found to be statistically significant among the teams of semifinalists.*

**Keywords:** Cognitive Anxiety, Somatic Anxiety, Self Confidence, Semi Finals.

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### Introduction

Volleyball is an Olympic sport played professionally in many European countries. However, notwithstanding the professionalization, which is advancing in this sport, a lack of scientific information on its performance can be noticed. This can be due to many reasons, one of them is that most of the research which has been conducted in this field has been published in Eastern European countries and is not readily accessible to the sport science community. Another reason can be attributed to the conservative approach most coaches have towards physical conditioning for volleyball players. Physical conditioning in volleyball is extremely important for top performance, so the correct approach to training should be based on the knowledge of the specific requirements of the performance and on the development of specific training means. Volleyball is a sport, as its object during the game situation each team has to send the ball regularly over the net to ground it on the opponent's court, and to prevent the ball from being grounded on its own court. In

general, keeping the ball within the playing area either in the own court or in the opponent court during the competitive playing conditions player should and must have both physical and mental toughness. Anyhow because of some internal and external pressures players have to loose their stability in matches' specifically during semifinals. In the above said situations players are more prone to frequent thinking because of pressures from the internal such as enter into league, getting job opportunity, attempt to satisfy the interest of coach or keeping the earlier achievements. It places them under stress which tends to disturb the homeostasis of the body. The common denominator in all of these is fear about the loss of familiarity which breeds anxiety. Thus the issue of anxiety is an important aspect of performance via changes in the body, which can be identified by certain indicators. Such a theoretical construct was impelled the researcher to study on selected psychological aspects such as cognitive anxiety, somatic anxiety and self-confidence on teams played before the quarterfinals since all inter-university tournaments are league based.

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### Methodology

The purpose of the present study was to find out the significant variations if any on selected psychological

aspects such as cognitive anxiety, somatic state anxiety and self confidence among the players belong to the teams of Semi finalists at South –Zone Inter University Volleyball tournament.

The methodology used in the present study is as follows: To achieve the purpose of the present study as samples, the players belong to selected teams those who were entered in to semi finals at South zone Inter University Volley ball tournament totally 48 were selected. The samples were in the age group of 18-24. The south zone was organized by SRM University in the year 2012- 2013. To study the psychological aspects of the selected samples as variables related competitive pressures were selected. Anxiety as a psychological determinant and one of the first order performance related component has to be considered in the present study with its related dimension. Thus the selected variables are; cognitive anxiety, somatic anxiety and self-confidence. The selected variables were measures by competitive state anxiety inventory – 2 (Martens et al., 1990) that was used to assess to criterion measures (Cognitive anxiety, somatic anxiety and self confidence) in this study, it is a standardized tool and well-established one, Cronbach's Alpha coefficient of CSAI – 2 for all these components are ; 0.79 (Cognitive Anxiety) 0.82 (Somatic Anxiety)

and 0.88 (Self confidence), Before collecting the data from the subjects, with the view to get accuracy in quality of data, the steps were taken to get voluntary response from the subjects. For that the nature and purpose of the present study were clearly informed to them. further the degree of competition and nature of the tournament were also considered in connection with the quality of data. Administering the CSAI-2 questionnaire three hours before the competition tested the subjects. Following this, the collected data were tested by one – way analysis of variance to test the significance of the mean difference among the teams ranked winner, runner, third and fourth on criterion measures of cognitive anxiety, somatic anxiety and self confidence. Further, in case of significant mean difference if any on the variables used among them, to find out which pair of group grown up, as post-hoc test the shcefee test was applied. It is the stringiest form of post hoc test. To test the derived results as level of significance 0.05 was chosen. The derived results from the one way analysis of variance on cognitive anxiety, somatic anxiety and self confidence among the teams of among the teams ranked winner, runner, third and fourth at inter university volleyball players were presented in the following tables 1-6 with interpretations.

## Results

**Table 1.** Analysis of variance on cognitive anxiety

Source of variation	Sum of squares	Degrees of freedom	Mean sum of squares	F-ratio
Factor	240.41	3	80.13	18.41
Error	191.50	44	4.35	

(Table value 2.81 for df 3,44 at 0.05)

Table-1 reveals that the f-value was 18.41. The observed F. value (18.41) was found as significant at 0.05 level of confidence since the observed f-value was found to be higher than the required critical value(2.81). It confirms the significance of mean difference exist among the selected teams of semi finals on cognitive anxiety. From the results, it was inferred that cognitive anxiety has significant influence on varied rankings of team that are entered into semi finals. Further to find out which team is grown up for such significances as post-hoc test schefee test was applied. The results of schefee test was given in table-II.

**Table II.** Scheffee Test on Cognitive Anxiety

Winner	Runner	Third	Fourth	Mean Difference	Critical value
23.25	24.41	****	****	1.16	2.01
23.25	****	20.16	****	3.09	2.01
23.25	****	****	26.33	3.08	2.01
****	24.41	20.16	****	4.25	2.01
****	24.41	****	26.33	1.92	2.01
****	****	20.16	26.33	6.17	2.01

From the table -II , it was observed that winner as compared to third and fourth places they were less in cognitive anxiety whereas no difference was observed between the winner and runner. Further when comparing

the runner with fourth place they were less in cognitive anxiety whereas cognitive anxiety between runner and fourth difference is not significant. Further in comparing the third and fourth places difference is significant.

**Table III.** Analysis of variance on somatic anxiety

Source of variation	Sum of squares	Degrees of freedom	Mean sum of squares	F-ratio
Factor	316.50	3	105.56	13.97
Error	332.16	44	7.54	

( Table value 2.81 for df 3,44 at 0.05)

Table-III reveals that the f-value was 13.97. The observed F. value (3.9741) was found as significant at 0.05 level of confidence since the observed f-value was found to be higher than the required critical value(2.81). It confirms the significance of mean difference exist among the selected teams of semi finals on somatic

anxiety. From the results, it was inferred that cognitive anxiety has significant influence on varied rankings of team that are entered into semi finals. Further to find out which team is grown up for such significances as post-hoc test schefee test was applied. The results of schefee test was given in table-IV.

**Table IV.** Scheffee Test on Somatic anxiety

Winner	Runner	Third	Fourth	Mean Difference	Critical value
22.58	23.0	****	****	0.41	2.65
22.58	****	19.25	****	3.33	2.65
22.58	****	****	26.55	3.97	2.65
****	23.0	19.25	****	3.75	2.65
****	23.0	****	26.55	3.55	2.65
****	****	19.25	26.55	7.3	2.65

Table - IV explained the results on comparing the somatic anxiety among the teams ranked winner, runner, third and fourth at inter university volleyball players. From the results, it was observed that winner as compared to third and fourth places they were less in

somatic anxiety whereas no difference was observed between the winner and runner. In comparing the runner with third and fourth place they were less in somatic anxiety. Further in comparing the third and fourth places difference is significant places difference is significant.

**Table V.** Analysis of variance on Self confidence

Source of variation	Sum of squares	Degrees of freedom	Mean sum of squares	F-ratio
Factor	444.75	3	148.5	57.98
Error	112.5	44	2.55	

(The table value 2.81 for df 3,44 at 0.05),

Table – V reveals that the f-value was 57.98. The observed F. value (13.97) was found a statistically

significant significant since the F-value was found to be higher. It confirms the significance of mean difference

exist among the selected teams of semi finals. Further to find out which team is grown up for such significances

as post-hoc test schefee test was applied. The result of schefee test is as follows.

**Table VI.** Scheffee Test on Self confidence

Winner	Runner	Third	Fourth	Mean Difference	Critical value
22.75	26.0	****	****	3.25	1.54
22.75	****	24.75	****	2.00	1.54
22.75	****	****	18.0	4.75	1.54
****	26.0	24.75	****	1.25	1.54
****	26.0	****	18.0	8.0	1.54
****	****	24.75	18.0	6.75	1.54

From the results (Table – VI) of post-hoc test, it was observed that the performance of winner as compared to runner was statistically significant, third and fourth places they were high in self confidence. In comparing the runner with third and fourth place, significant mean difference was found with fourth place whereas no significant mean difference was found with third place. Further in comparing the third and fourth places difference is significant in self confidence.

### Discussion on Findings

In the present study the team entered into semi finals was tested on cognitive anxiety, somatic anxiety and self confidence. Of them the significant mean difference was observed that the among the rankings of winner, runner, third and fourth places on cognitive anxiety, somatic anxiety and self confidence. In the post hoc test results it was observed that winning team is less with anxious conditions compared to low rankings team. The reason for this might have been arise from the nature gained on their previous matches and not having the at par competition. Epical research indicates that successful athletes who interpret their anxiety as being facilitative is characterized by high scores on self confidence and low scores on somatic and cognitive anxiety, been found to exert a powerful influence on performance. Krance, et al.,(1994) in higher levels of cognitive- anxiety. Clearly the cognitive interpretation an individual gives to a situation exerts an effect. Besides studies on elite group of swimmers explained that anxiety intensity levels were higher in subjects who interpreted their anxiety as debilitating as those who reported it as being facilitative (Jones, Hanton, & Swain, 1994). This has been found to be true of gymnasts(Jones, Swain & Hardy, 1993) as well as basket ball players (Swain& Jones, 1996). Gould, Petrchlikoff, and Weinberg(1984) have reported that the strongest predictor of cognitive anxiety was years of experience such that the more experience an individual had the lower the level of cognitive anxiety. For comparatively less in cognitive anxiety and somatic anxiety, that the players of low level rankings, the experience of the players may be one of the causes early

mentioned. It has also been substantiated by research conducted with a group of tennis players. Advanced subjects (individuals who had been participating in the sport for an extended period of time) reported more facilitative interpretations of their anxiety than novices (Perry & Williams, 1998). Further when discussing the results on self confidence in which the winner has higher in the level of confidence than the low level ranking players. It has been confirmed theoretically that in the level of individual performance, self confidence has been found to account for a greater proportion of variance in performance that cognitive or somatic anxiety (Hardy, 1996). Further the results of the present study have been supported by the earlier studies as the amount of self-confidence that an individual possesses has been found to differ among elite and novice athletes. Perry & Williams (1998) in his study he found that the advanced players had significantly higher levels of self-confidence. This has been found to be true of gymnasts (Bejek & Hagyet,1996) as well as swimmers(Jones, Hanton & Swain, 1994).

### Conclusion

The following conclusion has been made in the light of the findings of the present study. In the criterion variables used in the study, significance mean difference was observed among the teams rankings of semi finals (winner, runner, third and fourth places) on cognitive anxiety, somatic anxiety and self confidence.

In cognitive anxiety and somatic anxiety it was observed that winning team has fewer in cognitive anxiety and somatic anxiety as compared to third and fourth place, whereas winning team is not differ significantly. In self confidence, winning team has more self confidence as compared to third and fourth place, whereas winning team is not differ from team secured second place significantly. From the results, it was concluded that level of cognitive anxiety, somatic anxiety and self confidence have significant influence in the level of performance. Further the obtained results pertain to third and fourth place, they were found to be similar in the level of cognitive anxiety, somatic anxiety

and self confidence.

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