



Comparison of Selected Psychological Variables between the Finalist of South Zone Inter University Men Volleyball Tournament

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Abstract

The purpose of the study was to compare the selected psychological variables between the finalist South Zone Inter University men Volleyball tournament held at S.V. University, Tirupati in the year 2014-2015. To achieve this purpose of the study, twenty four men volleyball players were selected. Among them, twelve volleyball players represented SRM University volleyball team (Winners), twelve volleyball players represented Bharathiar University volleyball team (Runner up) were selected as subjects. Their age ranged between 18 to 24 years. The following psychological variables namely self confidence and self perception were selected as criterion variables. The subjects of the two teams such as SRM University and Bharathiar University were tested on selected psychological variables namely self confidence and self perception by using Agnihotry Rekha Self Confidence Questionnaire and Physical self Perception Questionnaire respectively. The collected data were analyzed statistically through independent 't' ratio to find out the significant difference, if any between SRM University (Winners) and Bharathiar University (Runner up) on selected criterion variables. The .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. The results of the study showed that there was a significant difference exist between the finalist of South Zone Inter University Volleyball Tournament on selected criterion variables.

Keywords: Winners, Runner up, Psychological Variables, Independent 't' ratio, South Zone Inter University Volleyball Tournament.

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Introduction

Sports has been increasingly organized and regulated from the time of the ancient Olympics up to the present century. Activities necessary for food and survival became regulated activities done for pleasure or competition on an increasing scale. For example: hunting, fishing and horticulture. The industrial revolution and mass production brought increased leisure which brought an increase in spectator sports, less elitism in sports, and greater accessibility. These trends continued with the advent of mass media and global communication. Professionalism became prevalent, further adding to the increase in sports' popularity. Not only has professionalism helped increase the popularity of sports, but additionally the need to have fun and take a break from a hectic workday or to relieve unwanted stress, as with any profession. Psychology is the systematic study of behavior and mental processes as the study of humans is the primary focus of much of the field of psychology. Sports psychology is a specialization within the brain psychology and

kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. Sport psychology is the scientific study of people and their behaviors in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance.

Methodology

The purpose of the study was to compare the selected psychological variables between the finalist South Zone Inter University men Volleyball tournament held at S.V. University, Tirupati in the year 2014-2015. To achieve this purpose of the study, twenty four men volleyball players were selected. Among them, twelve volleyball players represented SRM University volleyball team (Winners), twelve volleyball players represented Bharathiar University volleyball team (Runner up) were selected as subjects. Their age ranged between 18 to 24 years. The following psychological variables namely self confidence and self perception were selected as criterion variables. The subjects of the two teams such as SRM University and Bharathiar University were tested on selected psychological variables namely self confidence and self perception by using Agnihotry Rekha Self

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Confidence Questionnaire and Physical self Perception Questionnaire respectively. The collected data were analyzed statistically through independent 't' ratio to find out the significant difference, if any between SRM University (Winners) and Bharathiar University (Runner up) on selected criterion variables. The .05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Analysis of the Data

The mean, standard deviation and 't' ratio values on selected criterion variables between SRM University (winners) and Bharathiar University (runner up) of South Zone Inter University Volleyball Tournament were analyzed and presented in Table 1.

Table 1

The mean, standard deviation and 't' ratio values on selected psychological variables between winners and runner up of south zone inter university volleyball tournament

Variables	Groups	Mean	Standard Deviation	't' ratio value
Self Confidence	SRM University (Winners)	25.01	1.81	1.21
	Bharathiar University (Runner Up)	24.09	1.89	
Self Perception	SRM University (Winners)	0.196	0.013	0.39
	Bharathiar University (Runner Up)	0.194	0.012	

(The table values required for significance at .05 level of confidence with df 22 was 2.07).

The table 1 showed that the mean values on self confidence for SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament were 25.01 and 24.09 respectively. The obtained 't' ratio value on sports competition anxiety 1.21 which was lesser than the table value required for significance with df 22 was 2.07. The mean values on self perception for SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament were 0.196 and 0.194 respectively. The obtained 't' ratio value on self perception 0.39 which was lesser than the table value required for significance with df 22 was 2.07. The results of the study showed that there was no significant difference between SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament on self confidence and self perception.

RESULTS

1. The results of the study showed that there was no significant difference between SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament on self confidence.
2. The results of the study showed that there was no significant difference between SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament on self perception.

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