

INFLUENCE OF NEURO LINGUISTIC PROGRAMMING ON TEAM COHESION AMONG UNIVERSITY WOMEN VOLLEYBALL PLAYERS

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Abstract

Neuro-linguistic programming is outstanding in the field of self-awareness and self-inspiration, and its potential for teaching and learning is picking up acknowledgment, as well. Volleyball players required a high level of fitness to cope with the physical demands of game and to apply the technical skills to be utilized throughout a match. The purpose of the study was to determine the effect of neuro linguistic programming on team cohesion among university women volleyball players. To achieve the purpose of the study, thirty university women volleyball players from SRM Institute of Science and Technology, Kattankulathur, Chengalpattu, Tamil Nadu were randomly selected as subjects in the age group of 18 to 22 years. The neuro linguistic training programme was scheduled for eight weeks of six days a week and each training session consist of 45 minutes. Paired Sample 't' test statistical technique was used to test the pre-test and post-test mean differences among the groups. The study was concluded that eight weeks of Neuro Linguistic Programming made significant improvement on team cohesion among university women volleyball players than control group.

Key words: Neuro Linguistic Programming, Team Cohesion, Paired Sample 't' Test.

Introduction

Today's world is a world of competition, the rivalry to reach top and excel each other is so much. That every aspect that contributes for the excellence is carefully looked in it one of such aspects is the selection of the right person for the right event in sports and games, normally a choice of selection is given to that the player or the athletes. Gangopadhyay S.R., (1993). Neuro-linguistic Programming is a set of guidelines and methods proposed for changing conduct in accomplishing personal development, self-administration, and effective interpersonal communications. As a technology, NLP comprises a substantial collection of frameworks, tools and techniques, some specific to NLP and some borrowed or adapted from other fields. Neuro implies a person's sensory system science; Linguistic suggests language; programming insinuates how that neural lingo limits. Learning NLP looks like learning the language of our mind.

"In the field of games and sports, that process which helps in preparing sports-persons to participate in competitions and tournaments of various levels is known as sports training. All the learning influences and processes that are aimed at enhancing sports performance are important parts of sports training." Aneja O P., (2015).

"Now-a-days this is the era of science and technology because performance of human being is advancing due to the science and modern technology. The performance in sports is highly influenced by the scientific method of equipments, facilities and modern theories of sports training." Bahadur Singh., Arvind., (2012).

"The aim of sports training is to achieve maximum individual or team efficiency in a selected sports discipline limited by rules. Reaching maximum efficiency in any activity is not possible over a day. Efficiency is conditioned by several interrelated areas. Sports training focuses on reaching maximum efficiency in motor abilities connected to a certain sports discipline. Supposed performance depends on motor ability and motor skill which are closely related to the sports discipline" Chauhan., Neha., (2017).

Team cohesion is a dynamic process which reflected in tendency for a group to stick together and remain united in the pursuit of goals and objectives. It is essentially how well a team works together and is crucial for a sports team to be successful.

Purpose of the study

The purpose of the study was to determine influence of neuro linguistic programming on team cohesion among university women volleyball players.

Hypothesis

It was hypothesized that eight weeks of neuro linguistic programming would significantly improve the team cohesion among university women volleyball players.

Methodology

To achieve the purpose of the study, thirty university women volleyball players from SRM Institute of Science and Technology, Kattankulathur, Chengalpattu, Tamil Nadu were randomly selected as subjects in the age group of 18 to 22 years. They were assigned into two groups such as experimental group and control group.

The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned into two equal groups of fifteen subjects each. The Experimental group exposed to neuro linguistic programming along with their regular volleyball practice and control group exposed only to their regular volleyball practice. Pre –test was conducted for all the thirty subjects on team cohesion. The experimental group participated in neuro linguistic programming along with their regular volleyball practice for a period of eight weeks. The post-test was conducted on team cohesion after eight weeks of neuro linguistic programming.

The investigator used standardized psychological tool developed by Vinod Dumblekar and Upinder Dhar (2016) to measure team cohesion. This psychological tool contains 19 statements. In each statement, five responses are there in which the player may choose most suitable one. After read each statement, the subjects were instructed to choose on most suitable one among the five responses. The scoring key was used to calculate the scores of the subjects. Higher the scores showed the higher team cohesion. Pre-test and post-test scores were statistically examined by applying Paired Sample ‘t’ test. The level of confidence was fixed at 0.05 level to test the significance.

To examine if there were any statistically significant improvements of experimental and control groups on team cohesion were discussed below.

Results and Discussion on team Cohesion

Table I Paired Sample ‘t’ Test between Pre and Post-Tests of Experimental and Control Groups on Team Cohesion

Group	Variable	Pre-Test Mean ± SD		Post-Test Mean ± SD		df	‘t’ test
		Mean	SD	Mean	SD		
Neuro Linguistic Programming Group (NPLG)	Team Cohesion	54.80	2.98	66.07	2.69	14	11.19*
Control Group (CG)		53.60	2.44	53.47	2.13	14	0.38

Table value required for significant with df 14 is 2.15

*Significant of .05 level.

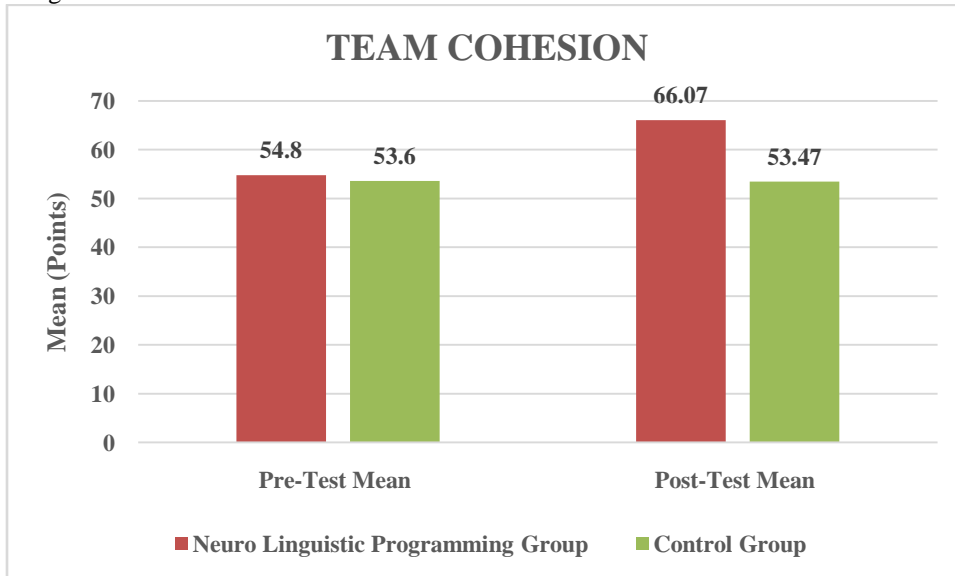
Results of Team Cohesion

As shown in Table I, the pre-test mean and standard deviation of team cohesion of neuro linguistic programming group were 54.80 and 2.98 respectively. The post-test mean and standard deviation of team cohesion of neuro linguistic programming group were 66.07 and 2.69 respectively. The ‘t’ value for team cohesion 11.19 was significantly higher than the required table value of 2.15 with df 14 at 0.05 level of confidence. The result of the study showed that neuro linguistic programming group had significant improvement on team cohesion after eight weeks of their neuro linguistic programming.

The pre-test mean and standard deviation of team cohesion of control group were 53.60 and 2.44 respectively. The post-test mean and standard deviation of team cohesion of control group were 53.47 and 2.13 respectively. The ‘t’ value for team cohesion 0.38 was lesser than the required table value of 2.15 with df 14 at 0.05 level of confidence. The result of the study showed that control group had no significant improvement on team cohesion.

he results of study showed that the neuro linguistic programming group had more effect on the improvement of team cohesion compared to control group.

The pre-test and post-test means of team cohesion are presented through a bar diagram for better understanding of the results.



The Paired Sample ‘t’ test of team cohesion indicated that there was significant improvement on team cohesion among university women volleyball players due to the eight weeks of Neuro Linguistic Programming. Further, findings of the study showed that the control group did not improve on team cohesion.

The findings of this study are in agreement with the theoretical knowledge cited in respect of Neuro Linguistic Programming.

Conclusion

The study was concluded that there would be significant improvement on team cohesion due to the eight weeks of Neuro Linguistic Programming among university women volleyball players.

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