Chapter-III

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The present study has been designed to investigate the participation motivation, achievement motivation and body image of volleyball players of Delhi University as related to gender and performance. To accomplish the purpose of the study, the design has been carefully formulated and systematically presented and explained in this chapter under following headings:-

1. Selection of Subjects
2. Variables of the Study
3. Tools and Techniques
4. Collection of data
5. Statistical procedure

1. Selection of Subjects

The random sampling device has been used to select low and high performer volleyball players respectively belonging to the affiliated colleges of Delhi University. The sample consisted of 67 male and 67 female volleyball players. Out of the sample 36 male and 35 female were low performers. This low performer sample was randomly drawn from the men and women colleges affiliated to Delhi University. These subjects participated in inter college competitions of the university and have never been selected to represent Delhi
University in the Inter-University competitions. Rest of 63 subjects i.e. 31 male and 32 female volleyball players belong to high performer group. All the players who participated in the Inter University competitions for the year 2003 and 2004 were taken to constitute the purposive sampling. Some of the players who directly participated in senior nationals, women national festivals on behalf of Delhi state or represented India were also considered as high performer for the study.

2. **Variables of the Study**

   Keeping in view the educational importance and performance in sports the following independent variables were considered for the study which could measure motivational make up of Volleyball players belonging to Delhi University.

1. Participation Motivation variable
2. Achievement Motivation variable
3. Body Image variable

3. **Tools and Technique**

   The selection of tools was governed by consideration of their objectivity, reliability and validity. Keeping in view these considerations the following questionnaires were used for the collection of data.

1. Participation motivation questionnaire by Gill, Gros and Huddleston


1. **Participation motivation** questionnaire by Gill, Gros and Huddleston in 1983 consist of sports participation motivation scale which has five point scale for the players to convey his/her feeling about the statement given. There are no right or wrong answers. In case the item is least applicable to the player then he/she circles. If the item involves the player’s strongest reactions then he/she circles 5. The player may circle any number between 1 to 5 depending on the intensity of the player’s feelings. It consists of 35 simple statements above one’s own self like “I like to win “or “I want to be popular” etc on which the player expresses his/her personal views or reactions on a 5 point scale which states strongly disagree, disagree, undecided, Agree and strongly Agree.

High scores indicate that player is better motivated to participate in sports activities and low scores point out that player is poorly or least motivated to participate in games and sports.

This participation motivation questionnaire was used to measure the participation motivation level of the Delhi University male and female Volley Ball players.
2. **Sports Achievement Motivation Test** by Dr. M.L. Kamlesh inquires an important question for a player as well as a student “What you wish to Achieve in your sports Career”. This test is meant to make one self understand this proposition as well as to know how one moves in this direction.

In this test there are 20 incomplete statements, which can be completed by choosing either of the two proposed parts against each statement. The player who is tested has to tick the second part which in his/her opinion fits best with the first part.

For the correct answer two marks were given where as, for the incorrect response zero was given. Subject scoring below 24 marks, could be characterized as low in sports achievement motivation. Those scoring below 30 marks but above 24 marks as moderate and those scoring above 30 marks as highly motivated as suggested by Dr. Kamlesh. The specimen copy of this questionnaire is given in the Appendix.

This Achievement motivation test was applied to measure the level of achievement motivation of Delhi University male and female Volleyball players.

3. **Body Image Test**

The investigator was interested in finding out the body image of Delhi University male and female Volley Ball players by using the most suitable, reliable and valid test of body image pertaining to a vide range of human body parts. Keeping this purpose in view, the investigator applied Body Image Test by Hunt
and Weber and adopted by Doudlah.

It consisted of 49 statements. Each statement of the test is a positive statement about one's body, for example, "My shoulders are broad or "I have good posture" etc. After each statement, the following 5 points of agreement / disagreement are prescribed:

1. Very much like this
2. Much like this
3. Uncertain
4. Not like this
5. Not at all like this

The distinction of the five categories appears to be realistic and convenient for the raters as the distinctions are not too fine. The fine points are given scores 4, 3, 2, 1 and 0. The lowest and the highest possible score could be 0-200 and low score indicating unfavorable body image and a high score indicating a most favorable body image.

Validity and reliability of the test was also established by the author.

Administration of the Tests and Collection of Data

For the collection of data, the researcher had to apply three types of questionnaire tests:

1. Participation motivation questionnaire by Gill, Gross Huddleston
3. The Body image test by Hunt and Weber adopted by Doudlah

The researcher personally visited various colleges affiliated with Delhi University wherever the subjects were available. The cooperation from many quarters was sought for the collection of data. The principals and teachers of physical education provided all sorts of cooperation and help in the administration of inventories.

Before the distribution of questionnaires and answer sheets to the subjects, a proper understanding and confidence was developed between the researcher and the subjects. They were explained the purpose and significance of the study. It was also promised that the responses of the questionnaires given by the subjects will be kept strictly confidential. Therefore, they were requested to give answers to each question without any fear or hesitation to the best of their belief. An assurance of full co-operation was sought from the subjects. They gave the clear understanding that their responses towards questionnaire will be frank, honest and without any bias.

The detailed instructions for giving responses to each of the test inventory were explained in detail to the subjects. The test inventory was got filled one by one. They were asked to fill up the responses within the prescribed time limit of the inventory. The test scales or the response sheets were collected immediately after they were filled by the subjects.
The research scholar also had to visit various coaching centers to get the test inventories filled by the subjects who were not on the roll of the college record and participated direct at National level through some association.

**Methods of Scoring**

The scoring of all the responses sheets was done in accordance with the procedure and method explained in the test manual of each questionnaire. The questionnaire applied in the study has been given in the appendix of the thesis. The scores thus obtained were organized and tabulated for the purpose of statistical analysis and subsequently interpretation of the results was Done.

**Statistical Design**

Analysis of variance was applied to find out the significant mean difference between the scores of participation motivation, achievement motivation and body image of volleyball players in relation to their level of performance and gender. 't' test was applied to test the hypothesis at five percent level of significance. Pearson's product moment coefficient of Correlation statistical technique was applied to find out inter-correlation among participation motivation, achievement motivation and body image.