ABSTRACT

In competitive sports success no doubt depends on very high level of physical fitness, mastery of skill, sports tactics and strategy applied in a given position or situation. But physical, technical and tactical preparation being constant, it is psychological preparedness which plays most determinant role for successful performance. Psychological state of preparedness for competition is most affected by rise in anxiety.

Within the constraints of his or her abilities an athlete’s performance is significantly related to his or her psychological functioning. In order to understand the ‘psychological functioning’ of athlete in various games and sports and under varied competitive situations recent researcher have begun to focus on psychological skills. Not all of these things can be satisfactorily handled. But internally created or magnified pressures can. It is often not a matter of trying to get rid of the feelings created but understanding and controlling them. Sometimes this is done by patient warming-up, by stretching exercises, by jogging, dialogue or meditation.

Recent research has suggested that this anxiety, sports performance relationship is actually a complex phenomenon that discuses to be researched in its own situational context rather than to assume the relationships based on previous theories are correct. Problems have arisen in the dilemma surrounding such examination including the concepts and methods in which one needs to base evaluation. Temporal variation in terms of fluctuating anxiety level before competition is considered to be unavoidable phenomenon as it is inherent constituent factor of competition. The very objective of preparation for competition is to successfully perform in the given competition and hence, desire to perform or win becomes ultimate motive that directs and energizes behavior of sportsmen. And ultimately motive to succeed leads to generation as well as perception of threat.

Excellence in performance requires concentration of attention not only in crucial situation by all the more during any behavioral situation which demands data processing for decision making for motor action and for involving in strategic manoeuvre. The total output of a sportsman in performance at any time can be evaluated by the criteria, which include critical
elements such as excellence, consistency, rising to unusual occasion and adoptive behaviour under stress, anxiety and arousal.

This spiral of pressure not only makes demands on the mind, it means the body is often asked to do more and sometimes too much. Injuries are greater problem than they used to be, and there is a greater temptation to play through them. Some players can be lured by ambition or cash into playing too much. Nerves, tension, panic; negative thinking and even exploitation lie in ambush for many players at sometimes or the other.

Looking at the calendar and balancing the schedule has thus become vital. But there are other balances as well, of the professional services available for instance. A player is often at the hub of a circle of advisers – trainer, physiotherapists, coaches, doctors, managers, association officials, sponsors, agents and public relations advisers. Which to use, when to use and why? These mostly new dilemmas can exacerbate the pressures, which have always existed. There is the fear of winning, anxiety about what other people think the apprehension about big occasions, the difficulty of winning the big matches, the tension brought on by situations which boil up in long contests. Don’t doubt that these loom larger now than ever they did.

The purpose of the present study was to study the psychological profiles of all India intervarsity players. The subordinate purpose of the study was to (a) compare the status of all India intervarsity, west zone intervarsity and intercollegiate man volleyball players on the selected psychological variables, (b) to draw psychological profiles of individual man volleyball all India intervarsity players.

The sample of the present study comprised of 300 man university volleyball players of India. Keeping in view the purpose of the study they were divided into three groups all India intervarsity (N=100), west zone intervarsity (N=100) and intercollegiate (N=100) man volleyball players.

Out of the vast expanse of psychological variables associated with athletic performance, only three extremely crucial ones were selected for the study. They are Sports Competition Anxiety, Self – Confidence and Mental Toughness (consisting of four different categories namely: Handling Pressure, Concentration, Mental Rebound and Winning Attitude).
The administration for the three questionnaire data sets, or as the sport competition anxiety test, sport confidence and mental toughness questionnaire survey the players. Representing the data from the sample was collected the intercollegiate men's volleyball players served by the players between the college of a man of various college volleyball team Dr. Ambedkar University Bhim RAO to Agra. The sample represented by, the western zone intervarsity man volleyball player taken part in the western zone intervarsity men's volleyball Championship, held in Punjabi feast forward in Patiala university/2008 18/10/2008 24/10/2008, and the taking of samples, which the all India intervarsity man volleyball player's participated in the all India intervarsity men volleyball tournament held in 2008, GOA GOA university 10/11 10/11 10/11 10/11 10/11/2008 to 16/11/2008.

The average and standard deviation Score intercollegiate (N = 100), west zone intervarsity (N = 100), India intervarsity (N = 100) and total sample (N = 300) calculated the three variable, i.e. , sport competition self-confidence and mental toughness.

Score average and standard deviation the western zone intervarsity volleyball players (N = 100) sport competition, self-confidence and mental toughness were 19.0 ± 3.02, 77.12 ± 12.04, 36.44 ± 6.73 and. The mean and standard deviation results sport competition, self-confidence and mental toughness of intercollegiate volleyball players (N = 100) found that 19.75 ± 2.92 ± 12.25, 11.06 , 74.21 ± 1.65 and.

Multisample comparison of one-way, inter alia, the importance of the all India average difference intervarsity (N = 100), west zone intervarsity (N= 100) (N= 100) intercollegiate men's volleyball players all the variables. This was the least significant difference (L. S. (D) Post-hoc comparison ordered the significance of difference between paired devices. At the 0.05 level of significance has been fixed.

Intervarsity India west zone, intervarsity and intercollegiate men's volleyball players of anxiety which differed significantly, competition, the obtained F value (they feature 6.22 ) much more than the tabular F0.05 (2.297 ) = 4.71 . Least significant difference (L. S. (D) was significant difference between India and the western zone intervarsity intervarsity; and every Indian man intervarsity intercollegiate volleyball players and anxiety than the average difference (0.9 and 1.47 ) was higher than the critical difference (0.82 ). If, however, found no significant
difference between the western zone intervarsity and intercollegiate men's volleyball players: the average difference (0.57) is not less than the critical difference (4.71).

There was no significant difference among them India west zone, intervarsity intervarsity intercollegiate men's volleyball players and the self-confidence, the obtained F-value was less than 4.44 the tabular F0.05 (2,297) = 4.71.

Intervarsity India west zone, intervarsity and intercollegiate men's volleyball players differed significantly from those of the mental toughness, the obtained F value (8.02) is much more than the table F0.05 (2,297) = 4.71. Least significant difference (L. S. (D)) was significant difference between India and intercollegiate intervarsity; and the western zone intervarsity and intercollegiate men's volleyball players, as the average difference (3.37 and 2.9), and was higher than the critical difference (1.78). If, however, found no significant difference for all Indian intervarsity and the western zone intervarsity male volleyball players mental toughness, the difference (0.47) is not less than the critical difference (1.78).

Intervarsity India west zone, intervarsity and intercollegiate men's volleyball players differed significantly from those of the treatment, whereas the obtained F value, 10.26 not much more than that (F0.05 (2,297) = 4.71. Least significant difference (L. S. (D)), significant differences were found in all Indian intervarsity and intercollegiate; and the western zone intervarsity and intercollegiate volleyball players like the current average difference (1.57 and 1.54) was greater than the critical difference (0.77). If, however, found no significant difference for all Indian intervarsity and the western zone intervarsity male volleyball players like the average difference (0.03) was lower than the critical difference (0.77).

Intervarsity India west zone, intervarsity and intercollegiate men's volleyball players differed significantly from those of the concentration, the obtained F value (6.10) is much more than that (F0.05 (2,297) = 4.71. Least significant difference (L. S. (D)), significant differences were found in all Indian intervarsity and intercollegiate; and the western zone intervarsity and intercollegiate volleyball players like the current average difference (1.26 and 0.82) was greater than the critical difference (0.71). If, however, found no significant difference for all Indian intervarsity and the western zone intervarsity male volleyball players like the average difference (0.44) was lower than the critical difference (0.71).
There was no significant difference among them India west zone, intervarsity intervarsity intercollegiate men's volleyball players and the mental had bounced, the obtained F value (2.77) was less than the table F0.05 (2,297) = 4.71. There was no significant difference among them India west zone, intervarsity intervarsity and the intercollegiate men's volleyball player's winning attitude, the obtained F value (0.30) was less than the table F0.05 (2,297) = 4.71.

Within the limits and limitations of the present study and on the basis of the result following conclusions were drawn.

1. West zone intervarsity man volleyball player have medium anxiety, medium self-confidence and need mental toughness exercise.

2. Intercollegiate man volleyball player have medium anxiety, medium self-confidence and need mental toughness exercise.

3. The level of anxiety of All India intervarsity man volleyball player was significantly low as compared to the west zone intervarsity and intercollegiate man volleyball players.

4. All India intervarsity man volleyball players were significantly higher in self-confidence than the west zone intervarsity and intercollegiate man volleyball players.

5. All India intervarsity man volleyball players have significantly high level of mental toughness as compared to west zone intervarsity and intercollegiate man volleyball players.

On the basis of investigators self-experience juxtaposed with the findings of the study, some recommendations are offered hereunder which hopefully may go a long way in helping all concerned with the game of volleyball in particular and sports in general:

1. There is need to collect psychometric data on a large scale and develop sports specific tests an inventories in the country. The psychological tests and inventories and tests standardized on foreign samples do not suit the Indian sample unless they are suitably modified.
2. Same study may be conducted by taking beginners, advanced and professional players as a subject.

3. Volleyball players mat never give optimum performance in volleyball unless in depth studies are made into their physical and physiological characteristics coupled with their psychological nature and status. The future researchers need to investigate into the overall profile of the players.

4. In fact there is necessity to sketch the psychological profile of all the volleyball players who attend the substantive camps and at the time of the selection trials the psychological make up of the players must be given due consideration. A less skillful but highly motivated and mentally resolute player will definitely bring about success than the player who is highly skillful but with under pressure.

5. Same study may be conducted among player of different age group.

6. An organized effort may be made to take up this type of studies on female volleyball players.

7. Not only should a sport psychologist be attached with the training squad of the volleyball players but also the coaches should be made to know and understand the psychological principles of training.

8. Every coach should sketch the psychological profile of his team and find out what psychological factors are most conducive to their performance and what factors impeded.

9. Similar study may be repeated by dividing the subjects into different level i.e. District level, National level and International level.