5.1 Summary

Of note, the psychological attributes of a sportsperson can either improve or elevate performance in highly competitive sports. Therefore, the anticipated performance of volleyball and basketball players may be predicted through psycho-physiological studies. The present study, in fact, dealt with psychological characteristics such as Mental health, Personality, Emotional intelligence which seem to play an important role in achieving success in Basketball and Volleyball.

This study has been conducted in considering the following objectives:

- To identify the elite male Basketball and Volleyball players participating in State level competitions in Maharashtra;

- To conduct a survey research for evaluating their status of “mental health, Emotional intelligence and personality”;

- To compare the profiles of mental health, emotional intelligence and personality among the male players participating in Basketball and Volleyball.

Following hypotheses have been formulated in this study:
HO1: There would be no statistically significant difference in mental health between the state level male Basketball and Volleyball Players.

HO2: There would be no statistically significant difference in mental health between the state level male Basketball and Volleyball Players.

HO3: There would be no statistically significant difference in mental health between the state level male Basketball and Volleyball Players.

In methodology, survey study was conducted. For this, the male players of Basketball and Volleyball from all the districts of Maharashtra, who attended the selection process for state level competition, were considered as sample. In fact, total population covered was four hundred (N=400 i.e., 200 were Basketball players and 200 were Volleyball players). The subjects were the elite male players, age ranged from 18 to 25 years.

Psychological characteristics of all the state level male players of Basketball and Volleyball were assessed for mental health, emotional intelligence and personality profiles.

FINDINGS

Findings on Mental Health

- Basketball players of Nagpur district achieved highest score (81.39%) in mental health and the players of Mumbai district had lowest score (32.78%). However, although Nagpur district achieved highest score, the higher state of mental health are observed among the Basketball players of Dhule (75.47%), Amaravati (72.35%), Wardha (67.71%), Jalgaon (65.32%), Aurangawad (65.14%), Buldhana (62.76%), and
Nanded (61.12%), whereas the lower mental health status was evident among the players of rest of the districts (i.e., Yevatmal, Akola, Nasik, Beed, Ahmednagar, Latur, Chandrapur, Bhandara, and Pune),

- Volleyball players of Nagpur district achieved highest score (81.39%) in mental health and the players of Latur district had lowest score (39.78%). However, although Nagpur district achieved highest score, the higher state of mental health are observed among the Basketball players of Dhule (81.32%), Wardha (78.61%), Aurangawad (76.23%), Beed (74.35%), Jalgaon (76.52%), Nanded (72.39%), Pune (73.56%), Yevatmal (69.12%), Nasik (68.12%), Bhandara (62.82%), Amaravati (62.25%), Mumbai (62.32%), Ahmednagar (61.45%), and Chandrapur (60.12%), whereas the lower mental health status was evident among the players of rest of the districts (i.e., Akola and Buldhana).

Findings on Emotional Intelligence

- Basketball players of Buldhana district achieved highest score (79.15%) in emotional intelligence and the players of Pune district had lowest score (49.12%). However, although Buldhana district achieved highest score, the higher state of emotional intelligence are observed among the Basketball players of Nanded (73.46%), Aurangawad (73.32%), Beed (73.25%), Wardha (73.24%), Nagpur (71.78%), Amaravati (65.32%), Latur (65.24%), Dhule (63.37%), Yevatmal (62.75%), and Bhandara (62.33%), whereas the lower emotional intelligence status was evident among the players of rest of the districts (i.e., Akola, Ahmednagar, Nasik, Jalgaon, Ahmednagar, Chandrapur, and Mumbai).

- Volleyball players of Wardha district achieved highest score (79.39%) in emotional intelligence and the players of Latur district had lowest score (48.67%). However, although Wardha district achieved highest
score, the higher state of emotional intelligence are observed among the Basketball players of Nagpur (76.45%), Dhule (73.52%), Nasik (73.43%), Bhandara (73.15%), Ahmednagar (72.14%), Mumbai (71.57%), Yevatmal (71.54%), Amaravati (69.71%), Jalgaon (66.15%), Chandrapur (65.48%), Nanded (65.42), Beed (65.27%), Aurangawad (63.68%), Buldhana (62.47%), Pune (62.28%) and Akola (61.28%), whereas the lower emotional intelligence status was evident in none of the districts.

Findings on Personality

- Basketball players of Mumbai district achieved highest score (74.12%) in personality and the players of Chandrapur district had lowest score (45.64%). However, although Mumbai district achieved highest score, the higher state of personality are observed among the Basketball players of Pune (72.28%), Nasik (72.12%), Nagpur (69.24%), Ahmednagar (68.54%), Aurangawad (67.92%), Amaravati (62.51%), and Akola (62.47%), whereas the lower personality status was evident among the players of rest of the districts (i.e., Nanded, Akola, Wardha, Dhule, Jalgaon, Beed, Yevatmal, Bhandara, Latur, and Buldhana).

- Volleyball players of Pune district achieved highest score (76.54%) in personality and the players of Dhule district had lowest score (46.63%). However, although Pune district achieved highest score, the higher state of personality are observed among the Basketball players of Mumbai (76.19%), Amaravati (72.32%), Nagpur (72.12%), Aurangawad (71.29%), Ahmednagar (69.46%), Nasik (68.37%), Wardha (63.17%), Nanded (61.78%), Jalgaon (61.34%), whereas the lower personality status was evident in the Volleyball players of other districts (Yevatmal, Akola, Buldhana, Beed, Latur, Chandrapur and Bhandara).

Thus, the overall results finally help to interpret that –
About 50% of the Basketball players in Maharashtra possessed higher state of mental health and rest 50% had lower state of mental health. However, 90% of the Volleyball players possessed high mental health and rest 10% of them had lower level of mental health.

About 70% of the Basketball players possessed high level of emotional intelligence; whereas 30% had lower state of emotional intelligence. It is amazing to note that 100% of the Volleyball players possessed high level of emotional intelligence, where none found lower level of emotional intelligence.

About 49% of the Basketball players possessed a good level of personality; whereas 51% had poor state of personality. However, 60% of Volleyball players possessed a good personality level, whereas 40% of them had poor personality status.

5.2 Conclusion

The results helped to draw the following conclusions:

- Majority of Basketball players playing at state level need to improve mental health, whereas a few percentages of Volleyball players are required to improve mental health. Thus, Volleyball players have better level of mental health than the Basketball players.

- Emotional intelligence differs between Basketball and Volleyball players, and Volleyball players had comparatively better emotional intelligence than the Basketball players.

- Personality level differs between the players of Basketball and Volleyball. Moreover, Volleyball players had good personality than the Basketball players participating in the state level competitions.
5.3 Recommendations

This study has made the following recommendations:

- State level Basketball players need to improve mental health, emotional intelligence and personality, whereas Volleyball players must take care about mental health and personality.

- Special training such as yoga or any other relaxation exercises may be imparted to both the Basketball and Volleyball players; however, more care must be taken to Basketball players because they are poor in mental health, emotional intelligence and personality.

- Repeatedly further investigations are recommended in the similar lines to confirm the result as appeared in this study. Similar studies are also recommended for the population of players in other sports.

5.4 Contribution to the Knowledge

It is generally understood that along with fitness and skills, the players of every discipline in sports require a good level mental health, emotional intelligence and personality too for exhibiting top performance. However, this knowledge is unknown especially for the state level Basketball and Volleyball players. The present investigation, therefore, contributed the fact that Volleyball players possess a good level of mental health, emotional intelligence and personality than the Basketball players and these Basketball players need to improve these psychological attributes. In fact, such results attributed some knowledge to the literature of physical education and sports.

The availability of literature on psychological attributes such as mental health, emotional intelligence and personality profiles in court sports especially in Basketball and Volleyball is considerably less than for other field sports. Team sport performance such as Basketball and Volleyball is
dependent upon a diverse range of qualities including size, fitness, sport-specific skills, team tactics, and psychological attributes.

It is believed that the players of Basketball and volleyball need specific fitness and body size. In fact position of a player on court largely depends on the player’s size and level of physical fitness. Additionally, earlier research studies indicate an association between psychological characteristics and sports performance.

Although, it is evident from the earlier studies that psychological attributes play an important role in achievement of success in sports but there are very few studies conducted so far, in Basketball and Volleyball. Hence, the researcher has undertaken this study entitled “An examining the psychological characteristics among basketball and volleyball players in terms of mental health, emotional intelligence and personality.”

Athletes have to perform under high pressure during competitions and it has been seen that the successful athletes shows better psychological attributes than the unsuccessful counterparts (Morris, 2000). No doubt physical capacities and skills are equally important for success but interestingly personality is likely to make a difference in sporting achievements. There is growing evidence suggesting that emotional stability is associated with athletic success (Garfield & Bennett, 1984). Athletes with lower levels of emotional stability have been found to be less capable of coping with stress-inducing stimuli whilst trying to complete a complex motor task (Aidman, 2007). Furthermore, personality is a key factor in converting ability of an athlete into success (Auweele et al., 2001).

It is assumed that elite Basketball and Volleyball players have suitable level of performance oriented fitness, however, there is a doubt that they have good mental health, emotional intelligence and personality factors. Therefore, there is a need to analyze the condition of mental health, emotional intelligence and personality of elite Basketball and Volleyball players in the state of Maharashtra.
Based on the above mentioned grounds, this study has been conducted in considering the following objectives:

- To identify the elite male Basketball and Volleyball players participating in State level competitions in Maharashtra;

- To conduct a survey research for evaluating their status of “mental health, Emotional intelligence and personality”;

- To compare the profiles of mental health, emotional intelligence and personality among the male players participating in Basketball and Volleyball.

Assumption

As the subjects of this study are the elite male players representing the state of Maharashtra in Basketball and Volleyball, it is assumed that they might be having an excellent level of performance-oriented fitness.

Since this investigation has a wide scope and as the investigator handled the same single handedly and considered the following delimitations:

Male elite players of Basketball and Volleyball, who are participating for selection to represent the state of Maharashtra, were the subjects for this study.

- Survey study was conducted on all the players of Basketball and Volleyball who came to participate in the State meet.

It was not possible for him to collect the variety of data (mental health emotional intelligence and personality) on such a large sample. He, therefore, formed a team of helpers consisting of 14 persons having background of research. The helpers were given proper training and tested repeatedly their ability to collect data on each variable. After evaluating the helpers’
proficiency i.e., on consistency for data collection on small sample, they accompanied the present researcher to collect data on the large sample.

The researcher arranged all the necessary things and test-materials well in advance. The data were then collected systematically and preserved for data analysis. The psychological questionnaires viz., mental health, emotional intelligence and personality were administered in a class room situation.

Major three variables surveyed among the state level players of Basketball and Volleyball, were mental health (Agashe and Helede, 1998), Emotional intelligence (Hyde, Anukool., Lethe, Sanjyot., and Dhar, Upinder 2001) and personality (Cattle, 1965).

Statistical Analysis

Descriptive statistics was applied to process the data. Further, percentage-wise analysis was done and then Chi-square test was employed if the scores in psychological status differ among the state level Basketball and Volleyball male players.

MAJOR FINDINGS

Findings on Mental Health

Basketball players of Nagpur district achieved highest score (81.39%) in mental health and the players of Mumbai district had lowest score (32.78%). However, although Nagpur district achieved highest score, the higher state of mental health are observed among the Basketball players of Dhule (75.47%), Amaravati (72.35%), Wardha (67.71%), Jalgaon (65.32%), Aurangawad (65.14%), Buldhana (62.76%), and Nanded (61.12%), whereas the lower mental health status was evident among the players of rest of the districts (i.e., Yevatmal, Akola, Nasik, Beed, Ahmednagar, Latur, Chandrapur, Bhandara, and Pune).

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Volleyball players of Wardha district achieved highest score (79.39%) in emotional intelligence and the players of Latur district had lowest score (48.67%). However, although Wardha district achieved highest score, the higher state of emotional intelligence are observed among the Basketball players of Nagpur (76.45%), Dhule (73.52%), Nasik (73.43%), Bhandara (73.15%), Ahmednagar (72.14%), Mumbai (71.57%), Yevatmal (71.54%), Amaravati (69.71%), Jalgaon (66.15%), Chandrapur (65.48%), Nanded (65.42), Beed (65.27%), Aurangawad (63.68%), Buldhana (62.47%), Pune (62.28%) and Akola (61.28%), whereas the lower emotional intelligence status was evident in none of the districts.

Findings on Personality
Basketball players of Mumbai district achieved highest score (74.12%) in personality and the players of Chandrapur district had lowest score (45.64%). However, although Mumbai district achieved highest score, the higher state of personality are observed among the Basketball players of Pune (72.28%), Nasik (72.12%), Nagpur (69.24%), Ahmednagar (68.54%), Aurangawad (67.92%), Amaravati (62.51%), and Akola (62.47%), whereas the lower personality status was evident among the players of rest of the districts (i.e., Nanded, Akola, Wardha, Dhule, Jalgaon, Beed, Yevatmal, Bhandara, Latur, and Buldhana).

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Thus, the overall results finally help to interpret that –

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- About 70% of the Basketball players possessed high level of emotional intelligence; whereas 30% had lower state of emotional intelligence. It is amazing to note that 100% of the Volleyball players possessed high level of emotional intelligence, where none found lower level of emotional intelligence.
The results helped to draw the following conclusions:

- Majority of Basketball players playing at state level need to improve mental health, whereas a few percentages of Volleyball players are required to improve mental health. Thus, Volleyball players have better level of mental health than the Basketball players.

- Emotional intelligence differs between Basketball and Volleyball players, and Volleyball players had comparatively better emotional intelligence than the Basketball players.

- Personality level differs between the players of Basketball and Volleyball. Moreover, Volleyball players had good personality than the Basketball players participating in the state level competitions.

**Recommendations**

The State level Basketball players need to improve mental health, emotional intelligence and personality, whereas Volleyball players must take care about mental health and personality.

Special training such as yoga or any other relaxation exercises may be imparted to both the Basketball and Volleyball players; however, more care must be taken to Basketball players because they are poor in mental health, emotional intelligence and personality.

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- About 70% of the Basketball players possessed high level of emotional intelligence; whereas 30% had lower state of emotional intelligence. It is amazing to note that 100% of the Volleyball players possessed high level of emotional intelligence, where none found lower level of emotional intelligence.
Conclusion

The results helped to draw the following conclusions:

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- Emotional intelligence differs between Basketball and Volleyball players, and Volleyball players had comparatively better emotional intelligence than the Basketball players.

- Personality level differs between the players of Basketball and Volleyball. Moreover, Volleyball players had good personality than the Basketball players participating in the state level competitions.

Recommendations

The State level Basketball players need to improve mental health, emotional intelligence and personality, whereas Volleyball players must take care about mental health and personality.

Special training such as yoga or any other relaxation exercises may be imparted to both the Basketball and Volleyball players; however, more care must be taken to Basketball players because they are poor in mental health, emotional intelligence and personality.

Repeatedly further investigations are recommended in the similar lines to confirm the result as appeared in this study. Similar studies are also recommended for the population of players in other sports.