"PERSONALITY AND ANXIETY LEVEL OF VOLLEYBALL PLAYERS"

CHAPTER – I
INTRODUCTION

1.1 Introduction:
Any individual taking part in a vigorous schedule of training and practice for a competitive activity such as power volleyball may expect improvement in several basic facts of physical fitness: Strength, endurance, speed balance and flexibility. Strength plays a major role in the vertical jumping ability, necessary in the basic spike and block for all players. Most conditioning programme for power volleyball stress a need to improve leg strength in an effort to increase vertical jumping ability. Endurance gains are brought about by the necessity for an individual player to be constantly on the move in a well played game of power volleyball. It is true that a player is seldom required to run more than 15 or 20 feet but it is also true that a minimum amount of time is spent in simply standing still. Speed, in the sense of movement of body segments, is also improved in the participant in the modern game. “The ability to recognize the direction a ball is going to be spiked, a quick total body movement in that direction and a very rapid thrust of the hand to intercept the ball, traveling at speeds of about 60 miles an hour, demand a high degree of speed of movement.”

1.2 Historical Background of Volleyball:
Volleyball is a new game which is pre-eminently fitted for the gymnasium or the exercise hall, but which may also be played out-of-doors. Any number of persons may play the game. The play consists of keeping a ball in motion over a high net, from one side to the other, thus partaking of the character of two games-tennis and handball.
Play is started by a player on one side serving the ball over the net into the opponents filed or court. “The opponents then, without allowing the ball to strike the floor, return it, and it is in this way kept going back and forth until one side fails to return it or it hits the floor. This counts a "score" for one side, or a "server out" for the other, depending on the side in point. The game consists of nine innings, each side serving a certain number of times, as per the rules, per innings.
Origin of Volleyball:
The game of volleyball was developed around 1895, a few years after the invention of the game of Basketball. In the year 1891, James Naismith invented the game of Basketball. This game was found to be too strenuous for middle aged business people and Mr. William G. Morgan was made responsible for organizing a less strenuous game for these people. Thus, Volleyball, as a sport, was initiated in Holyoke, Massachusetts U.S.A. in 1895 by Mr. William G. Morgan. At its inception, the sport was called, "Minonette" and eventually changed to Volleyball by Dr. Halstead as the aim of game was to volley the ball back and forth over the net. The name Volleyball was chosen because the ball is "volleyed" back and forth: that is remains in the air till the rally ends (derivation is from the French word "vol" which means "flight"). Volleyball, as a game, basically designed as a recreation activity for businessmen, become highly popular at summer resorts and playgrounds throughout the United States. In 1900, Canada became the first foreign country to adopt the sport. “The international Y.M.C.A. movement was instrumental in spreading the popularity of Volleyball throughout the world.” It was played for the first time in Cuba in 1905, Uruguay in 1910, China and Japan in 1913. Europe was first exposed to Volleyball by American troops during the First World War.

Personality research has always stirred up controversy – usually because researchers have not been able to agree on the correct approach to studying it. Some have taken what is known as the ‘trait’ approach, which views personality as stable and enduring, based on individual characteristics. “However, others see personality as shaped by environmental influences, while ‘interactionists’ view individual traits and the environment as codeterminants of behaviour. In recent times, this latter position has tended to predominate, based on the view that personality structure involves both a stable core of attitudes, values and beliefs about self, that remains relatively unchanged after early childhood, and more changeable, dynamic behaviours that are influenced by our environment.”

Personality psychology is a branch of psychology that studies personality and individual differences. One emphasis in this area is to construct a coherent picture of a person and his or her major psychological processes (Bradberry, 2007). Another emphasis views
personality as the study of individual differences, in other words, how people differ from each other. A third area of emphasis examines human nature and how all people are similar to one other. These three viewpoints merge together in the study of personality.

1.3 **Aim of Study:**

The present study aim at to search the Personality factors and anxiety among Male and Female (18-21 and 22-25) Interuniversity Volleyball players.

1.4 **Statement of the Problem:**

“Personality and Anxiety Level of Volleyball Players.”

1.5 **Need of the Study:**

1. Personality factors are influence on the sports performance. However the anxiety level which create the hindrance in the progress of university volleyball male and female players.

2. The researcher intended to evaluate the anxiety level and its impact on the sports performance.

1.6 **Objective of the Study:**

1. To examine Personality factors of Male and Female Male and Female (18-21 and 22-25) Interuniversity Volleyball players.

2. To examine anxiety of Male and Female (18-21 and 22-25) Interuniversity Volleyball players.

1.7 **Significance of the Study:**

1. The study may reveal the personality and anxiety level of the university volleyball players (Male and Female)

2. The study may also perfound Eysenck Personality test of volleyball players. (Male and Female)

3. Results may prove helpful to establish the personality and anxiety level and its impact on the sports performance.
1.8 **Hypothesis:**

**H1** - Inter University male Volleyball players are significantly more Anxiety than the Inter University Female Volleyball players.

**H2** - 18-21 year Inter University Volleyball players are significantly more Anxiety than the 22-25 year Inter University Volleyball players.

**H3** - Inter University Female Volleyball players are significantly more Introvert than the Inter University Male Volleyball players.

**H4** - Inter University Male Volleyball players are significantly more Extrovert than the Inter University Female Volleyball players.

**H5** - 18-21 year Inter University Volleyball players are significantly more Extrovert than the 22-25 year Inter University Volleyball players.

**H6** - 22-25 year Inter University Volleyball players are significantly more Introvert than the 18-21 year Inter University Volleyball players.

**H7** - Male and Female Inter University Volleyball players will not differ significantly in term of their scores on Neuroticism Dimension of Personality.

**H8** - 18-21 year Inter University Volleyball players are significantly more Neuroticism than the 22-25 year Inter University Volleyball players.

1.9 **Delimitation:**

1. The study delimited to both male and female university volleyball players.

2. The study is further delimited to the age group between 18-21 and 21-25 male and female volleyball players.

1.10 **Limitation:**

1. Diet and rest of the players was a limitation.

2. Involvement of university volleyball players Esyenck personality test was a limitation.

3. Involvement of university volleyball players scat anxiety test was a limitation.
1.11 Definition of Term:

Personality:
1. “Personality is the organization of person’s habits, attitudes and traits and arises from the inter-play of biological, social and cultural factors.” Biesanj and Biesanj.
2. “Personality may be defined in a broad sense as the traits that make up the person and that condition is in the group.” Martin H. Neuoneyer.

Anxiety:
“We can think of anxiety as being situation specific or general in nature. A situation – specific anxiety response to a threatening stimulus is referred to as state anxiety, state anxiety is an immediate emotional state that is characterized by apprehension, fear, tension and an increase in physiological arousal, Trait anxiety, on the other hand is a personality predisposition. It is a predisposition to perceive certain environmental situations as threatening, and to respond to these situations with increased state anxiety.”

CHAPTER - II
REVIEW OF LITERATURE


“This study examined personality as related to endurance sports. Compared to a group of non-exercisers (n = 73) with similar scores on demographic variables, 86 triathletes and long-distance runners were more extraverted and reported less physical complaints. Groups did not differ concerning Neuroticism and Lie scores. Outstanding athletes (11 or more hours of training per week) were more extraverted than average sportsmen (less than 4 hours). Neuroticism was associated with "management of negative affect" and "recreation" as reasons for beginning with endurance sports. Extraversion correlated with
improvements due to sporting activity in "goal achievement/success", whereas intensity of training was associated with positive changes in "physical health". These results are discussed in terms of psychological processes related to the benefits of endurance sports and with respect to factors that might influence successful performance.”

CHAPTER-III
METHODOLOGY

3.1 Procedure:
The present study followed the procedure of experimental research. The investigation gathered relevant information by conduct of a test of Eysenek personality test and scat test of anxiety.

3.2 Sample:
The sample of the study comprises as under:
Effective sample consisted of 200 of Male and Female Inter University Volleyball players from Maharashtra State.

3.3 Tools used for Data Collection:
Following psychological tests were used for data collection.

**Sinha’s Comprehensive Anxiety Test (Scat) :-**
This test is developed and standardized by A.K.P. Sinha and L.N.K. Sinha. The test consisted of 90 Items. The subjects were required to respond to each item in terms of ‘YES’ OR ‘NO’. The reliability coefficient of the test was found 0.92 with Spearman Brown formula. The validity coefficient was found 0.62.

**Eysenck Personality Scale; (Bhusan,1969)**
Dr. Bhusan Personality Scale was used to measure the Introvert, Extrovert and Neuroticism of the Male and Female Inter University Volleyball players.

3.4 Procedure of Data Collection:
The tests were administered on small groups of Ss about 25 to 30 Ss in each group. Comfortable seating arrangements were made for Ss. Distance between the two Ss was kept long so that one subject could not see the responses of the other subject.
The data were collected in two sessions. In the first session test forms were distributed. After giving proper instructions they were asked to start marking and after completion, the forms were collected.

3.5 Variables under study:

- **Independent Variable:** GENDER
  1. Male
  2. Female

- **Dependent Variable:**
  1. Personality Traits
  2. Anxiety

3.6 Statistical Treatment:-

<table>
<thead>
<tr>
<th>Stage</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Mean</td>
</tr>
<tr>
<td>II</td>
<td>Standard Deviation</td>
</tr>
<tr>
<td>III</td>
<td>‘t’ Used</td>
</tr>
</tbody>
</table>

**CHAPTER-IV**

**STATISTICAL INTERPRETATION**

Table Shows the mean S.D, and t value of factors ‘Anxiety’

<table>
<thead>
<tr>
<th>Players</th>
<th>Mean</th>
<th>N</th>
<th>S.D.</th>
<th>D.F.</th>
<th>‘t’ value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>40.68</td>
<td>100</td>
<td>2.45</td>
<td>198</td>
<td>18.63**</td>
</tr>
<tr>
<td>Female</td>
<td>36.72</td>
<td>100</td>
<td>1.99</td>
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</tr>
</tbody>
</table>

**Significant at 0.01 levels**

The ‘t’ value 18.63 is significant at .01 levels which indicate that Male Inter University Volleyball players are significantly more Anxiety than the Female Inter University Volleyball players. It supports the first hypothesis.
Table Shows the mean S.D, and t value of factors ‘Neuroticism’

<table>
<thead>
<tr>
<th>Players</th>
<th>Mean</th>
<th>N</th>
<th>S.D.</th>
<th>D.F.</th>
<th>‘t’ value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>54.17</td>
<td>100</td>
<td>1.58</td>
<td>298</td>
<td>0.20**</td>
</tr>
<tr>
<td>Female</td>
<td>54.47</td>
<td>100</td>
<td>1.06</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at 0.01 levels**

The ‘t’ value 0.20 is significant at .01 levels which indicate that Male and Female Inter University Volleyball players will not differ significantly in term of their scores on Neuroticism Dimension of Personality.

CHAPTER – V

SUMMARY, CONCLUSION, DISCUSSION & SUGGESTIONS

5.1 SUMMARY:
The present study followed the procedure of experimental research. The investigation gathered relevant information by conduct of a test of Eysenek personality test and scat test of anxiety.
The sample of the study comprises as under:
Effective sample consisted of 200 of Boys and Girls Inter University Volleyball players from Maharashtra State.

Tools used for Data Collection:
Following psychological tests were used for data collection.
Sinha’s Comprehensive Anxiety Test (Scat) :-
This test is developed and standardized by A.K.P. Sinha and L.N.K. Sinha. The test consisted of 90 Items. The subjects were required to respond to each item in terms of ‘YES’ OR ‘NO’. The reliability coefficient of the test was found 0.92 with Spearman Brown formula. The validity coefficient was found 0.62.

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Procedure of Data Collection:
The tests were administered on small groups of Ss about 25 to 30 Ss in each group. Comfortable seating arrangements were made for Ss. Distance between the two Ss was kept long so that one subject could not see the responses of the other subject.
The data were collected in two sessions. In the first session test forms were distributed. After giving proper instructions they were asked to start marking and after completion, the forms were collected.

5.2 CONCLUSION :
01. Male Inter University Volleyball players are significantly more Anxiety than the Female Inter University Volleyball players.
02. 18-21 year Inter University Volleyball players are significantly more Anxiety than the 22-25 year Inter University Volleyball players.
03. Female Inter University Volleyball players are significantly more Introvert than the Male Inter University Volleyball players.
04. Male Inter University Volleyball players are significantly more Extrovert than the Female Inter University Volleyball players.
05. 18-21 year Inter University Volleyball players are significantly more Extrovert than the 22-25 year Inter University Volleyball players.
06. 22-25 year Inter University Volleyball players are significantly more Introvert than the 18-21 year Inter University Volleyball players.
07. Male and Female Inter University Volleyball players will not differ significantly in term of their scores on Neuroticism Dimension of Personality.
08. 18-21 year Inter University Volleyball players are significantly more Neuroticism than the 22-25 year Inter University Volleyball players.

5.3 Discussion:-
Eysenck’s theory is based primarily on physiology and genetics. Although he is a behaviorist who considers learned habits of great importance, he considers personality differences as growing out of our genetic inheritance. He is, therefore, primarily interested in what is usually called temperament.

Eysenck is also primarily a research psychologist. His methods involve a statistical technique called factor analysis. This technique extracts a number of “dimensions” from large masses of data. For example, if you give long lists of adjectives to a large number of people for them to rate themselves on, you have prime raw material for factor analysis.

5.4 SUGGESTIONS:
01. It will be quite beneficial for the development of Volley-ball players and games so, I strongly recommend that each and every coaches, team makers and selectors must apply for the psychological, personality and anxiety test on the players.
02. National level and state level, everyone must measure the mental, health as well as physical fitness.
03. If we measures personality and anxiety factors that will be useful for the coaches in the coaching.
04. It will be beneficial for the selection process and for the classification of players.

Signature of Guide  Signature of Researcher
Dr. Suhail Ahmed Khan           Mohd. Abdul Bari