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**Dr. Kumaraswamy**  
Don Bosco Institute of  
Technology Mysore Road,  
Kubalagodu Bangalore – 560074  
Karnataka India.

## Psychological study between volleyball and basketball players

**Dr. Kumaraswamy**

### Abstract

The total quality of an individuals behaviour as it is revealed in his habits of thought and expression, his attitude and interests, his manner of acting and his personal philosophy of life. Personality traits are any particular characteristic of an individual which change and develop according to the experience, surroundings and time.

**Keywords:** Psychological Variable- Four Personality Factors (4 PF)

### Introduction

The field of physical education and sports are international discipline. They develop international understanding and universal brotherhood in the present politically conflicting lives. Sports movements are considered one of the major adhesive forces for developing world peace. It may also as one of effective mean in solidifying national integration and developing national character. Sports have become the media of international relationship between the countries.

Sports in the present day have become extremely competitive, previous records are being broken whenever there is competition. It is not mere participation or few days practice that brings an individual victory, but the continuous hard work of training right from childhood, a strong physiological variables may influenced.

### Delimitations

1. The study was delimited to a total of 40 players from Volleyball and Basketball games who have to be represented at Inter-university level.

### Psychological Variable

1. Four Personality Factors (4 PF)

### Hypotheses

The following hypotheses were formulated for empirical validation.

It was hypothesized that

1. There would not be any significant difference in the Sixteen Personality Factors between Volleyball and Basketball Inter-university players.

### Definition and Meaning of the Terms

#### Personality

The word 'personality' is derived from the Latin word 'Persona' and has many different definitions. Wood Wroth and Marquis (1968) <sup>[6]</sup> defines personality as "the total quality of an individuals behaviour as it is revealed in his habits of thought and expression, his attitude and interests, his manner of acting and his personal philosophy of life."

Personality traits are any particular characteristic of an individual which change and develop according to the experience, surroundings and time.

### Correspondence

**Dr. Kumaraswamy**  
Don Bosco Institute of  
Technology Mysore Road,  
Kubalagodu Bangalore – 560074  
Karnataka India.

## Methodology

### Selection of subjects

The purpose of the present study is to compare the selected physical, anthropometric measurements and psychological variables between volleyball and basketball university players of Bangalore University, Mangalore University, University of Mysore and Kuvempu University volleyball and basketball teams. To achieve the purpose of the study, ninety six male players were selected at random from each category of Basketball and Volleyball players, a total of 96 players in Karnataka state, India, who had their credit in participating interuniversity tournaments during the academic year 2014-15 in their respective games.

### Selection of variables

**Psychological Variable:** 1. Four Personality Factors (4 PF)

### Selection of Tests

The present study was undertaken primarily to compare the selected psychological variables among selected Inter-university level Basketball and Volleyball players. As per the available literatures, the following standardized tests were used to collect relevant data on the selected dependent variables and they were presented.

### Research Design and Statistical Analysis

A two-sample t-test can only be used to assess the significance of the difference between the mean values of two independent

groups. To compare differences in the mean values of three or more independent groups, Analysis of Variance (ANOVA) is used. Thus, ANOVA is suitable when the outcome measurement is a criterion variable and when the explanatory variable is categorical with three or more groups. A One-way ANOVA is used when the effect of only one categorical (outcome) is explored. The concept of ANOVA can be thought of as an extension of a two-sample t-test.

### Analysis and Interpretation of the Data

The analysis of data and detailed results of the study have been discussed in this chapter. The purpose of the present study was to compare the selected anthropometric measurements and psychological variables between Basketball and Volleyball Inter-university players of Karnataka. To achieve this, ninety six male players were selected randomly from each category of Basketball and Volleyball games, a total of 96 players in Bangalore University, Mangalore University, University of Mysore and Kuvempu University teams of Karnataka state, India, who had their credit in participating university tournaments during the academic year 2014-15 in their respective games.

The probability level below which we reject the hypotheses is termed as level of significance. The 't' value obtained by 't' Test Analysis was compared at 0.05 and 0.01 levels of significance, which was considered as adequate.

**Table 1:** Table showing comparison of Personality Factors between university Basketball and Volleyball players.

Sl. No.	Personality Factors	Basketball Players (N=20)			Volleyball Players(N=20)			
		Mean	Standard Deviation	Standard Error Mean	Mean	Standard Deviation	Standard Error Mean	Mean Difference
1.	Personality Factor-Q <sub>1</sub>	1.812	0.816	0.117	1.833	0.780	0.112	0.020
2.	Personality Factor- Q <sub>2</sub>	2.562	0.580	0.083	2.541	0.503	0.072	0.020
3.	Personality Factor- Q <sub>3</sub>	1.479	0.618	0.089	1.437	0.580	0.083	0.041
4.	Personality Factor- Q <sub>4</sub>	2.062	0.665	0.096	1.916	0.678	0.098	0.145

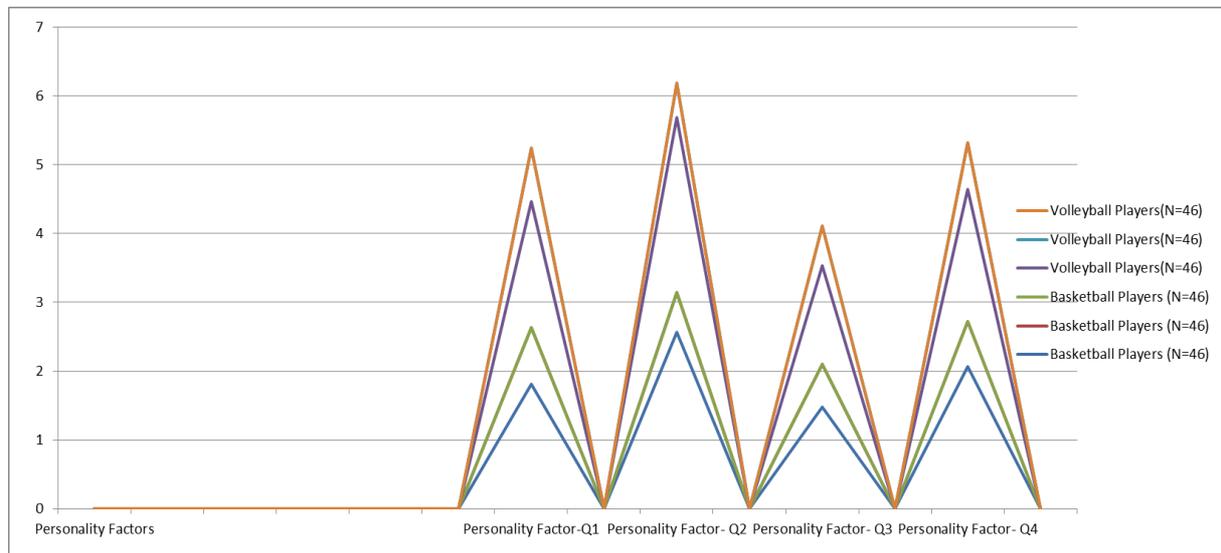
The table-1 shows mean, standard deviation, standard error and mean difference in the Personality Factor variables between university Basketball and Volleyball players.

The obtained values on Personality Factor-Q<sub>1</sub> (Conservative vs Experimenting) as shown in the table the Basketball players' mean was 1.812 with standard deviation of 0.816 and standard error mean of 0.117 and volleyball players' mean was 1.833 with standard deviation of 0.780 and standard error mean of 0.112. The Personality Factor-Q<sub>1</sub> (Conservative vs Experimenting) mean scores of basketball players had less when compared with Personality Factor-Q<sub>1</sub> mean scores of volleyball players. It concludes that the university Volleyball players had more Personality Factor-Q<sub>1</sub> (Conservative vs Experimenting) than Basketball players.

The obtained values on Personality Factor-Q<sub>2</sub> (Group Dependent vs Self-Sufficient) as shown in the table the Basketball players' mean was 2.562 with standard deviation of 0.580 and standard error mean of 0.083 and volleyball players' mean was 2.541 with standard deviation of 0.503 and standard error mean of 0.072. The Personality Factor-Q<sub>2</sub> (Group Dependent vs Self-Sufficient) mean scores of volleyball players had less when compared with Personality Factor-Q<sub>2</sub> mean scores of basketball players. It concludes that the university Basketball players had more Personality Factor-Q<sub>2</sub>

(Group Dependent vs Self-Sufficient) than Volleyball players. The obtained values on Personality Factor-Q<sub>3</sub> (Indiscipline Self Conflict vs Controlled) as shown in the table the Basketball players' mean was 1.479 with standard deviation of 0.618 and standard error mean of 0.089 and volleyball players' mean was 1.437 with standard deviation of 0.580 and standard error mean of 0.083. The Personality Factor-Q<sub>3</sub> (Indiscipline Self Conflict vs Controlled) mean scores of volleyball players had less when compared with Personality Factor-Q<sub>3</sub> mean scores of basketball players. It concludes that the university Basketball players had more Personality Factor-Q<sub>3</sub> (Indiscipline Self Conflict vs Controlled) than Volleyball players.

The obtained values on Personality Factor-Q<sub>4</sub> (Relaxed vs Tense) as shown in the table the Basketball players' mean was 2.062 with standard deviation of 0.665 and standard error mean of 0.096 and volleyball players' mean was 1.916 with standard deviation of 0.678 and standard error mean of 0.098. The Personality Factor-Q<sub>4</sub> (Relaxed vs Tense) mean scores of volleyball players had less when compared with Personality Factor-Q<sub>4</sub> mean scores of basketball players. It concludes that the university Basketball players had more Personality Factor-Q<sub>4</sub> (Relaxed vs Tense) than Volleyball players.



**Fig 1:** Comparison Mean scores of Personality Factor-Q, Q2, Q3 & Q4 (Conservative vs Experimenting, Group Dependent vs Self-Sufficient, (Indiscipline Self-Conflict vs Controlled & Relaxed vs Tense ) variable between Basketball and Volleyball players.

### Discussion of Results

Within the limitation of the present study the following conclusion were drawn on the basis of obtaining results.

### Psychological Variables

On the basis of psychological variable: 4 PF (Personality Factors); Cattle's 'The Sixteen Personality Factor Questionnaire' was used to determine the personality factors between Basketball and Volleyball players individually. The study established significant differences exist between Basketball and Volleyball players on); Factor-Q1 (Conservative vs Experimenting); Factor Q2 (Group dependent vs Self sufficient); Factor Q3 (Undisciplined self Conflict vs Controlled); and Factor Q4 (Relaxed vs Tense). The both players had similar personality factors in cool, concrete thinking, affect by feelings, submissive, shy, tough minded, trusting, practical, forthright, self assured, conservative, group-oriented, undisciplined self-conflict and relaxed.

The both players had similar personality factors in cool, concrete thinking, affect by feelings, submissive, shy, tough minded, trusting, practical, forthright, self assured, conservative, group-oriented, undisciplined self-conflict and relaxed.

The results shows that significant differences were found between Basketball and Volleyball players on Factor-F (Sober v/s Happy-Go-Lucky) personality factor. The volleyball players had sober than basketball players. The basketball players are more restrained, reticent and introspective than volleyball players. They some sometimes dour, pessimistic, unduly deliberate and considered smug and primly correct by observers. They tend to be sober, dependable people.

### Summary, Conclusion and Recommendations

#### Summary

The present study is considered with various psychological variables, so as to compile the psychological parameters of basketball and volleyball game players, the following 8 personality factors.

#### Conclusion

Within the limitations of the present study the following conclusion are drawn

1. There was no significant difference in the Personality Factor-Q<sub>1</sub> (Conservative Vs Experimenting) between Basketball and Volleyball university players.

2. There was no significant difference in the Personality Factor-Q<sub>2</sub> (Group dependent Vs Self-sufficient) between Basketball and Volleyball university players.
3. There was no significant difference in the Personality Factor-Q<sub>3</sub> (Indiscipline self conflict Vs controlled) between Basketball and Volleyball university players.
4. There was no significant difference in the Personality Factor-Q<sub>4</sub> (Relaxed Vs Tense) between Basketball and Volleyball university players.

### Recommendations

The following recommendations for future research are based on the results of this investigation and the related literature.

1. Talent identification programs should be implemented at various levels such as schools, colleges, universities and state. To improve the performance of players to reach at an optimal level not only on the physical, but psychological, social and spiritual health of the sportsperson should be regularly assessed, analyzed to prepare a training schedule accordingly.

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