



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2016; 3(6): 92-94  
© 2016 IJPESH  
www.kheljournal.com  
Received: 20-09-2016  
Accepted: 21-10-2016

**Dr. Maibam Nodiyachand Singh**  
Assistant Professor, Department  
of Physical Education and  
Sports Science, Manipur  
University, Canchipur, Imphal,  
Manipur, India

**Dr. Abdul Rahaman**  
Guest Lecturer, Department of  
Physical Education and Sports  
Science, Manipur University,  
Canchipur, Imphal, Manipur,  
India

**Khadangbam Mukta Singh**  
Research Scholar, Department of  
Physical Education and Sports  
Science, Manipur University,  
Canchipur, Imphal, Manipur,  
India

#### Correspondence

**Dr. Maibam Nodiyachand Singh**  
Assistant Professor, Department  
of Physical Education and  
Sports Science, Manipur  
University, Canchipur, Imphal,  
Manipur, India

## A comparative study of shyness between male and female inter-collegiate volleyball players of Manipur

**Dr. Maibam Nodiyachand Singh, Dr. Abdul Rahaman and Khadangbam Mukta Singh**

#### Abstract

The purpose of the present investigation was to compare the level of shyness between male and female inter-collegiate volleyball players of Manipur. Fifty (50) volleyball players (male = 25, female = 25) who represented in the inter-collegiate volleyball tournament held at Modern College, Porompat under the Manipur University, Canchipur (India) were taken as the subjects. The age of the subjects ranged from 17 to 28 years. To find out their level of shyness, Shyness Scale (SC) developed by Cheek & Melichor (1985) was administered on the subjects. t-test was used to analyze the data. Results of the study revealed insignificant difference subsist between male and female inter-collegiate badminton players of Manipur with regard to shyness.

**Keywords:** Shyness and Volleyball

#### Introduction

The Game of volleyball was invented in America in 1895 A.D. William G. Morgan, who was a physical director in the Gymnasium of Y.M.C.A., invented the game of volleyball. In USA, Y.M C.A. played an important role in developing volleyball. First time, the National Volleyball Championship was organized by Y.M.C.A, in New York in 1922. The Y.M.C.A in USA made the rules of this game in the initial stage for the proper development of volleyball. International Volleyball Association was established in 1947 A.D. The First Asian Volleyball Championship was held at Tokyo (Japan) in 1955. The volleyball was started in India by Y.M.C.A. The Volleyball Federation of India was formed in 1950. The game of volleyball was included in Tokyo Olympic in 1964. In 1952, the National Volleyball was organized in Chennai (Sharma & Sharma, 2008) [5].

Shyness (also called diffidence) is the feeling of apprehension, lack of comfort, or awkwardness especially when a person is in proximity to the other people. This commonly occurs in new situations or with unfamiliar people. Shyness can be characteristic of people who have low self-esteem. Stronger forms of shyness are usually referred to as social anxiety or social phobia. The primary characteristic of shyness is a largely ego-driven fear of what other people will think of a person's behavior. This result in a person becoming scared of doing or saying what he or she wants to out of fear of negative reactions, being laughed at or humiliated, criticism and /or rejection. A shy person may simply opt to avoid social situations instead. The shyness may come from genetic traits, the environment in which a person is raised and personal experiences. Shyness may merely be a personality trait or can occur at certain stages of development in children. Shyness can also be seen on a biological level as a result of an excess of cortisol. The prevalence of shyness in some children can be linked today length during pregnancy, particularly during the midpoint of prenatal development. An extreme case of shyness is identified as a psychiatric illness, which made its debut as social phobia in DSM-III in 1980, but was then described as rare. Shyness affects people mildly in unfamiliar social situation where one feels anxiety about interacting with new people.

#### Objective of the Study

The main objective of the study was to compare the level of shyness between male and female inter-collegiate volleyball players of Manipur.

**Review of Literature**

Developmental psychologists have argued that shyness may be a behavioral manifestation of earlier childhood inhibition to novelty (Kagan, Reznick, Snidman, Gibbons & Johnson, 1988) [3]. Within the athlete context, shyness has been cited as being a ‘deviant’ behavior and therefore an undesirable quality (Ikhiaga, 1996) [2]. This claim was made within the context of team sports. Ikhiaga argued that athlete who is shy would not be assertive enough within their team and thus would not make a sufficient contribution to the team (Shameli, Barzide & Gholami, 2013) [4]. The study of investigation of sports affect on shyness reduction in an athlete and non-athlete boy teenagers. Multistep cluster sampling method was used to select test sample among 9-13 years old boys’ students in Neiriz City. Forty four people were selected which were divided into two groups of athlete and non-athlete students. Data were collected by Chick and Boss Shyness Scale questionnaire and analyzed by Independent t-test.

**Method**

**Participants**

For the purpose of this study Fifty (50) Volleyball players (male=25, female =25) who represented in inter college Volleyball (Men and Women) tournament, Manipur University, 2015-16 were considered as subjects.

**Tool:**

For measuring the Shyness of the subjects a questionnaire developed by Cheek and Melichor (1985) [1] was used. It is a five point likert type scale having 20 items. It is a popular tool being used by the psychologists for measuring the shyness level. Its reliability has been reported as 0.94 according to its norms.

**Procedure**

The questionnaire was administered on the subjects during inter college Volleyball (Men & Women) tournament held at Modern College, Porompat under the Manipur University, Canchipur (India) from 2<sup>nd</sup> to 4<sup>th</sup> October, 2015. Before administration of questionnaire, the canvasser approached the subjects through their coaches and managers at the personal level requesting them to extend their persistent cooperation in the data collection.

**Data Analysis**

The data thus collected were statistically treated by using Statistical Package for the Social Science (SPSS) version 20.0 computing Mean, S.D. and t-ratio were computed to explore significant difference between two experimental groups on the psychological parameter of shyness considered for the study. The results have been presented in the following table:

**Results**

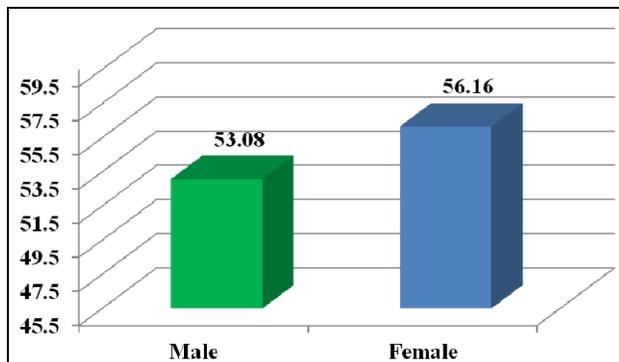
**Table:** Indicating the mean difference on Shyness between male and female inter college Volleyball players of Manipur.

Shyness				
Experimental Groups	No. of Subject	Mean	Standard Deviation	t-ratio
Male	25	53.08	7.28	1.55
Female	25	56.16	6.71	

Tabled value of ‘t’ at 0.05 level of significance with 48 df = 2.01

It may be observed from the table that insignificant difference was found between male and female inter-collegiate volleyball

players of Manipur. The obtained ‘t’ value (1.55) is considerably lesser than the tabulated ‘t’ value 2.01 at 0.05 level of significance with 48 degree of freedom.



**Fig:** Illustration showing difference of shyness between male and female inter-collegiate volleyball players of Manipur.

**Discussion**

As per the results of the study, the obtained mean scores (male = 53.08 & female = 56.16) have clearly suggested that both the groups of volleyball players have considerably moderate scores on their shyness. There existed an insignificant difference in the shyness of male and female inter-collegiate volleyball players of Manipur.

The result of the study may be corroborated with the findings of Singh, Dhaliwal, Bal and Singh (2014) [6] who compared the role of passion and shyness in sports and found that an insignificant difference existed between male inter-college basketball and football players in regard to shyness. In a similar study YuQiang and XiaoFei (2012) [7] who compared the effects of taekwondo on improving the sense of shyness and the concept of physical self of college students and observed no significant differences in the sense of shyness of the college students.

**Conclusion**

On the basis of the results obtained from the present empirical investigation it may be concluded that male and female inter-collegiate volleyball players of Manipur did not significantly differ on their level of shyness. The findings also suggest that shyness level of these volleyball players (male and female) cascade in the average range which seemed to be necessary for excelling minimum shyness during the competition.

**References**

- Cheek JM, Melichor LA. Measuring the Three Components of Shyness. In M.H. Davis and S.L. Franzoi (Co-chairs), Emotion, Personality, and Personal Well-Being II. Symposium conducted at the annual convention of the American Psychological Association, Los Angeles. 1985. <https://en.m.wikipedia.org/Shyness>. Retrieved on October 23, 2016.
- Ikhioya OSA. Adopting effective control measures for some behavioral problem among athletes. Journal of Sports Behavior. 1996; (20):54-56.
- Kagan J, Reznick JS, Snidman N, Gibbons J, Johnson MO. Childhood derivatives of inhibition and lack of inhibition to the unfamiliar. Child Development. 1988; 59(6):1580-1589.
- Shameli L, Barzide P, Gholami S. Does Sports Reduce Shyness in Boy Teenagers? Procedia-Social and

- Behavioral Sciences. 2013; (84):1441-1443.
5. Sharma VP, Sharma VK. Volleyball History. Saraswati Health and Physical Education. Saraswati House Pvt. Ltd. New Delhi (India). 2008, 126.
  6. Singh P, Dhaliwal GS, Bal BS, Singh D. A Comparative Analysis of Passion and Shyness in Sports: A Key towards Success. International Journal of Behavioral Social and Movement Sciences. 2014; 3(4):23-27.
  7. YuQiang Z, XiaoFei X. The effects of Taekwondo on improving the sense of shyness and the concept of physical self of college students. Journal of Physical Education. 2012; 19(2):94-99.