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**Ravi Solanki**

Ph.D. Research Scholar,  
Department of Physical  
Education, Kalinga University,  
Naya Raipur, Chhattisgarh,  
India

**Sanjeev Sakya**

Assistant Professor, Department  
of Physical Education, Kalinga  
University, Naya Raipur,  
Chhattisgarh, India

**Manoj Rathi**

Department of Physical  
Education, Motilal Nehru  
College (E), University of Delhi,  
India

**Pawan Kumar**

Department of Physical  
Education, Bhaskaracharya  
College of Applied Sciences,  
University of Delhi, Dwarka,  
New Delhi, India

**Corresponding Author:**

**Ravi Solanki**

Ph.D. Research Scholar,  
Department of Physical  
Education, Kalinga University,  
Naya Raipur, Chhattisgarh,  
India

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## Psychological profiling of national level female volleyball players

**Ravi Solanki, Sanjeev Sakya, Manoj Rathi and Pawan Kumar**

**Abstract**

A sport is a psycho-social activity. Sports psychology in many ways is a scientific field of enquiry. Researchers are afforded ample opportunity to observe, describe and explain the various psychological factors that influence diverse aspects of sports and physical activity. Profiling is one of the most common strategies for identifying characteristic of the contributors. In example - A player profile is an all- round picture of that individual player-looking at each attribute. The principle underlying behind the profiling in sports is to bind up a coach athlete healthy relationship to help the performer to reach his or her full potential. Psychological profile of a player focuses the image of different characteristics of the player possessed for all round performance. Assessment of profiling help coaches to identify the strength and weakness of a player. It also helps to draw the crucial information regarding the condition of the players and kind of training should bring on focus to develop optimum performance. Psychological profile distinguished successful and less successful players and their abilities to perceived higher performances. Psychological profiling help to construct sports based knowledge, confidence, awareness and motivation that provide the means for monitoring the performance and also to build up coach- athlete relationship this study was selected to analyze the Psychological Profiling of National Level Female Volleyball Players. It was conducted on hundred nation level female volleyball players. The players were delimited to national level players of North India. The variable studied was Achievement Motivation. The collection of data was analyzed on the criterion measures viz. Sports Achievement Motivation Test (SAMT) developed by M L Kamlesh, 1990. Mean scores and standard deviation were calculated in order to study the achievement motivation. The age of the players ranged from 17 to 25 years. Player's profiles have been discussed in terms of each player's relative standing on each psychological variable. To standardize the test, mean and standard deviation of each variable was calculated viz. achievement motivation  $25.2 \pm 1.9$ . It is very clear that female volleyball players may not be considered to possess very bright traits on achievement motivation.

**Keywords:** psychological profiling, achievement motivation, attribute, optimum

**Introduction**

Sport Psychology is an interdisciplinary science that draws the knowledge from many sports and sports allied fields including Biomechanics, Physiology, Kinesiology and Psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological as well as physical factors. Sports psychologists generally deal with variety of situational issues that affect performance enhancement. Athletes and coaches have often described the crucial "psychological factors" that resulted in a momentum shift during a game or explained an important loss on the road as a function of the influential force of game location.

A player profile is an all- round picture of that individual player-looking at each attribute. From the sports psychological point of view, profiling is psychologically a subjective analysis of the athlete on their chosen sport; where individual psychological assessments of the athlete, implementation of appropriate training techniques and the evaluation of the effectiveness of the program are also included. (Bajc, 2017) [5]. Weston *et al.* (2011) found in their study that Athletes believed profiling could be useful in: (1) raising their self-awareness; (2) helping them decide what they need to work on; (3) motivating them to improve; (4) setting goals for themselves; (5) monitoring and evaluating their performance; and (6) taking more responsibility for their development.

Psychological components got important to the athlete and the coaches for its various uses:

**Talent Identification:** Identify talent at an early stage will give a prominent advantage to an organization with less possible expenditure of drop outs and minimum failure.

**Performance Enhancement:** Nowadays the knowledge of psychological profiling is become very common for an athlete or team in elite level. Psychological profiling gives awareness or ideas for making strategies to deal with the lacking through maintaining or practicing different type of psychological trainings. Profiling helps to pick the correct training strategies which can useful for enhancement of performance.

**Coping with Situation:** Athlete's ability to adopt and cope up with various situations defines a prediction of successful performance, Psychological profile used as a tool to determine coping abilities in various situations. To an effective training protocol or an applied practice understanding of coping effectiveness has a strong impact in performance

### Sports Achievement Motivation

Achievement Motivation is described as an essential to execute well or the trying advancement and affirms by vigour and attempt in spite of inconveniences. It is considered as central human stimulation. Achievement motivation is the propensity to struggle for success, endure even with disappointment and experience pride in achievements. It includes rivalry with specific benchmarks of magnificence of performance of him or others. Murray characterized achievement motivation as pursue "To achieve something other than what's expected, bothersome, to ace, to manage or arrange physical articles, individuals or thoughts, to perform it rapidly and as autonomously as would be prudent; to conquer hindrances and accomplish an exclusive anticipation; to exceed prospects oneself and to recovery and outperform others and to build self respect by the fruitful exercise of ability. The term Achievement Motivation alludes to inspiration coming from a wish to do well or a decided for progress. It is clear by exertion and tirelessness notwithstanding challenges.

An understanding of the nature of achievement motivation is helpful in understanding kinds in general as well as individually in terms of what they do and how long they continue in sports. The standard of brilliance might be discussion related, self related or others related. When it is undertaking related, the individual contrast his accomplishments and claim past achievements and when it is others related, the individual contrasts his achievements and those of others.

Regardless of whether the standard of perfection is assignment related, self related or others related, it comprises of two sections one implying achievement and the other connoting disappointment. Perfection in sports is only achieved when mastery is achieved in every stage of learning. In this process the identification of various Psychological, measurements are required to provide a good baseline and reference for coaches, sports scientists, and physiotherapists as well as the future researchers. Therefore the scholar initiated to study the Psychological profile of volleyball players. Hence, the present study was undertaken.

### Hypothesis

It was hypothesized that the National female Volleyball players would have high level of Sports Achievement Motivation.

### Materials and Methodology

**Selection of subjects:** The study was conducted on hundred nation level female volleyball players. The players were delimited to national level players of North India. The age of the players ranged from 17 to 25 years.

**Selection of tests and questionnaire:** The variable selected was Achievement Motivation. The collection of data was analyzed on the criterion measure of Sports Achievement Motivation Test (SAMT) developed by M L Kamlesh, 1990. Mean scores and standard deviation were calculated in order to study the achievement motivation.

### Identification and Selection of Test Items

Every possible care has been taken to select the tentative testing variables, which most closely relate to approximate the actual playing characteristics for the game of volleyball. Since the researcher not only specialized in volleyball in his graduate and post graduate studies but also participated as player in many competitions at different levels, the first step adopted by him is the personal Experience of many years and observation of the game over the years had made researcher to conclude that game of volleyball involves the following psychological aspects which is also agreed by the supervisor and the available literature of the sport. The research also met some of the national level coaches, state level coaches and referees to seek their expert opinion and suggestions.

After a long discussion and critical analysis with experts, supervisor and experts from the field of physical education and sports sciences, the possibility of the following specific variables was identified, and thereafter the methods of their evaluation was devised. Apart from the personal observation, the researcher had gone through the related literature (Library and Internet), various books and watching various levels of volleyball matches live as well as on television, to acquaint himself with the procedures.

### Reliability of the Data

The Reliability of data was ensured by establishing the Instrument reliability and the Tester's reliability. The questionnaires selected for the collection of the data for psychological parameters were selected because they were found to be the most effective and reliable and had been extensively used in the field of Physical Education & Sports Sciences throughout the world. The reliability of the questionnaires is given below:

**Table 1:** Reliability of the selected psychological questionnaire

S. No.	Name of the Test	Variable	Reliability
1	SAMT	Sports Achievement Motivation Test	0.79

### Administration of the Questionnaires

To ensure that the investigator was versed with the techniques of conducting the test, investigator underwent a number of practice sessions in testing procedure under the expert. The tester competency was evaluated together with the reliability of tests.

### Sport Achievement Motivation Test

Achievement motivation as related to sports is the degree to which a player is willing to approach a competitive situation (Watson). The sports achievement motivation test is a self evaluation questionnaire of twenty statements responses value of which expand from zero to forty in total. Each statement carries a maximum score of 2 and the minimum zero. When the subjects ticked the high pole part, he was given 2 points and when he touched the low pole, he earned zero.

After conducting other studies by using SAMT the following classification criteria based on percent and points was taken out.

Raw/Mean Score	Classification
0-24	Low
24-30	Moderate
30 and above	High

The treatment of the data obtained from the administration of SAMT to the subjects was done in the light of the instructions contained in the test.

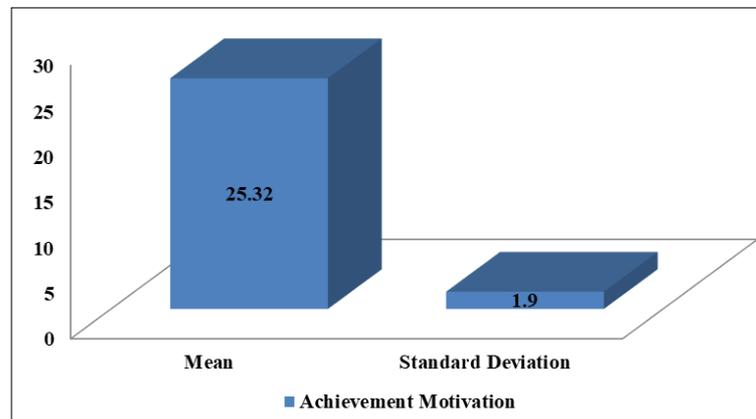
### Analysis of Psychological Data

In order to achieve the sports competition anxiety of national level female volleyball players mean score and standard

deviation were calculated and for sketching individual profiles standardized intervals were created by adding/ subtracting .5 SD to total sample mean. The statistical analysis of the data was done in accordance with the purpose of the study; firstly the data obtained from the administration of all the test items were subjected to descriptive analysis, in order to have an idea about the characteristics of all the test items. The results of the study have been shown in table 2 with graphical presentation.

**Table 2:** Mean Scores and Standard Deviation of Women Volleyball Players on the Basis of SAMT (Sport Achievement Motivation Test)

S. No.	Traits	Mean	+ S.D.
1.	Achievement Motivation	25.32	1.90



**Fig 1:** Graphical Representation of Sports Competition Anxiety (Mean Scores  $\pm$  S.D) of Women Volleyball Players on the Basis of SAMT

### Achievement Motivation

Achievement motivation in relation to sports situation is the degree to which an individual is willing to approach a competition situation. A sports achievement test used in this study is a self evaluation questionnaire. Response value of which extends from 0 to 40 in total. The mean scores of female Volleyball players is  $25.32 \pm 1.90$  as given in above

table falling within 24 to 30 internal which is characterized by moderate level of sports achievement motivation. Hence from the obtained mean it is very clear that female volleyball players may not be considered to possess very bright traits on achievement motivation. Thus the hypothesis stands not accepted that "the level of achievement motivation in female volleyball players would be high".

**Table 3:** The Individual Raw Scores of Women Volleyball Players on the Basis of SCAT

S. No.	SAMT						
1	24	26	28	51	26	76	24
2	26	27	26	52	28	77	26
3	22	28	24	53	28	78	26
4	24	29	22	54	28	79	26
5	24	30	26	55	26	80	26
6	24	31	22	56	28	81	24
7	26	32	24	57	28	82	28
8	20	33	26	58	28	83	24
9	24	34	26	59	26	84	26
10	26	35	26	60	24	85	28
11	22	36	26	61	22	86	28
12	24	37	24	62	26	87	28
13	28	38	26	63	22	88	26
14	26	39	24	64	24	89	28
15	26	40	24	65	26	90	28
16	28	41	26	66	26	91	28
17	26	42	26	67	26	92	26
18	26	43	24	68	26	93	24
19	28	44	26	69	24	94	22
20	30	45	26	70	26	95	26
21	28	46	26	71	24	96	22
22	24	47	26	72	24	97	28
23	26	48	24	73	24	98	28
24	28	49	28	74	26	99	26
25	28	50	24	75	26	100	24

SAMT- Sports Achievement Motivation Test

Table 3 clearly indicates the raw scores of the selected variables of Achievement Motivation for the selected female national level volleyball players of North India.

### Conclusion

The mean scores of female Volleyball players is  $25.32 \pm 1.90$  as given in above table falling within 24 to 30 interval which is characterized by moderate level of sports achievement motivation. Hence from the obtained mean it is very clear that female volleyball players may not be considered to possess very bright traits on achievement motivation.

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