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Frustration tolerance between the volleyball players at senior and junior national level: A comparative study

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Abstract

The purpose of the study was to compare the Frustration Tolerance (FRTO) between the Volleyball Players at Senior and Junior National Level. 200 Junior and Senior National level Volleyball players were selected randomly as a subject from Senior and Junior national volleyball championship. The age range for Senior Players was above 21 years and Junior players the age was below 19 years to compare the FRTO between the subjects the t-test was applied at 0.05 level of significant. The research showed a significant difference in Frustration tolerance between the volleyball player of Junior and Senior National Level. The Study also revealed that the increase or decrease of level of Frustration Tolerance level do effect on the Increase or decrease of level of performance of the players.

Keywords: Frustration tolerance, senior players, junior players, national volleyball players

Introduction

The nature of volleyball players, which attracts a great number of children and young people together for the volleyball game, In present Volleyball is a game with great hope in the demonstration of movement activities, and even the players with high caliber of motor and functional capacities can't show the proper tactical and technical characteristics in the complete duration of the match.

Impact of psychology on sports performance is highly associated. Ask to any champion athlete whether psychology is vital to success, and the answer every time will be a resounding *yes*. What many athletes and coaches are unsure about is how precisely to develop psychological skills and the mental approach to training and competition. Our aim is to provide a structured, easy-to-use guide to help athletes and coaches to develop the psychological aspects of performance. Clearly, the mental aspect of performance can vary from day to day. If this were not the case, Tiger Woods would always win the US Open, Usain Bolt would always win the 100-metre title, and Brazil would always win the FIFA World Cup. The huge appeal of sport stems from its unpredictability: we never know for sure who's going to win. It is precisely this uncertainty that can be a source of great, frustration for athletes and often for thoughts, feelings and behaviors that are not conducive to good performance. Applied sport psychology is closely related to its parent disciplines of psychology, physical education and sport science. It has become extremely popular over the last three decades because coaches and athletes have begun to realize just how much of sporting performance depends on the mental approach. We would argue the applied sport psychology is both a science and an art. It is a science insofar as key principles from psychology are applied to sport often with the goal of enhancing performance, but it can also considered an art because the right mix of applied interventions take great skill, imagination, cunning and creativity (Costas & Peter, 2011).

The true force of imagination is revealed in dreams and nightmares, where images are often so vivid they cause us to wake up in cold sweat. But imagination has an equally real effect on our conscious lives. It has the power to release hidden strength or to inhibit performance, therefore, the more you can control your imagination and the more you can expect to control your production or presentation. The ability to use visualization varies greatly. Some people can evoke only visual images, whereas others can more readily imagine how actions feel. The fortunate ones are able to recreate experiences all five senses. People also vary in the vividness of their imagery and the degree to which they can control action during visualization.

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Mental Training in Sports Just telling an athlete to relax won't produce the desired response unless the player already knows how to relax through prior practice and training. MST programs can sometimes be comprehensive and involve a variety of skills or they might focus on just one or two skills. All the persons doing activities and exercise found the victim of mental issues and mistakes. You became angry and frustrated with your performance and put yourself down.

Frustration is an emotional response to the situations where one faces hurdles in achieving his personal goals. The more important the goal, the greater the frustration. It is comparable to anger and disappointment. Sources of frustration may be internal or external. Internal causes of frustration involve personal deficiencies such as a lack of confidence in one's self or fear of social situations that prevent one from reaching a goal. Conflict can also be an internal source of frustration when one cannot prioritize his goal and direction to follow first as there is competition of goals that interfere with one another. External causes of frustration involve conditions that are outside the control of the person such as a blocked road; situations that depend on the person's actions but indirectly, such as lack of money, or lack of sexual activity. All individuals at one time or another, in greater or lesser amount have to tolerate frustration in their life.

The frustration tolerance refers to the amount of stress one can tolerate before his integrated functioning is seriously impaired. Thus, frustration tolerance refers to the capacity of the individual to show persistence in efforts and stand up again and face the challenges that life throws at the person despite repeated failures and unfavorable external environment. Thus, it is necessary for an individual to have a high level of frustration tolerance so that a person can combat and fight back from events such as failure in examination, loss of statuses so as to maintain the integration of the personality. Higher levels of frustration tolerance can prevent one from discontinuing his efforts or indulge in any reactionary mode of behavior such as getting involved with drugs or getting caught in depression. (Dedic G and Kostic P. 2001) [8].

Frustration is a valuable phenomenon because of its close relation for the understanding of normal and abnormal behavior, its inevitability in human life, its role in human adjustment and its growing importance in the modern times. A number of Psychologists tried to define this term.

Trotter and McConnel (1978) defined that "Frustration, means to do something in vain. Frustration is defined in many ways by different psychologists, but all of them agree on its general nature, while defining frustration, they emphasized that one of the principal characteristic of the human behavior is that it is motivated or goal directed.

A cultural norm of reciprocity is a social responsibility norm, which describes that the individual should help other people who are dependent upon him and require his assistance and a social exchange norm also work so that people help other people primarily to receive benefits in return. Research is in progress in which attempts are made to illuminate the conditions under which the different norms operate, for instance Berkowitz and Daniels (1963) demonstrated the studies on social 24 responsibility norm and have revealed that individuals exert greater efforts to help a highly - dependent than a less dependent individual, although no direct return in benefits or rewards is anticipated.

Statement of the Problem

The statement of the problem is stated as "Frustration

Tolerance between the Volleyball players at Senior and junior national Level: A comparative Study"

Objectives of the Study

1. To study the Frustration Tolerance level of Senior Volleyball Players.
2. To study the Frustration Tolerance level of Junior Volleyball Players.
3. To compare Frustration Tolerance between Senior and Junior Volleyball players.

Hypothesis

It was also hypothesized that there will be a significant in Frustration Tolerance between the Volleyball players at Senior and junior national Level.

Delimitations

Based on the availability of related literature, experts' opinion, the research scholar confined this study purposively within the following area:

1. The study was delimited to 200 National level Volleyball Players and further delimited to 100 Senior and 100 Junior National level volleyball players.
2. The study was delimited to Senior National level Volleyball Players of age above 21 years and Junior National level Volleyball Players of below 19 years.
3. The study was delimited to male Volleyball Players.
4. This study was further delimited to Frustration Tolerance as research variable.
5. The study was further delimited to the Frustration Tolerance questionnaire by "S.N. Rai

Limitations

The diet, health habit, mental behavior, living standard, cognitive abilities, and daily routine on which the scholars have no control were also considered as the limitation of this study.

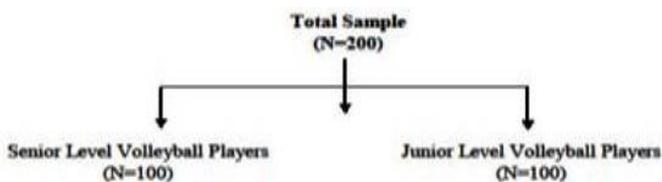
Significance of the Study

The findings of this research study would contribute to the existing knowledge in the domain of Physical Education and Sports in the following ways:-

1. The result of the current study will provide help to the coaches, sports trainers, sports administrators and Physical Education Teachers in their professional works.
2. The study will provide the support to the coaches and physical educationists in selecting the Volleyball Players according to their Frustration tolerance.
3. This study may throw the light on problems faced by Volleyball Players at different level of their participation due to these factors.
4. The results of the present study will provide help in designing various training plans for the different level Volleyball Players.
5. The study will be of great help for the assessment of various psychological characteristics of Volleyball Players, which are vital phenomenon in the present sports.

Sampling

For the purpose of the study researcher used 200 hundred national volleyball players as a subject in which 100 Senior Volleyball Players and 100 Junior Volleyball players of National level were considered as the sample of the study.



Tools/Tests Used

Frustration Tolerance Inventory (FRTO); developed by S. N. Rai. This battery consists of 4 puzzles. Respondent were required to draw the figures for solving the puzzles. For getting the status of frustration tolerance of the subjects, I and III time puzzle were summed and their mean time was measured.

Analysis of Data

Table 1: Descriptive Statistics of the Frustration tolerance

Variable	Groups	N	Mean	Std. Deviation	Std. Error Mean
Frustration tolerance	Junior	100	6.73	.35	.035
	Senior	100	6.22	.37	.037

Table 1 shows the mean of Frustration tolerance of Junior level volleyball player ($6.73 \pm .35$) whereas the mean of frustration tolerance of Senior level volleyball players is ($6.22 \pm .37$) respectively. It indicates that Junior and Senior level volleyball players are differing significantly on frustration tolerance level. Junior level volleyball players have lower level of frustration tolerance in compared to senior level volleyball players.

Table 2: Comparison of Frustration Tolerance between Senior and Junior Volleyball Players

Groups	Means	S.D	Mean. Diff	SE of mean diff	t-value	p-value
Junior	6.73	.35	.51	.051	10.01	.009
Senior	6.22	.37				

Table 2 shows the t-value is 10.01. This t-value is significant as its p-value is .009 which is less than .05. Thus the hypothesis of equality of population means of two groups is accepted, and it may be concluded that frustration tolerance in both groups are different. Further, the average frustration tolerance level of Junior Players is less than the senior level volleyball players. Graphical Representation of comparison has shown in fig;-1



Fig 1: Frustration tolerance (FRTO)

Result of the study

The present research showed a significant difference in Frustration tolerance between the volleyball player of Junior and Senior at .05 level of significance. Study showed that the increase or decrease of level of Frustration Tolerance level do effect on the Increase or decrease of level of performance of

the players. Therefore, we can say that Senior level of volleyball players who have high level of Frustration Tolerance level should have the high level of performance.

It may be due to maximum number of participation and better playing experience in the different situation at higher level of national championship of Senior volleyball player compared to Junior level of volleyball players, may be the reason for the better performance in the Senior level volleyball. Result of the study endorses the findings of Lakshmi Chand (2015) has examined the combined result of getting motivation and sports achievement upon frustration lenience of high and low achievers players. The study of Jaffer and Rajpal [2017] also supports to the findings of the present study.

On the basis of results and associated discussion, it was concluded that participation in competitive sports may be incorporated in curriculum so that secondary students' frustration tolerance capacity can be enhanced.

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