



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (RJIF): 5.38  
IJPESH 2023; 10(3): 353-354  
© 2023 IJPESH  
[www.kheljournal.com](http://www.kheljournal.com)  
Received: 18-03-2023  
Accepted: 19-04-2023

**Pradeep Kumar Sharma**  
Associate Professor, Ram Lal  
Anand College, University of  
Delhi, India

**Tarak Nath Pramanik**  
Professor, IGIPES, University  
of Delhi, India

**Corresponding Author:**  
**Pradeep Kumar Sharma**  
Associate Professor, Ram Lal  
Anand College, University of  
Delhi, India

# International Journal of Physical Education, Sports and Health

## A study of selected psychological traits of inter-collegiate volleyball players

**Pradeep Kumar Sharma and Tarak Nath Pramanik**

DOI: <https://doi.org/10.22271/kheljournal.2023.v10.i3e.2970>

### Abstract

The purpose of the present study was to investigate a study of selected psychological traits of inter-collegiate volleyball players. The present study was conducted on (48) forty-eight men who participated in the inter-collegiate volleyball championship and were randomly selected as subjects for this study. Male players aged between 18-25 years were selected for the study. The variables selected for the present study were the sports competitive anxiety test and sports achievement motivation test. The sports competitive anxiety test (SCAT) by R. Martin, 1990, and the sports achievement motivation test (SAMT) by Dr. M.L. Kamlesh, 1990 was used as the criterion measures. In order to investigate sports competition anxiety and sports achievement motivation, descriptive statistics (Mean and standard deviation) were computed. The findings suggested that volleyball players had just average levels of achievement motivation. Volleyball players had significant levels of sports competition anxiety, which indicates that they were nervous during the tournament.

**Keywords:** Volleyball, anxiety, motivation.

### Introduction

The phenomena of sports in our social life have grown to be different. Due to its challenges, contests, and ever developing nature, it has gained its place at the peak of human civilization. Psychology is a behavioral science that has helped to enhance athletic performance. Both coaches and athletes have benefited from it in terms of improving performance. Sports administration is focusing a lot more attention to this psychological component of sports. Volleyball is growing into a highly competitive sport that calls both extreme physical as well as psychological fitness. The current volleyball game is characterized by exact differentiation, which can be improved by complete self-control and focused attention. The basis of achievement motivation is active motivation to achieve goals. The true spirit of achievement motivation is considered to be expressed by people who take on tasks with the intention of achieving a goal. The challenges of participating in sports causes anxiety, which has a significant impact on the sport. Athletes' level of success is dependent on how they handle their feelings of anxiety. Anxiety may be an effective motivational factor that helps athletes perform well in sporting competitions. Additionally, there are several conditions that have an impact on anxiety levels. Sports with a higher level of competition tend to cause more anxiety than sports with a lower level of competition. Because participation in competitive sports depends on success. Consequently, this study's goal was to examine the selected psychological traits of inter-collegiate volleyball players.

### Methods

The present study was conducted on (48) forty-eight male who participated in the inter-collegiate volleyball championship 2017-2018 held at University of Delhi, were randomly selected as subjects for this study. All the players or subjects were going through their undergraduate courses and were from 4 different colleges of University of Delhi, Delhi. The sports achievement motivation test standardized by Dr. ML Kamlesh (1990) and the sports competitive anxiety test standardized by Marten (1990) [10] were selected for this study.

**Reliability of the selected psychological questionnaire**

SL. No	Selected Traits	Test	Reliability
1	Sports Competition Anxiety	Sports Competition Anxiety Test (SCAT)	0.85
2	Sports Achievement Motivation	Sports Achievement Motivation Test (SAMT)	0.70

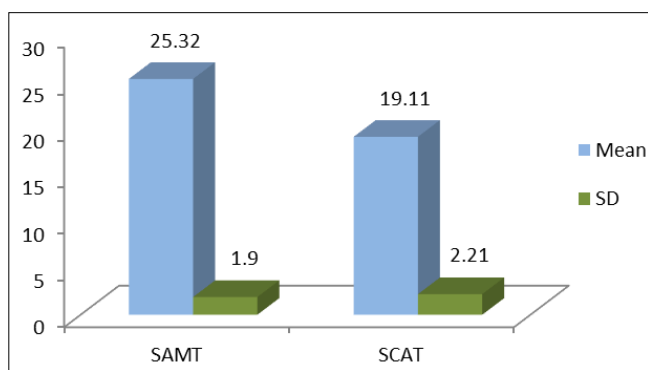
**Statistical Techniques**

Mean and standard deviation were calculated to study the selected psychological traits of inter-collegiate volleyball players.

**Results and Discussion**

**Table 1:** Based on SCAT & SAMT, the mean scores and standard deviation of male volleyball players

Sl. No.	Traits	Mean	Standard Deviation
1.	Achievement Motivation	25.32	1.9
2	Sports Competition Anxiety	19.11	2.21



**Graph 1:** Graphical representation mean and SD of SAMT and SCAT of volleyball players.

**Achievement Motivation**

The degree to which the individual is willing to approach a competing scenario in a sporting context is known as achievement motivation. A self-evaluation questionnaire was employed in this study as a sports achievement test. The total response value ranges from 0 to 40. As can be observed from table 1 and graph 1, men's volleyball players' mean scores and standard deviation are  $25.32 \pm 1.90$ , falling between 24 to 30 internal, which is characterized by a moderate level of sports achievement motivation. Thus, it is evident from the obtained mean that male volleyball players may not be considered to have very bright traits in achievement motivation.

**Sports competition anxiety**

A questionnaire measuring sports competition anxiety was employed for this study, and the total scores ranged from 10 (low competition trait anxiety) to 30 (high competition trait anxiety). The volleyball players' mean and standard deviation are  $19.11 \pm 2.21$ , as shown in Table 1 and Graph 1. This finding suggests a high level of competition anxiety in sports. This outcome demonstrates that the volleyball players were tense during play.

**Conclusions**

**The following findings were discovered within the limitations of the current study**

1. The volleyball players had only just moderate levels of achievement motivation.
2. The high level of sports competition anxiety among volleyball players indicates that they were tense during the competition.

**References**

1. Brown S. The Inter Relationship of Androgyny, Self-esteem and Achievement Motivation of Female Athletes" Completed Research in Health Physical Education and Recreation. 1982;24:46.
2. Bawa Singh Gurdial, Kalpana Debnath. A study of sports competition anxiety among junior and senior female cyclist and gymnastics of national coaching camp" National Psychology Conference SPAI. Souvenir; c1988 Nov. p. 5.
3. Honeen Kyoos Benet. "Prediction of sports competitive state anxiety coaches and athletics", Dissertation Abstracts International. 1980 Apr;44:3009-A.
4. Jane Miner Mary. Gender and level of affiliation and achievement motivation of interscholastic and intercollegiate basketball competition" Dissertation Abstracts International. Feb. 1987;47:3697-A.
5. Lacey Anne. "Competitive traits anxiety level and locus of control among female athletics in intercollegiate individual and team sports" Completed research on health and physical education recreation and dance completed research on health and physical education, recreation and dance. 1982;24:28.
6. Singh Rajendra. Comparison of anxiety level between champion and non-champion male, female judo players of national level" National Sports Psychology Conference SPAI, Non Souvenir; c1986. p. 23
7. Uppal AR, A Sidhu, SR Gangopadhyay. A Study of Sports Motivation of Indian and Zimbabwean Women Hockey Team NIS Scientific Journal. 1988;11-2:17-20.
8. William Maseon N. "Achievement Motivation and Competitive Swimming" Completed Research in Health Physical Education and Recreation. 1982;24:65.
9. Marginson V, Rowlands AV, Gleeson NP, Eston RG. Comparison of the symptoms of exercise-induced muscle damage after an initial and repeated bout of plyometric exercise in men and boys. Journal of Applied physiology. 2005 Sep;99(3):1174-1181.
10. Frost RO, Marten P, Lahart C, Rosenblate R. The dimensions of perfectionism. Cognitive therapy and research. 1990 Oct;14:449-68.