

Difference Of Psychological Variable Mental Health Among Volleyball And Basketball Players

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Abstract

The purpose of this study was to determine the comparative study of mental health among the volleyball and basketball male and female players and the subjects selected for this study were from different states of Punjab. The total sample was 400 (200 Basketball players and 200 volleyball players) age was ranging from 18 to 25 years. Through questionnaire data were collected. To analyse the data and to find out the difference we used mean, standard deviation, degree of freedom and t test. Finding of study showed that there was insignificant difference of mental health among basketball and volleyball players.

Keywords: - Basketball, Volleyball, Pre- Competition, Anxiety, Male and Female players.

Introduction

Basketball is a game of intricate movement combine with great speed and accuracy. The meshing of fundamentally sound players weaving clever patterns of attack and defense develops great teams. The spectators realize this subconsciously, but in many cases cannot recognize it. Shooting which is an evaluation of passing will follow and give the greatest satisfaction in execution. It makes little difference how well a team defends dribbles, shooting and passes to work the ball into a scoring position if the players cannot shoot. The game of basketball as it is seen these days has also undergone a tremendous amount of improvement since its origin in the year 1891 at the YMCA College of Physical Education now known as Springfield College, by Dr. James Naismith with the sole idea of engaging the college students in their free hours to provide

some sort of recreation competition as well as fitness activity (S. Subramanian, 1969).

In the game of volleyball, the success is not a sole product of a player, but it is a collective effort of the team. Each player therefore has to accommodate and survive with fellow players who are varied in characteristics during the game situation. Unless a player understands the situations and others in high level competition, specifically a competition at par, competitive stress makes the player to perceive the competition as the threats and fears. Thus, the mind is the prime mover for all the fictional aspects of a player. These functional aspects are basically underlying the psychobiological factors of an individual since these are mostly in inherited nature, and in these aspects, individuals also are differed from one another. By this it is believed that the difference exists on psychobiological factors among the individuals might have been the source for an individual to be a successful player. Earlier studies have already been confirmed in these aspects that within the game and the same age group, players are significantly differed on ability of perception, apprehension, discriminating and identifying the right stimuli, coping the stress at various levels. Hence spotting the influence of psychobiological factors on the performance of a player may be helpful to determine the functions and success of a player in the game of volleyball.

Objectives

To investigate the mental health among the basketball and volleyball male and female players.

Hypotheses

Based on the reviews and scholar's own understanding of the problem and research findings

- It is hypothesized that there will be no significant difference in mental health level among basketball and volleyball male and female players.

Method & Procedure

In this research work the subjects selected for collection of data were the basketball and volleyball players. The subjects selected for the study was in between the age group of 18-25 years. The total subjects were 400 players. In which 200 subjects were basketball players and 200 subjects were

volleyball players. The method of sampling technique for the selection of subject will be purposive sampling.

Independent variables

The independent variables selected for this study was Psychological variable mental health.

Dependent variables

The dependent variable selected for this study was basketball and volleyball players.

Tools

For the calculation of data following tools are-

Mental Health – Mental Health Inventory by Jagdish and A.K Srivastava 1983.

Statistical Technique

In order to test the hypothesis of the study, descriptive statistics such as (mean, standard deviation, minimum value, maximum value, range) and t test technique will be employed to analyse the difference of mental health among the basketball and volleyball male and female players and level of significance will be set at 0.05.

Results

The objective of the study was to analyse the difference of mental health among basketball and volleyball players.

Table 1

Difference of Mental health among male basketball and volleyball players

Mental Health	Number	Mean	Standard Deviation	Degree of Freedom	t-value	Result
Basketball Male Players	100	141.14	5.71	198	0.26	Insignificant
Volleyball Male Players	100	140.93	5.69			

Figure 1 Bar graph showing the difference of Anxiety among male basketball and volleyball players

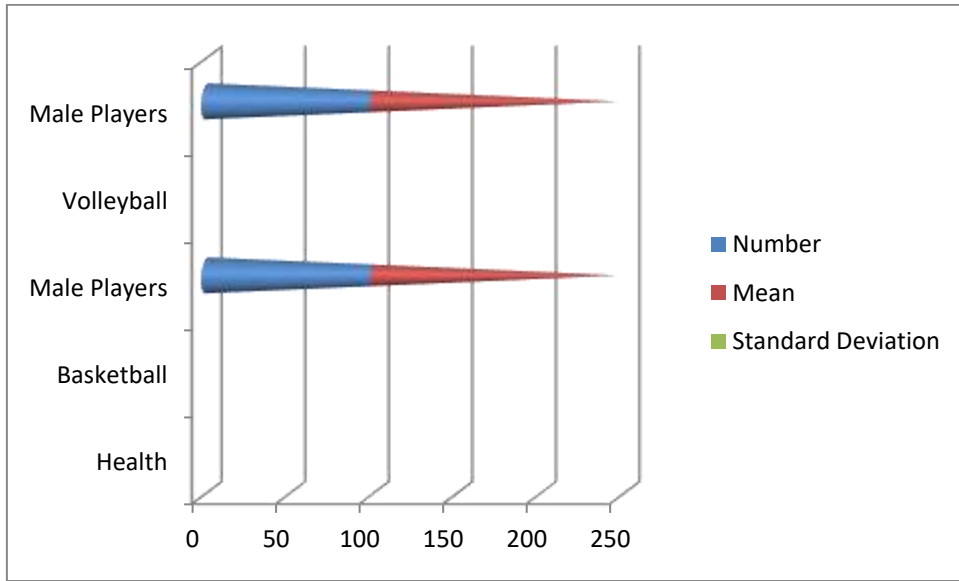
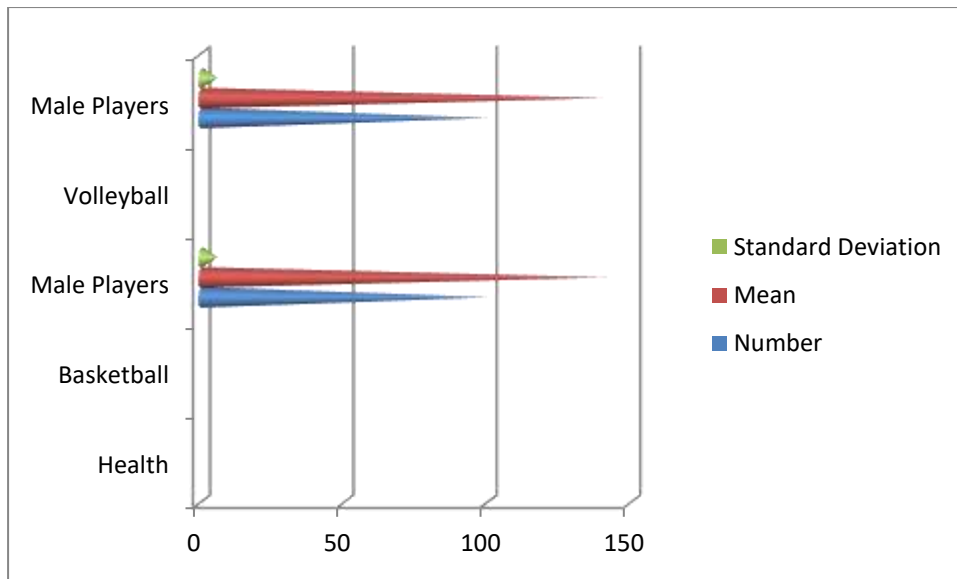


Table No. 2 Difference of Anxiety between female basketball and volleyball players

Mental Health	Number	Mean	Standard Deviation	Degree of Freedom	t-value	Result
Basketball Female Players	100	141	5.88	198	-1.4	Insignificant
Volleyball Female Players	100	142.18	5.59			

Figure 2 Bar graph showing the difference of Anxiety among female basketball and volleyball players



Discussion and Findings

The present scientific investigation is a cross-sectional study of male and female basketball and volleyball players. In the present a comparison of Aggression & mental health among tennis players of different colleges of Chandigarh. Result revealed that there is no significant relationship between aggression and mental health on tennis players. It is also revealed that male and female tennis players have same mental health and aggression. The results so obtained have been discussed under the following heading.

It has been found from table 1 that there was a insignificant difference of Mental Health among male players of Basketball and Volleyball. Thus, the proposed hypothesis that there exists a non-significant difference of mental health between male players of basketball was accepted.

It has been found from table 2 that there was a non-significant difference of mental health among the male players of Basketball and Volleyball. Thus, the proposed hypothesis that there exists a non-significant difference of mental health between the female players of basketball and volleyball was accepted.

Conclusion

From the results interpreted for this study, the following conclusions were made:

1. It was also concluded that there was similar mental health level in basketball and volleyball male players as no difference was found between them in this study.

2. Also, it was concluded that there was similar mental health level in basketball and volleyball female players as no difference was found between them.

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