



ISSN: 2456-0057
IJPNPE 2017; 2(2): 2071-2073
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www.journalofsports.com
Received: 14-07-2017
Accepted: 17-09-2017

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Assessment study of self-confidence among volleyball players and badminton players of C.C.S. University

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Abstract

The aim of the present study is to find out the self-confidence among Volleyball players and Badminton players of Chaudhary Charan Singh University, Meerut, Uttar Pradesh. The sample for the present study consists of 50 male Volleyball players and 50 male Badminton players from Chaudhary Charan Singh University, Meerut, Uttar Pradesh between the age group of 19- 22 Years. Dr. S.J. Quadri 'Self-Confidence Inventory' is used to assess the self-confidence. The results of the study show that Volleyball players are having more confidence than Badminton players. It is concluded that Volleyball players are having more self-confidence than Badminton Players. Hence it is recommended that Psychological Training must be included in the Coaching Program in sports for development of self-confidence among sports persons. Self-confidence is the main psychological variable for key to success in sports and games.

Keywords: Self-confidence, psychological training etc.

Introduction

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. Beach volleyball was introduced to the programme at the Atlanta 1996 Summer Olympics. The adapted version of volleyball at the Summer Paralympic Games is sitting volleyball.

Origins

In December 1895, in Holyoke, Massachusetts (United States), William G. Morgan, a YMCA physical education director, created a new game called Mintonette, a name derived from the game of badminton, as a pastime to be played (preferably) indoors and by any number of players. The game took some of its characteristics from other sports such as baseball, tennis and handball. Another indoor sport, basketball, was catching on in the area, having been invented just ten miles (sixteen kilometres) away in the city of Springfield, Massachusetts, only four years before. Mintonette was designed to be an indoor sport, less rough than basketball, for older members of the YMCA, while still requiring a bit of athletic effort.

The first rules, written down by William G. Morgan, called for a net 6 ft 6 in (1.98 m) high, a 25 ft × 50 ft (7.6 m × 15.2 m) court, and any number of players. A match was composed of nine innings with three serves for each team in each inning, and no limit to the number of ball contacts for each team before sending the ball to the opponents' court. In case of a serving error, a second try was allowed. Hitting the ball into the net was considered a foul (with loss of the point or a side-out)—except in the case of the first-try serve.

After an observer, Alfred Halstead, noticed the volleying nature of the game at its first exhibition match in 1896, played at the International YMCA Training School (now called Springfield College), the game quickly became known as volleyball (it was originally spelled as two words: "volley ball"). Volleyball rules were slightly modified by the International YMCA Training School and the game spread around the country to various YMCAs.

In the early 1900s Spalding, through its publishing company American Sports Publishing Company, produced books with complete instruction and rules for the sport.

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Refinements and Later Developments

The first official ball used in volleyball is disputed; some sources say Spalding created the first official ball in 1896, while others claim it was created in 1900. The rules evolved over time: in 1916, in the Philippines, the skill and power of the set and spike had been introduced, and four years later a "three hits" rule and a rule against hitting from the back row were established. In 1917, the game was changed from requiring 21 points to win to a smaller 15 points to win. In 1919, about 16,000 volleyballs were distributed by the American Expeditionary Forces to their troops and allies, which sparked the growth of volleyball in new countries.

The first country outside the United States to adopt volleyball was Canada in 1900. An international federation, the Fédération Internationale de Volleyball (FIVB), was founded in 1947, and the first World Championships were held in 1949 for men and 1952 for women. The sport is now popular in Brazil, in Europe (where especially Italy, the Netherlands, and countries from Eastern Europe have been major forces since the late 1980s), in Russia, and in other countries including China and the rest of Asia, as well as in the United States.

Beach volleyball, a variation of the game played on sand and with only two players per team, became a FIVB-endorsed variation in 1987 and was added to the Olympic program at the 1996 Summer Olympics. Volleyball is also a sport at the Paralympics managed by the World Organization Volleyball for Disabled.

Nudists were early adopters of the game with regular organized play in clubs as early as the late 1920s. By the 1960s, a volleyball court had become standard in almost all nudist/naturist clubs.

Volleyball in the Olympics

Volleyball has been part of the Summer Olympics program for both men and women consistently since 1964.

The complete set of rules is extensive, but play essentially proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to three times to return the ball to the other side of the court, but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack. An attack is an attempt to direct the ball back over the net in such a way that the team receiving the ball is unable to pass the ball and continue the rally, thus, losing the point. The team that wins the rally is awarded a point and serves the ball to start the next rally. A few of the most common faults include:

- causing the ball to touch the ground or floor outside the opponents' court or without first passing over the net; catching and throwing the ball;
- double hit: two consecutive contacts with the ball made by the same player;
- four consecutive contacts with the ball made by the same team;
- net foul: touching the net during play;
- foot fault: the foot crosses over the boundary line when serving or under the net when a front row player is trying to keep the ball in play.

The ball is usually played with the hands or arms, but players

can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, specialized player positions, and offensive and defensive structures.

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side). Badminton is often played as a casual outdoor activity in a yard or on a beach; formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the other team's half of the court.

Each side may only strike the shuttlecock once before it passes over the net. Play ends once the shuttlecock has struck the floor or ground, or if a fault has been called by the umpire, service judge, or (in their absence) the opposing side.

The shuttlecock is a feathered or (in informal matches) plastic projectile that flies differently from the balls used in many other sports. In particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly. Shuttlecocks also have a high top speed compared to the balls in other racquet sports. The flight of the shuttlecock gives the sport its distinctive nature.

The game developed in British India from the earlier game of battledore and shuttlecock. European play came to be dominated by Denmark but the game has become very popular in Asia, with recent competitions dominated by China. In 1992, badminton debuted as a Summer Olympic sport with four events: men's singles, women's singles, men's doubles, and women's doubles; mixed doubles was added four years later. At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed, and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movements.

History

Games employing shuttlecocks have been played for centuries across Eurasia, [a] but the modern game of badminton developed in the mid-19th century among the expatriate officers of British India as a variant of the earlier game of battledore and shuttlecock. ("Battledore" was an older term for "racquet".) Its exact origin remains obscure. The name derives from the Duke of Beaufort's Badminton House in Gloucestershire, but why or when remains unclear. As early as 1860, a London toy dealer named Isaac Spratt published a booklet entitled *Badminton Battledore – A New Game*, but no copy is known to have survived. An 1863 article in *The Cornhill Magazine* describes badminton as "battledore and shuttlecock played with sides, across a string suspended some five feet from the ground".

The game was originally developed in India among British expatriates, where it was very popular by the 1870s. Ball badminton, a form of the game played with a wool ball instead of a shuttlecock, was being played in Thanjavur as early as the 1850s and was at first played interchangeably with badminton by the British, the woollen ball being preferred in windy or wet weather.

Early on, the game was also known as Poona or Poonah after the garrison town of Poona, where it was particularly popular

and where the first rules for the game were drawn up in 1873. By 1875, officers returning home had started a badminton club in Folkestone. Initially, the sport was played with sides ranging from 1 to 4 players, but it was quickly established that games between two or four competitors worked the best. The shuttlecocks were coated with India rubber and, in outdoor play, sometimes weighted with lead. Although the depth of the net was of no consequence, it was preferred that it should reach the ground.

The sport was played under the Pune rules until 1887, when J. H. E. Hart of the Bath Badminton Club drew up revised regulations. In 1890, Hart and Bagnel Wild again revised the rules. The Badminton Association of England (BAE) published these rules in 1893 and officially launched the sport at a house called "Dunbar"[c] in Portsmouth on 13 September. The BAE started the first badminton competition, the All England Open Badminton Championships for gentlemen's doubles, ladies' doubles, and mixed doubles, in 1899. Singles competitions were added in 1900 and an England-Ireland championship match appeared in 1904.

England, Scotland, Wales, Canada, Denmark, France, Ireland, the Netherlands, and New Zealand were the founding members of the International Badminton Federation in 1934, now known as the Badminton World Federation. India joined as an affiliate in 1936. The BWF now governs international badminton. Although initiated in England, competitive men's badminton has traditionally been dominated in Europe by Denmark. Worldwide, Asian nations have become dominant in international competition. China, Denmark, Indonesia,

Malaysia, India, South Korea, Taiwan (playing as 'Chinese Taipei') and Japan are the nations which have consistently produced world-class players in the past few decades, with China being the greatest force in men's and women's competition recently. Great Britain, where the rules of the modern game were codified, is not among the top powers in the sport, but has had significant Olympic and World success in doubles play, especially mixed doubles.

The game has also become a popular backyard sport in the United States.

Methodology

The aim of the present study is to find out the self-confidence among Volleyball players and Badminton players of Chaudhary Charan Singh University, Meerut, Uttar Pradesh. The sample for the present study consists of 50 male Volleyball players and 50 male Badminton players of Chaudhary Charan Singh University between the age group of 19-22 years. Dr. S.J. Quadri Self-confidence Inventory is used to assess the Self-Confidence. This scale was constructed and standardized by Dr. Quadri Syed Javeed. That test consists of 30 items, each item 'YES' 'NO' type alternatives. This Questionnaire were given Volleyball players and Badminton players to write separately in different groups.

Results and Discussion

The results of the study shows that Volleyball players are having more confidence than Badminton players.

Table 1: Self-confidence Inventory Mean Values of Volleyball Players and Badminton Players

Variables	Group	Number of Subjects	Mean	Standard Deviation	Standard Error
Self-confidence Inventory	Volleyball Players	50	26.6	0.88	0.12
	Badminton Players	50	20.32	1.1	0.16

In Table No.1 the mean of Volleyball players is 26.6 and Badminton players is 20.32. There is a difference between the Volleyball players and Badminton players. Volleyball players are having more confidence than the Badminton players.

Conclusion

It is concluded that Volleyball players are having more self-confidence than Badminton players. Hence it is recommended that Psychological Training must be included in the Coaching Program in sports for development of Self-Confidence among sports persons. Self-confidence is the main psychological variable for key to success in sports and games.

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