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## An analysis of the components of passion and shyness in ballgame sports

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### Abstract

The researchers of this study aims to know about the role of passion and shyness in ballgame sports. For this purpose, the investigator had selected Fifty (N=50) male inter-college level basketball and volleyball players of 20 to 25 years of age to act as subjects. The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. To measure the level of Passion was measured by applying Passion questionnaire developed by Vallerand *et al.*, 2003 and Shyness was measured by applying Shyness questionnaire developed by Md. Rafi (2002). To determine the significant differences between basketball and volleyball players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05. The results revealed insignificant difference with regard to variable passion and shyness between basketball and volleyball players.

**Keywords:** Passion, shyness and sports

### Introduction

For enhancing performance and maximizing health benefits of athletes of ball games psychological issues play a crucial role. Empirical evidence shows that mere participation in sports and ball games can prove to be psychological asset and also further helpful in lifelong activities regardless of whether the participation has been Competition oriented. Passion is a term applied to a very strong feeling about a person or thing. Passion is an intense emotion compelling, feeling, enthusiasm, or desire for something. The term is also often applied to a lively or eager interest in, or admiration for, a proposal, cause, or activity or love to a feeling of unusual excitement, enthusiasm or compelling emotion, a positive affinity or love, towards a subject, idea, person, or object. (Vallerand *et al.*, 2003) <sup>[5]</sup> (Vallerand *et al.* 2006), Vallerand and Houliort (2003) <sup>[5]</sup>, and Vallerand and Miquelon (2007) <sup>[3]</sup>, “have offered a conceptual analysis of passion toward activities. Passion is a strong inclination toward an activity that individual like, that they find important and in which they invest time and energy. Shyness is what causes that “funny” feeling one may get when one is with other people. Shyness can happen when we are nervous about meeting a new teacher (or becoming one you), scared about joining a new school or worried about being part of a drama troupe. Chronic shyness can clearly be distinguished from introversion. Introverts are people who prefer solitary to social activities but do not fear social inventors as do the Shy. Shy individuals have a wish for more contact with others and are not content with the degree of isolation that pervades their lives. Whether it is situational or chronic shyness that is experienced, the shy individual will report feeling some degree of disconnection with others and a longing for closer bonds with people in their lives. Shyness is the fear to meet people and the discomfort in others’ presence. At its core is anxiety about being evaluated by others and consequently rejected. It is associated with excessive monitoring of behavior and takes the form of hesitation in making spontaneous utterances, reluctance to express opinions, and making responses to the overtures of others that reduce the likelihood of further interaction.

### Selection of subjects

For this purpose, the investigator had selected Fifty (N=50) male inter-college level basketball and volleyball players of 20 to 25 years of age to act as subjects.

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The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

### Selection of tools

Sr.no	Tools	Authors	Year
1.	1. PASSION	Vallerand <i>et al.</i>	2003
2.	2. SHYNESS	Md. Rafi	2002

### Statistical techniques employed

To determine the significant differences between basketball and volleyball players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

### Results

**Table 1:** Significant differences in the Mean scores of Basketball and Volleyball players on the variable Passion

Basketball Players (N=25)			Volleyball Players (N=25)			t- value	P- Value Sig.
Mean	SD	SEM	Mean	SD	SEM		
79.54	9.32	1.22	84.49	8.04	1.23	2.09	0.21

\*Significant at 0.05 level Degree of freedom= 38

Table-1 presents the results of basketball and volleyball players with regard to the variable Passion. The descriptive statistics shows the Mean and SD values of basketball players on the variable passion as 79.54 and 9.32 respectively. However, volleyball players had Mean and SD values as 84.49 and 8.04 respectively. The 't'-value 2.09 as shown in the table above was found statistically insignificant ( $P > .05$ ). But while comparing the mean values of both the groups, it has been observed that volleyball players have demonstrated better passion than the basketball.

**Table 2:** Significant differences in the Mean scores of Basketball and Volleyball players on the variable Shyness

Basketball Players (N=25)			Volleyball Players (N=25)			t- value	P- Value Sig.
Mean	SD	SEM	Mean	SD	SEM		
61.57	9.66	2.67	58.37	8.58	2.83	3.48	0.16

\*Significant at 0.05 level Degree of freedom= 38

Table-2 presents the results of basketball and volleyball players with regard to the variable Shyness. The descriptive statistics shows the Mean and SD values of basketball players on the variable shyness as 61.57 and 9.66 respectively. However, volleyball players had Mean and SD values as 58.37 and 8.58 respectively. The 't'-value 3.48 as shown in the table above was found statistically insignificant ( $P > .05$ ). But while comparing the mean values of both the groups, it has been observed that basketball players have demonstrated higher shyness than the volleyball players.

### Practical application

The study will be considerably helpful to comprehend the Passion and Shyness level existing among basketball and volleyball players. The sports psychologists and coaches working with these areas will drive benefit from the findings of the present research and they can integrate the Passion and

Shyness variables in their training schedule from the very initial stages.

### Conclusions of the study

It is concluded from the above findings that insignificant differences between basketball and volleyball players on the variable of Passion. Insignificant difference found between basketball and volleyball players on the variable of Shyness.

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