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## Comparison of mood states between handball and volleyball players

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### Abstract

The purpose of the present study was to compare mood states between Handball and Volleyball players. To achieve the purpose of the study, twenty four male players (Handball players = 12 and volleyball Players= 12) were selected from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, India between the age group of 18 to 23 years. Mood status between handball and Volleyball players were tested for this study. The profile of mood states (POMS) questionnaire was used to assess the mood states of the players. The collected data was analyzed with Independent 't' test at 0.05 level of confidence. The result of the study indicated that there is significant difference between handball and Volleyball players. The mean value of handball was found to be higher than the Volleyball players.

**Keywords:** Tension, depression, anger, vigor, fatigue, confusion

### Introduction

Excellence in sports mostly depend the psychology factor of an individual. Role of psychology in selection sports, training materials and rehabilitations would definitely help in achieving sports excellence. Both psychology and sports converge at the same point. An appropriate strategy in sports can lead to excellence in sports.

While participating in sports and games athlete differ markedly in their feeling and mood states. Factors like food, family situation and environment can alter mood. Social interactions and differing physical environments can influence mood states, sometimes profoundly. Increased interest in mood state and mood changes is evident in the literature on the effects of psychographic drugs, brief psychotherapy and varieties of medication and relaxation techniques.

Handball and Volleyball were played in a small area where players needs to change their mind set depend the opponent strategy. Handball is contact game but in case of Volleyball a non-contact sports. Frustration may occur due to the behavior of an opponent, which may affect the mood state of an individual which may affect the performance of the team. Hence the researcher would like to compare the mood status between Handball and Volleyball players.

### Purpose of the Study

The purpose of the present study was to compare mood states between Handball and volleyball players.

### Methodology

To achieve the purpose of the study, twenty four male players were selected from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli, and Tamil Nadu, India. The selected players were divided in to two groups with 12 each according to their game (Handball players = 12 and volleyball Players= 12). The selected players aged between 18 to 23 years. The profile of mood states (POMS) questionnaire was used to assess the mood states of the players. The collected data was analyzed with Independent 't' test at 0.05 level of confidence.

### Analysis of Data

The analysis of independent 't'-test on mood status between Handball and Volleyball players have been analyzed and presented in Table I.

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**Table 1:** Summary of Mean and Independent 'T' Test Value between Handball and Volleyball Players on Mood States

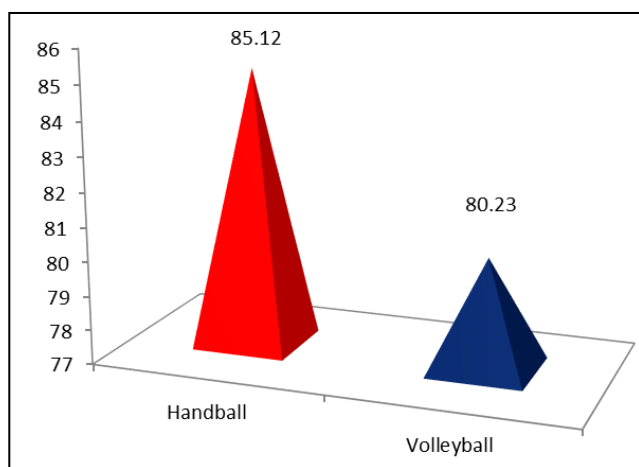
Variables	Number	Mean	SD	't'Value
Handball	12	85.12	9.31	4.52*
Volleyball	12	80.23	7.12	

\*Significant at .05 level.

(Table value required for significance at.05 level for't'-test with df 22 is 2.07)

The above table shows the mean values on mood status between Handball and Volleyball players were 85.12 and 80.23 respectively and the obtained independent 't' test value between handball and Volleyball players is 4.52. Which is greater than the table value of 2.07 with df 22 at .05 level of confidence, it was concluded that the Handball and Volleyball players had significant difference on mood states. However, the Handball players were found to be better than Volleyball players on mood states.

The mean values of Handball and Volleyball players on mood states were represented in figure I.



**Fig 1:** Mean Values On Mood States between Handball and Volleyball Players.

### Conclusions

From the analysis of the data, the following conclusions were drawn.

1. There was significant difference of mood states between men Handball and Volleyball players.
2. The Handball players were found to be better than Volleyball players on mood states.

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