



ISSN: 2456-0057
IJPNPE 2019; 4(1): 2149-2151
© 2019 IJPNPE
www.journalofsports.com
Received: 08-11-2018
Accepted: 11-12-2018

T Nambi Sundarajan
Ph.D., Research Scholar, Part
Time, Tamil Nadu Physical
Education and Sports
University, Chennai, Tamil
Nadu, India

Dr. STN Rajeswaran
Ph.D., Professor, Department of
Physical Education, Bharathiar
University, Coimbatore, Tamil
Nadu, India

The variations on cognitive anxiety and self-confidence among the teams of quarter finalists at South-Zone inter university volleyball players

T Nambi Sundarajan and Dr. STN Rajeswaran

Abstract

Volleyball is a sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports. The object of the game is for each team to sand the ball regularly over the net to ground it on the opponent's court, and to prevent the ball from being grounded on its own court. The ball is put into play by the right back-row player who serves the ball by hitting it over the net to the opponent's court. A team is allowed to hit the ball three times. In addition to the block contact to return it to the opponent's court. To achieve the purpose of the study was the variations on cognitive and self-confidence among the teams of quarter finalists at South-Zone Inter University Volleyball players. The players belong to teams those who were entered in to semifinals at All India Inter University Volleyball tournament totally 48 were selected. The samples were in the age group of 18-25. This study, the data were collected on cognitive anxiety and self-confidence from the players of teams of semifinals. Before collecting the data from the subjects, with the view to get accuracy in quality of data, the steps were taken to get voluntary response from the subjects. For that the nature and purpose of the present study were clearly informed to them. To test the significance of the mean difference among the teams ranked winner, runner, third and fourth on criterion measures of cognitive anxiety and self-confidence one-way analysis of variance was used in case of significance of mean difference observed on criterion measure, to find out which pair of group grown up, as post-hoc test the schefee test was applied. It is the most stringiest form test. In the criterion measures used in the study, significance mean difference was observed among the teams rankings of semifinals (winner, runner, third and fourth places) on cognitive anxiety and self-confidence. In cognitive anxiety it was observed that winning team has fewer in self-confidence as compared to third and fourth place, whereas winning team is not differ significantly. In self-confidence, winning team has more self-confidence as compared to third and fourth place, whereas winning team is not differ from team secured second place significantly.

Keywords: Cognitive anxiety and self-confidence

Introduction

Volleyball is a sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports. The object of the game is for each team to sand the ball regularly over the net to ground it on the opponent's court, and to prevent the ball from being grounded on its own court. The ball is put into play by the right back-row player who serves the ball by hitting it over the net to the opponent's court. A team is allowed to hit the ball three times. In addition to the block contact to return it to the opponent's court.

Methodology

The players belong to teams those who were entered in to semifinals at All India Inter University Volleyball tournament totally 48 were selected. The samples were in the age group of 18-25. For better sampling, the nature of the tournament was analysed various factors such as degree of competition and importance of tournament. The study, the data were collected on cognitive anxiety and self-confidence from the players of teams of semifinals. For that the nature and purpose of the present study were clearly informed to them. Further the degree of competition and nature of the tournament were also considered in connection with the

Corresponding Author:
T Nambi Sundarajan
Ph.D., Research Scholar, Part
Time, Tamil Nadu Physical
Education and Sports
University, Chennai, Tamil
Nadu, India

quality of data. Administering the CSAI-2 questionnaire three hours before the competition tested the subjects. To test the significance of the mean difference among the teams ranked winner, runner, third and fourth on criterion measures of cognitive anxiety and self-confidence one-way analysis of variance was used in case of significance of mean difference observed on criterion measure, to find out which pair of group grown up, as post-hoc test the schefee test was applied. It is the most stringiest form test.

Results and Discussion

Table 1: Mean and standard deviations on cognitive anxiety among the teams ranked winner, runner, third and fourth at inter university volleyball players.

Source	Sample size	Sample mean	Standard deviation
Winner	12	26.33	2.26
Runner	12	23.25	2.34
Third	12	24.41	1.78
Fourth	12	20.16	1.89

Table 2: Analysis of variance on cognitive anxiety among the teams of among the teams ranked winner, runner, third and fourth at inter university volleyball players.

Source of variation	Sum of squares	Degrees of freedom	Mean sum of squares	F-ratio
Factor	240.41	3	80.13	18.41
Error	191.50	44	4.35	

Table-2 reveals that the F value was 18.41. To be significant at 0.05 level of significance for df 3,44 the required table value was 2.81. Since the observed F. value 18.41 was found as higher than the table value 2.81, it was concluded that the mean difference among the rankings winner, runner, third and fourth on cognitive anxiety was statistically significant. Since the obtained f-value 18.41 confirms the significance of mean difference among the selected teams of semifinals. Further to find out which team is grown up for such significances as post-hoc test schefee test was applied. The results of schefee test was given in table -5.

Table 3: Schefee test on cognitive anxiety

Winner	Runner	Third	Fourth	Mean difference	Critical value
23.25	24.41	****	****	1.16	2.01
23.25	****	20.16	****	3.09	
23.25	****	****	26.33	3.08	
****	24.41	20.16	****	4.25	
****	24.41	****	26.33	1.92	
****	****	20.16	26.33	6.17	

The mean values on cognitive anxiety between teams of semifinalists were compared with one another with the critical value 2.01. From the results it was observed that the testing the significance of mean difference between teams are: Winner as compared to third and fourth places they were less in cognitive anxiety whereas no difference was observed between the winner and runner. In comparing the runner with fourth place they were less in cognitive anxiety whereas somatic anxiety between runner and fourth difference is not significant. Further in comparing the third and fourth places difference is significant.

Table 4: Mean and standard deviations on self confidence among the teams ranked winner, runner, third and fourth at inter university volleyball players.

Source	Sample size	Sample mean	Standard deviation
Madras	12	22.75	1.54
Bharathidasan	12	26.00	1.85
Annamalai	12	24.75	1.21
Mahatma Gandhi	12	18.0	1.70

Table 5: Analysis of variance on self-confidence among the among the teams ranked winner, runner, third and fourth at inter university volleyball players.

Source of variation	Sum of squares	Degrees of freedom	Mean sum of squares	F-ratio
Factor	444.75	3	148.5	57.98
Error	112.5	44	2.55	
Total		47		

Table 5 reveals that the F value was 57.98. To be significant at 0.05 level of significance for df 3,44, the required table was 2.81. Since the observed F. value 57.98 was found as higher than the table value 2.81, it was concluded that the mean difference among the rankings winner, runner, third and fourth on somatic anxiety was statistically significant. Since the obtained f-value 4.27 confirms the significance of mean difference among the selected teams of semifinals. Further to find out which team is grown up for such significances as post-hoc test schefee test was applied. The results of schefee test was given in table -5.

Table 6: Schefee test on self-confidence

Winner	Runner	Third	Fourth	Mean difference	Critical value
22.75	26.0	****	****	3.25	1.54
22.75	****	24.75	****	2.00	
22.75	****	****	18.0	4.75	
****	26.0	24.75	****	1.25	
****	26.0	****	18.0	8.0	
****	****	24.75	18.0	6.75	

The mean values on self-confidence between teams of semifinalists were compared with one another with the critical value 1.54. From the results it was observed that the testing the significance of mean difference between teams are: Winner as compared to third and fourth places they were high in self-confidence whereas no difference was observed between the winner and runner. In comparing the runner with third and fourth place they were high in high confidence. Further in comparing the third and fourth places difference is significant in self-confidence.

Discussion on findings

In the criterion measures used in the study, significance mean difference was observed among the teams rankings of semifinals (winner, runner, third and fourth places) on cognitive anxiety and self-confidence. In cognitive anxiety was observed that winning team has fewer in self-confidence as compared to third and fourth place, whereas winning team is not differ significantly. In self-confidence, winning team has more self-confidence as compared to third and fourth place, whereas winning team is not differ from team secured second place significantly. In the present study the team

entered into semifinals were tested on cognitive anxiety and self-confidence. Of them the significant mean difference was observed that the among the rankings of winner, runner, third and fourth places on cognitive anxiety and self-confidence. In the post hoc test results it was observed that winning team is less with anxious conditions compared to low rankings team. The reason for this might have been arise from the nurture gained on their previous matches and not having the at par competition.

Conclusions

The following conclusions have been made in the light of the findings of the present study. In the criterion measures used in the study, significance mean difference was observed among the teams rankings of semifinals (winner, runner, third and fourth places) on cognitive anxiety, somatic anxiety and self-confidence. In cognitive anxiety and somatic anxiety, it was observed that winning team has fewer in cognitive anxiety and somatic anxiety as compared to third and fourth place, whereas winning team is not differ significantly. In self-confidence, winning team has more self-confidence as compared to third and fourth place, whereas winning team is not differ from team secured second place significantly

Recommendation

1. In the present study the men teams those entered into semifinals only were observed. In general, the earlier studies reported that men and women are differing on personality traits and on psychological aspects. So the same study may be conducted on women section.
2. The same study may be conducted by adding some physiological variables, since psychological components are having functional association with physiological aspects.
3. In the present study the internal pressures of the players only analyzed. So in future a study may be conducted on some external pressures such as effect of audience and home ground situations.
4. Lack of coping mechanism will definitely affect the individual both physical and physiological systems. Resulting of these, the efficiency of psychomotor system dislodged. In high level competitions very specifically at quarterfinals, the players will be high tensed. So in such situation a study may be conducted to test the functional relationship of competitive pressures on psychomotor system.
5. The present study may be conducted on players at other form of tournaments.

References

1. Andrea Abele. Emotional influences on concentration and performance: A cognitive-motivational mediator model, 1995, 1.
2. Andreas Bund. The Impact of General and Task-Related Self- Confidence on motor Learning, 2001, 3.
3. Bejek K, Hagtvet KA. The content of pre-competitive state anxiety in top and lower level of female gymnasts. *Anxiety, Stress and Coping: An International Journal*. 1996; 9:19-31.
4. Burton D. Do anxious swimmers swim slower? Reexamining the elusive anxiety-performance relationship. *Journal of Sport and Exercise Psychology*. 1988; 10:45-61.
5. Burton D, Naylor S. Is anxiety really facilitative? Reaction to the myth that cognitive anxiety always

impairs sport performance. *Journal of Applied Sport Psychology*. 1997; 9:295-302.

6. Catell RB, Scheier MF. The Nature of Anxiety- A review of thirteen multivariate analysis comprising 814 variables. *Psychology Reports*. 1958; 4:351-388.
7. Dollard J, Miller NE. *Personality and Psychotherapy* Newyork, McGraw Hill, 1950.