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Prophecy of playing ability of national male volleyball players in relation to some psychological variables

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Abstract

Background: The aim of the present study was to find out the prophecy of volleyball playing ability in the light of sports achievement motivation and sports competition anxiety. To conduct the study 96 national male volleyball players were selected. The selected subjects were part of teams which qualified for quarterfinals in senior national volleyball championship. The average age of the selected national male volleyball players was 27.92 years. Volleyball playing ability was based on comprehensive rating of three judges. To assess sports competition anxiety in national male volleyball players, Sports Competition Anxiety test (SCAT) standardized by Martens (1990) was used. To evaluate achievement motivation in national male volleyball players, SAMT that is Sports Achievement Motivation Test prepared by Kamlesh (1990) was preferred. Linear regression explained 37.2% ($R^2 = .372$) variance in overall data on volleyball playing ability. The reported Beta coefficient for sports achievement motivation and sports competition anxiety also revealed significantly higher impact of sports achievement motivation on volleyball playing ability as compared to sports competition anxiety. Authors concludes that psychological characteristics namely sports achievement motivation and sports competition anxiety created significantly large impact on playing ability of national male volleyball players.

Keywords: Volleyball playing ability, psychological variable, prediction

Introduction

Under the domain of sports psychology it has been scientifically proven time and again that psychological variables affect sports performance. Numerous psychological variables that influence sports performance are identified by researchers. Sports competition anxiety and sports achievement motivation are among other factors that are associated with peak performance. Martens (1977) gave the first definition regarding sports competition anxiety. The framework of Marten's sports competition anxiety was based on Spielberger's theory and incorporates trait anxiety. The stressors that are involved in competitive anxiety are participation level of sportsperson, pressure and belief of coaches towards enhanced and successful performance, affiliation with other important persons, nature and magnitude of sports event and social importance of the outcome of an event. A study conducted by Ntoumanis and Biddle (2000) reported that when competition anxiety acts as facilitating agent sportspersons try that much extra harder to achieve their goals without getting distracted by cognitive or emotional stressors. Competition anxiety comes with drop in concentration and motivation as well as inability to concentrate on a particular task in hand. Anxious athletes easily gets distracted by surrounding environment which decrease their level of motivation to achieve the desired goals.

Sports achievement motivation is defined as efforts of sportsperson to achieve excellence and success within specific sport. Sports achievement motivation is the perseverance of athletes to master certain skill set or conquer environmental stressor by practicing it repeatedly. Hayashi (1996) [3] opined that individual variation exists in achievement motivation. This is the reason why some athletes take up challenges and work endlessly to conquer those challenges. Studies on motivation reported that certain personality factors, cognitive aspects and socio constructs plays its part in defining achievement motivation.

Numerous studies conducted by Unierzyski (2003) [9], Morris and Watt (2003) [6], Abenza *et al.* (2009) [1], Rathee and Singh (2011) [8], Devi (2017) [2] suggested the possible association

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between certain psychological variables namely sports achievement motivation and sports competition anxiety with sports performance. Still the contribution of these two variables in performing skill set in volleyball determining playing ability of players has not been conducted. Hence the present study was planned to assess the contribution of sports achievement motivation and sports competition anxiety towards playing ability of national male volleyball players.

Objectives

The objective of the present study was to evaluate the contribution of psychological characteristics namely achievement motivation and competitive anxiety towards playing ability of national male volleyball players.

Hypothesis

It was hypothesized that psychological characteristics namely sports achievement motivation and sports competition anxiety will generate significant variance upon playing ability of national male volleyball players.

Methodology

The following methodological steps were taken in order to conduct the present study.

Sample

To conduct the study 96 national male volleyball players were selected. The selected subjects were part of teams which qualified for quarterfinals in senior national volleyball championship. The average age of the selected national male volleyball players was 27.92 years.

Tools

To evaluate achievement motivation in national male volleyball players, SAMT that is Sports Achievement Motivation Test prepared by Kamlesh (1990) ^[4] was preferred. This test consists of 20 statements. The test-retest reliability of this test is 0.70.

To assess sports competition anxiety in national male volleyball players, Sports Competition Anxiety test (SCAT) standardized by Martens (1990) ^[5] was used. Three point scale is used in all 15 items of this test. The test-retest reliability of this test is 0.85.

Volleyball performance rating scale standardized by Yadav in 1989 was used to assess playing ability of selected national male players. It is based on subjective judgment on the basis of five components / skills during play in the form of Serve, Organization of Attack, Attack, Block and Back Court play or floor defence. These components were analyzed separately on five point scale as given in performance analysis rating scale. The subjective judgment of three experts was considered. The subjective judgment of three judges was based on their evaluation of five components during a tournament. The average score of three experts rating on all the five components together was considered as the score of volleyball performance of the national male players.

Procedure

96 national male volleyball players from quarterfinalist teams senior national volleyball championship were selected. Subjective rating of three judges based on skills was used to assess volleyball playing ability. Psychological tests were administered to each subject under peaceful environment. The response on sports achievement motivation test and sport competition anxiety test was scored according the method

prescribed in the manual. Regression method was used for analysis of data.

Result and Discussion

To determine the fact about degree of extent sports achievement motivation and sports competition anxiety predicts volleyball playing ability, Multiple Linear Regression was calculated. The results are shown in table no. 1, 1(a) and 1(b) respectively.

Table 1: Model Summary (Dependent Variable - Volleyball Playing Ability) (Independent Variables: Sports achievement motivation and sports competition anxiety)

R	R Square	Adjusted R Square
0.610	0.372	0.359

Table 1a: Anova Prediction of Volleyball Playing Ability in relation to Psychological Variables

Model	Sum of Squares	df	Mean Squares	F
Regression	261.312	02	130.656	27.56, p<.01
Residual	440.806	93	4.740	
Total	702.118	95		

Table 1b: Anova Coefficients

Model	Unstandardized B	Standardized Beta	T	Significance
Constant	13.811		8.14	.01
Sports achievement motivation	.277	.481	5.61	.01
Sports Competition Anxiety	-.153	-.264	-3.08	.01

A perusal of model summary shown in table 1 revealed that linear regression explained 37.2% (R square = .372) variance in overall data on volleyball playing ability. A significant regression was also obtained. The calculated $F(2,93) = 27.56$, $p < .01$ with R^2 being 0.37 confirms this findings. The t ratio for variable sports achievement motivation was 5.619 as shown in table 2(b) with Beta of .481 while the t-ratio for sports competition anxiety was 3.08 with Beta being -.264. The negative Beta coefficient depicting negative relationship with volleyball playing ability which denotes that decrease in sports competition anxiety in fact enhances volleyball playing ability. The reported Beta coefficient for sports achievement motivation and sports competition anxiety also revealed significantly higher impact of sports achievement motivation on volleyball playing ability as compared to sports competition anxiety.

Results indicate that contribution of psychological characteristics namely sports achievement motivation and sports competition anxiety is nearly 37% in playing ability of national male volleyball players. The results once again reiterate the fact that psychological factors to a certain extent may predict volleyball playing ability. This gives the notion that strong achievement motivation makes a player more determined to achieve the desired target. To achieve success a player needs to refine the basic skills of the game and with high level of achievement motivation he strives to improve his basic skill set. As far as competition anxiety is concerned, a certain level is necessary for optimum sports performance. That is why sports achievement motivation emerged as much

more stronger predictor of volleyball playing ability as compared to sports competition anxiety.

Conclusion

Psychological characteristics namely sports achievement motivation and sports competition anxiety emerged as significant predictors of playing ability among national male volleyball players.

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