

Comparison of Selected Psychological Variables Among Different Level of Volleyball Players

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Abstract

The current study sought to compare certain psychological factors, namely emotional maturity and locus of control, among different level of volleyball players. 60 male players aged 18–24 years from LNIPE, Gwalior, were deliberately selected and divided into two groups: national-level players and university-level players, with 30 individuals in each group. Emotional maturity was evaluated using the Emotional Maturity Scale (EMS) developed by Singh and Bhargava (1999), whereas the Locus of Control Scale created by Kumar and Srivastava (1985) was utilised to assess perceptions of internal and external control. An independent samples t-test was employed to analyse the data and ascertain differences between the groups. The results demonstrated that, despite national-level players achieving better scores in emotional maturity and locus of control, the differences were statistically insignificant at the 0.05 level. The findings indicate that involvement in competitive sports fosters psychological development at various levels, although does not markedly distinguish players either emotional maturity or locus of control.

Key Words: Emotional Maturity, Locus of Control

Introduction

The self-regulation capacity of an athlete constitutes the essence of their ingenuity. The capacity and preparedness to transition from routine challenges to training and competitions, to exhibit peak performance and attain triumph, are not inherent to all individuals. The delineation of the specified issue renders the investigation into the influence of correlations between emotionality and locus of control on motivation for success and failure avoidance particularly relevant. (Popovych et al, 2024)

An athlete must navigate several internal and external conflicts. Various emotions are associated with success and failure that must be managed throughout competition. This competition extends beyond the realm of athletics to encompass all facets of life. A genuine athlete depends solely on diligence and collaboration for their achievements and setbacks. Participation in athletics fosters the development of self-confidence, a sense of responsibility, motivation, concentration, and a propensity for risk-taking in individuals. A sportsperson encounters several wins and failures during his life, and his attribution of these outcomes shapes his personality and influences his emotional responses to them. His attribution of success and failure is either internal or external. Both traits are accompanied by negative and pleasant emotions. Participation in sports may enhance his ability to manage them more effectively and efficiently. (Pandey & Dalal, 2021)

Emotional maturity is characterised by one's capacity to respond to situations, regulate emotions, and conduct oneself in a mature manner when interacting with others. Emotional maturity fundamentally entails regulating one's emotions instead of permitting them to dictate one's actions. Numerous factors affecting an athlete's performance have been thoroughly investigated by various researchers over the years. Sport or athletic performance pertains to an athlete's capacity and proficiency to execute a designated sporting task. This can be cultivated through practice and subsequently exhibited by engaging in a competition. The capacity to excel may rely on an athlete's innate gifts, genetic predisposition for brilliance, or the cultivation of athletic ability throughout formative years. Both natural physical and mental psychological elements significantly influence sports performance. (Bal & Singh, 2018)

Diagnosing and analysing locus of control in novice athletes, particularly when athletic performance is a crucial predictor of future success in sports, may yield valuable insights and serve as a foundation for developing strategies to enhance and diversify mental preparation in sports training. Based on the previously indicated conclusions in the relevant literature, enhancing LOC will positively impact an athlete. (Rutkowska & Gierczuk, 2014)

An individual's perception of their power over events is fundamental to comprehending their existence in the world. The individual's locus of control can be classified as either internal or external. Individuals with an internal locus of control believe they possess the capability to influence their destiny. They assume responsibility for the outcomes, regardless of their nature. Internal locus of control enhances internal motivation, stress management, competence, and self-assurance. They recognise greater agency in their lives, leading to the fundamental belief that diligence is essential for attaining any level of success. Conversely, those with an external locus of control believe that the results of their actions are determined by other forces such as chance, fate, destiny, luck, coincidence, and other individuals. They do not assume responsibility for either their failures or their successes. (Pandey & Dalal, 2021)

The present research intends to study the emotional maturity and locus of control among national and university level volleyball players. Therefore the objective of this study was to study the selected psychological variables among different volleyball playing ability players and it was hypothesized that there would be no significant difference between national and university level volleyball players on emotional maturity and locus of control.

Methodology

For the present study a total of 60 players in two different playing ability groups were selected. The purposive sampling was used to select the subjects for the present study. All selected subjects were from LNIPE, Gwalior with age ranged from 18-24 years. National and University level groups were consisting of 30 subjects. The emotional maturity of the students was measured by Emotional Maturity Scale (EMS) proposed by Yashwir Singh and Mahesh Bhargava (1999). The scale includes 48 items which covers five dimensions of emotional maturity. These are: Emotional instability, Emotional regression, Social maladjustment, Personality disintegration & Lack of independence. The participants' locus of control was assessed using the Locus of Control Scale, created by Dr. Anand Kumar and Dr. S. N. Srivastava in 1985. The test comprises a total of 29 items. The scale assesses internal and external locus of control. The aforementioned scales were administered to the selected samples with appropriate

instructions provided in the corresponding manual. The 't-test' was employed to compare the chosen psychological factors among players of varying volleyball proficiency.

Result

Table 1: Comparison of emotional maturity between different levels of volleyball players

| Groups | MEAN | SD | N | df | t-ratio |
|------------------|--------|-------|----|----|---------|
| National level | 109.47 | 16.4 | 30 | 58 | 1.58 |
| University level | 89.3 | 16.48 | 30 | | |

*significant at 0.05 level

Table 1 reveals that the mean scores of national and university level volleyball players were 109.47 & 89.3 respectively, whereas the obtained t-ratio (1.58) was less the tabulated value (1.67) required to be significant at 0.05 level. The finding reveals that no significant difference has been found on emotional maturity between different levels of volleyball players.

Table 2: Comparison of locus of control between different levels of volleyball players

| Groups | MEAN | SD | N | df | t-ratio |
|------------------|-------|------|----|----|---------|
| National level | 45.87 | 6.45 | 30 | 58 | 1.45 |
| University level | 36.38 | 8.79 | 30 | | |

*significant at 0.05 level

Table 2 depicts that the mean score of national and university level volleyball players in relation to locus of control were 45.87 & 36.38 respectively and the obtained t-ratio (1.45) was less than the required value (1.67). The result showed that there was no significant difference between national and university level volleyball players on locus of control.

Discussion

The comparison of emotional maturity and locus of control between national and university level volleyball players reveals no significant difference, suggesting that active engagement in sports fosters improved emotional understanding and regulation. Emotional maturity in volleyball players denotes their proficiency in managing and regulating emotions, exhibiting self-awareness, empathy, and the ability to navigate hard situations productively. This encompasses comprehending one's own emotions, identifying the feelings of others, and reacting suitably to enhance both individual and collective performance. The focus on sports has transitioned from solely physical advantages to encompass psychological and emotional aspects as well. The influence of emotions in athletic activities is undeniable. The individual encounters a broad spectrum of happy and negative emotions during diverse sports activities, thereby enhancing their comprehension of these feelings. Emotional maturity is essential for healthy life, leadership, self-expression, and the cultivation of values. Research indicates that emotional control influences the performance of junior athletes.

The locus of control influences athletes' incentive to attain success and evade failure in individual sports. The acquired results ought to be integrated into tactical training for athletes in specific sports. The locus of control, as a personality trait, is influenced by several factors in an individual's life. Individuals with

either an internal or exterior locus of control may excel in specific sports. However, athletics do not exhibit any substantial influence on an individual's attribution style. The study should incorporate a small sample size, gender comparisons, varying playing positions, and domain-specific emotional maturity to enhance the understanding of psychological variables and findings among volleyball players of different levels. The comparable training exposure, completion level, and requisite physical, physiological, techno-tactical, and psychological attributes of national and university-level players may account for the findings of this study.

Conclusion

Being involved in sports helps one to understand and regulate one's emotions. An individual experiences a wide range of positive and negative emotions that impacts his performance for success or failure. No significant difference was found between national and university level volleyball players on emotional maturity and locus of control. Therefore hypothesis stated was partially accepted and partially rejected.

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