

## INVESTIGATION OF TEAM SPIRIT AMONG NATIONAL LEVEL VOLLEYBALL PLAYERS

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### ABSTRACT

*The purpose of the present investigation was to compare and analyse the team spirit of national level male and female volleyball players. A sample of Four hundred and sixty eight (Males=234, Females= 234)) national level volleyball players were selected to serve as subjects for this study. The subjects were in age group of 21 to 30 years. The subjects were selected from amongst the 58<sup>th</sup> Senior National Volleyball Competitions held at Laxmibai National University of Physical Education, Gwalior (M.P.) during 2009- 2010. Team spirit Questionnaire developed by Matt M. Starcevich (1999) was selected as a criterion tool to measure team spirit of volleyball players. To assess the national level male and female volleyball players on team spirit, mean, standard deviation, and t-ratio were computed. The results of the study revealed that Male and female volleyball players were found to have more high level team spirit followed by medium and low team spirit. significant difference also existed between male and female volleyball players on high and medium level of team spirit. The similarity was found between male and female volleyball players on low level team spirit and general team spirit.*

**Keywords:** Team Spirit, Male, Female, Volleyball Players.

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## INTRODUCTION

In order to improve the athletic performance in the field of physical education, many research projects have been conducted in India and abroad. In the United States they are basically just beginning to aid the coach in making valid and reliable decisions concerning athletic performance, yet much of the researches may be labeled as theoretical or simply a study for its own sake, as compared to practical or applied research applicable for utilization by the coaches. Undoubtedly a number of individuals, including many coaches look them as the theoretical research which is practically useless and not directly applicable to their purposes ( Vanek and Cratty, 1980).

Research in sport psychology has concentrated on the coach as a leader. Researchers interested in team performance have largely ignored the leaders and leadership forces that may emerge or get appointed from within team membership itself ( Fuoss and Tropmann, 1985).

Francis and Young (1979) has defined a team as an “energetic group of people who are committed to achieving common objectives, who work well together and enjoy doing so, and who produce high-quality results”. Johnson and Johnson (1991) described a team is a set of interpersonal relationships structured to achieve established goals. According to Hairis (1986) “A team as a work group or unit with a common purpose through which members develop mutual relationships for the achievement of goals/tasks. Teamwork, then, implies cooperative and coordinated effort by individuals working together in the interests of their common cause. It requires the sharing of talent and leadership, the playing of multiple roles.

The purpose of the present investigation was to analyse the team spirit of national level male and female volleyball players. It was hypothesized that there would be significant difference in their team Spirit among national level male and the female volleyball players

## METHODOLOGY

### Selection of Sample:

A sample of Four hundred and sixty eight (Males=234, Females= 234)) national level volleyball players representing their respective state teams in 58<sup>th</sup> Senior National Volleyball Competitions and who volunteered to participate in this study, were selected to serve as subjects for this study. The subjects were in age group of 21 to 30 years. The subjects were selected from amongst the 58<sup>th</sup> Senior National Volleyball Competitions held at Laxmibai National University of Physical Education, Gwalior during 2009- 2010 in their respective volleyball courts.

### Instrumentation:

Team spirit Questionnaire developed by Matt M. Starcevich at CEO, the Centre for coaching and mentoring in 1999 was selected as a criterion tool to measure team spirit of national level male and female volleyball players.

### Collection of data:

The necessary permission from the organizing secretary of 58<sup>th</sup> Senior National Volley ball Competitions at Gwalior was obtained by the research scholar to conduct this study on National level male and female volleyball players during competitions held in 2009. The coaches and subjects were contacted at the site championships personally and their sincere cooperation was solicited. Respondents were called to common place, when, they were not busy and had enough time to spare for testing. Necessary instructions were given to the subjects before the administration of each test. The research scholar motivated the student respondents by promising to send a separate abstract of the conclusions of his study to each of subjects. Confidentiality of responses was guaranteed

so that the subjects would not camouflage their real feelings. No time limit for filling the questionnaire was set but subjects were made to respond as quickly as possible. As soon as a group of players completed the questionnaires, they were collected from the players and verified that no questionnaire was left without being answered.

## RESULTS AND DISCUSSION

To assess the national level male and female volleyball players on team spirit, mean, standard deviation, and t-ratio were computed and data pertaining to this have been presented in table 1 to 6 .

**TABLE 1**

### DESCRIPTIVE STATISTICS OF TEAM SPIRIT OF NATIONAL LEVEL MALE AND FEMALE VOLLEYBALL PLAYERS

| Levels of Team spirit | Sex            | M     | SD    |
|-----------------------|----------------|-------|-------|
| High team spirit      | Male (N=71)    | 83.85 | 3.647 |
|                       | Female (N=61)  | 82.48 | 2.540 |
| Medium team Spirit    | Male (N=105)   | 68.85 | 5.222 |
|                       | Female (N=127) | 65.88 | 4.732 |
| Low team spirit       | Male (N=58)    | 51.59 | 5.208 |
|                       | Female (N=46)  | 51.35 | 6.641 |

The mean scores of team spirit of three different levels as indicated by male and female volleyball players at national level of their participation have been depicted in figure 1 to 3.

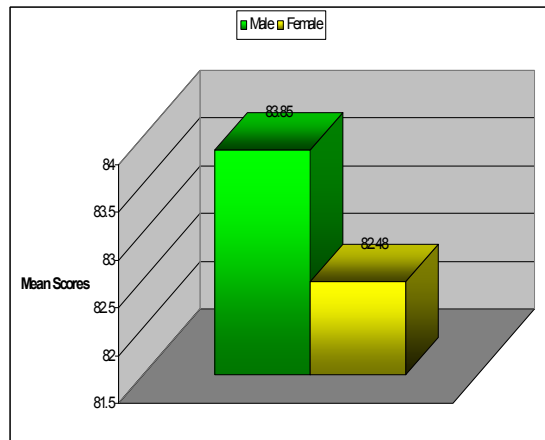


Fig.1: Mean Scores of High Team Spirit for National Level Male and Female Volleyball Players.

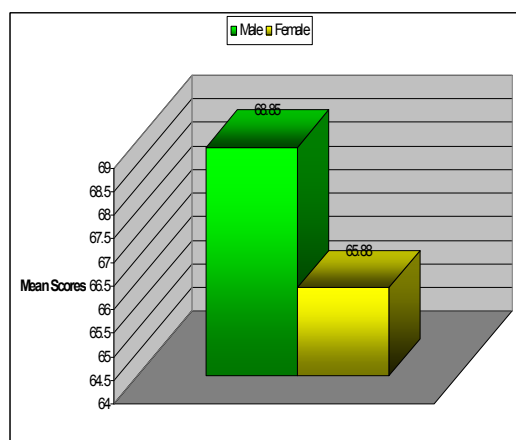


Fig.2: Mean Scores of Medium Team Spirit for National Level Male and Female Volleyball Players.

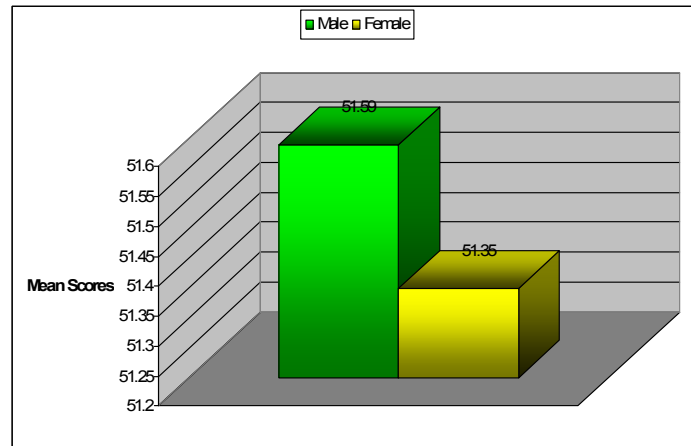


Fig.3: Mean Scores of Low Team Spirit for National Level Male and Female Volleyball Players.

In order to find out the significant differences between national level male and female volleyball players on high, medium and low team spirit, t-ratio was computed and data pertaining to this have been presented in Table 2 to 5.

**TABLE 2**

**SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF MALE AND FEMALE VOLLEYBALL PLAYERS ON HIGH TEAM SPIRIT**

| Sex    | N  | Mean  | MD   | $\sigma_{DM}$ | t-ratio |
|--------|----|-------|------|---------------|---------|
| Male   | 71 | 83.85 | 1.37 | 0.56          | 2.46*   |
| Female | 61 | 82.48 |      |               |         |

\*Significant at .05 level  $t_{.05(130)} = 1.98$

It is evident from table 2, that there was statistically significant difference existed between national level male and female volleyball players on high team spirit, as the obtained t-value of 2.46 was high than the requires  $t_{.05(130)} = 1.98$ .

**TABLE 3**

**SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF MALE AND FEMALE VOLLEYBALL PLAYERS ON MEDIUM TEAM SPIRIT**

| Sex    | N   | Mean  | MD   | $\sigma_{DM}$ | t-ratio |
|--------|-----|-------|------|---------------|---------|
| Male   | 105 | 68.85 | 2.97 | 0.65          | 4.53*   |
| Female | 127 | 65.88 |      |               |         |

\*Significant at .05 level  $t_{.05(230)} = 1.97$

It is evident from table 3, that there was statistically significant difference existed between national level male and female volleyball players on medium team spirit, as the obtained t-value of 4.53 was high than the requires  $t_{.05(230)} = 1.97$ .

**TABLE 4**  
**SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF MALE AND FEMALE VOLLEYBALL PLAYERS ON LOW TEAM SPIRIT**

| Sex    | N  | Mean  | MD   | $\sigma_{DM}$ | t-ratio |
|--------|----|-------|------|---------------|---------|
| Male   | 58 | 51.59 | 0.24 | 1.16          | 0.21    |
| Female | 46 | 51.35 |      |               |         |

Insignificant at .05 level  $t_{.05 (102)} = 1.98$

It is evident from table 4, that there was no statistically significant difference existed between national level male and female volleyball players on low team spirit, as the obtained t-value of 0.21 was less than the requires  $t_{.05 (102)} = 1.98$ .

**TABLE 5**  
**SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF MALE AND FEMALE VOLLEYBALL PLAYERS ON GENERAL TEAM SPIRIT**

| Sex    | N   | Mean  | MD   | $\sigma_{DM}$ | t-ratio |
|--------|-----|-------|------|---------------|---------|
| Male   | 234 | 69.12 | 1.77 | 1.13          | 1.58    |
| Female | 234 | 67.35 |      |               |         |

Insignificant at .05 level  $t_{.05 (466)} = 1.96$

It is evident from table 5, that there was no statistically significant difference existed between national level male and female volleyball players on general team spirit, as the obtained t-value of 1.58 was less than the requires  $t_{.05 (466)} = 1.96$ .

## DISCUSSION

Findings of descriptive data of national level male and female volleyball players on different types of team spirit indicated that more than one fourth national level male volleyball players were found under high team spirit, less than fifty under medium team spirit and about one fourth under low team spirit. In case of female volleyball players, less than one third were under high team spirit, more than fifty under medium team spirit and less than one fourth under low team spirit.

When the national level male and female volleyball players were compared together on high, medium and low team spirit, significant differences were found between male and female volleyball players. National level male volleyball players were found to have more team spirit than their counter parts.

When the national level male and female volleyball players were compared together on general team spirit, significant difference was not found between male and female volleyball players. But the national level male volleyball players were found to have more general team spirit than their counter parts.

It was also hypothesized that there would be significant difference in their team spirit among national level male and the female volleyball players. This hypothesis has been totally accepted, as the obtained f-values for team spirit were higher than the required value to be significant.

## CONCLUSIONS

Within the limitations of the present study, the following conclusions are enumerated :

1. Male and female volleyball were found to have more high level team spirit followed by medium and low team spirit.
2. Significant difference existed between male and female volleyball players on high and medium level of team spirit.
3. Similarity was found between male and female volleyball players on low level team spirit and general team spirit.

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