

A COMPARISON OF PHYSICAL FITNESS BETWEEN INDIVIDUAL AND TEAM GAMES FEMALE PLAYERS

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ABSTRACT

Research suggests that individuals who have increased fitness knowledge via health education are more likely to be physically active and fit. The purpose of the study was to compare the female players of individual and team games on six components of physical fitness. For this purpose, one hundred (Team game =50, Individual game=50) female players were selected from the Raigarh district during the year 2012. The mean age and SD of the female players of team game and individual game were 16.64 ± 1.45 and 17.72 ± 1.49 respectively. All the subjects were tested in AAHPER youth fitness test items i.e. Flex-arm hang, Bent knee sit-ups, Shuttle Run, Standing broad jump, 50 yard dash and 600 yard run. The analysis of data using t-ratio indicated the variance existed between female players of individual and team games in their physical fitness components. Female players of individual games were better in abdominal strength, Speed and endurance. Whereas, the team game's female players were better in Explosive strength of legs, Agility and Arm and shoulder strength.

Keywords: Physical fitness, Individual games, Team games, Female players.

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INTRODUCTION

The fitness refers to the dynamic qualities that allow a person to satisfy his/her own needs, including but not limited to mental and emotional stability and organic health consistent with functional capacity. There are numerous fitness concepts such as nutritional fitness, which refers to the selection of foods according to their caloric and nutritive values, also proper eating habits. The health related physical fitness refers to the Physical fitness which is a combination of very specific components which are: - Cardio-vascular endurance, muscle fitness (Strength and endurance) flexibility, and body composition.

Physical fitness is a combination of muscular strength, endurance, speed, agility, indoor skills, flexibility and co-ordination. These have been growing realization of physical fitness enhancing human health and performance. The term physical fitness implies fitness of the body and mind and due to body and mind relationship, the new concept of physical fitness includes mental, emotional, social as well as physical aspect (Hebbellneck, 1984).

Physical fitness has three basic components i.e. muscular endurance, muscular strength and circular-respiratory endurance, where as motor fitness includes four additional components i.e. muscular power, agility, flexibility and speed". The human values conquest in the field of sports holds a unique place. It is success, victory, triumph and domination of some over other team mates and friends because sports is comradeship and friendship (Clarke, 1971).

Increasing the physical fitness level is the basic goal of all types of sport preparation. The importance of certain physical fitness abilities for success in a wrestling bout varies in wrestlers of various wrestling styles and age. The aim of this research was to identify the differences between the classical style (Greco-Roman) and the free style wrestlers in the variables assessing physical fitness (Baic, Sertic and Starosta, 2007).

Fitness had always been a concern of man from pre-historic times. Harry et al. (1965) concluded that "People were not agreed as to what constitute physical fitness though it is important to everyone". The expression "Physically fit" is very much common (vague). Percival and Taylor in 1982 concluded that every individual has different level of fitness. Which may change from time to time, it may also change from place to place and sometimes it may changes with work or situation also. Chand (1977) revealed that defensive players were heavier, taller and had more muscular power than offensive players. Whereas, offensive players were faster and had more endurance than defensive players. Uppal (1980) indicated that regular participating in programmed of games and sports leads to several changes in muscles, increase in leg, grip and arm strength of women students. Singh, Ghosh & Ahuja (1985) observed the improvement in physical fitness components due to the effect of training, it was unusual during competitive period. Cicirko, Scott, Bennett and Hodson (2007) indicated statistical significance in some tests. Research on the special and general physical fitness confirm interdependence rate and the influence on the level of football players.

The study relates to the importance of physical fitness components as one of the primary factors for better performance in sports/games. The attempt is made in this study of physical fitness among the team games and individual games players. A physical fit woman gives a good performance for long time in the competition. This study will be very useful to

physical education teacher/coaches in the field of competitive performance. .

The purpose of the study was to compare the male players of team game and individual game as well as female players of team game and individual game on six components of physical fitness,

METHODOLOGY

Selection of Subject

One hundred (Team game =50, Individual game=50) female players were selected from the Raigarh district during the year 2012. Individual game players were from Athletics, Swimming and Badminton. Team game players were from Football, Volleyball and Hockey players. The purposive random sampling method was used for the collection of data. The mean age and SD of the female players of team game and individual game were 16.64 ± 1.45 and 17.72 ± 1.49 respectively.

Instrumentation

All the subjects were tested in AAHPER youth fitness test items i.e. Flex-arm hang, Bent knee sit-ups, Shuttle Run, Standing broad jump, 50 yard dash and 600 yard run to collect data in Muscular Strength and endurance of Arms and Shoulders, Strength and Endurance of abdomen, Speed and Agility, Explosive Strength of legs, Speed and Explosive Strength, and Cardio-Vascular Endurance.

Scoring of Data

Time is recorded to the nearest second the hanging position held (Flex-arm hang); Maximum number of correctly executed pull-ups performed on H. Bar; Number of correctly executed sit-ups performed in one minute ups; maximum horizontal distance jumped from ground level and reach at same ground level(standing broad jump) and recorded in to nearest centimeter; time taken to run a distance of 50 yard as fast as possible recorded in 1/10 of second; and time taken to run a distance of 600 yard as fast as possible recorded in minutes and seconds were recorded.

RESULTS AND DISCUSSION

In order to find out the significance of difference between female players of team and individual games belong to Raigarh district, Means, Standard deviations, and t-ratios (Rothstein, 1985) were computed for obtained data by using AAPHER Youth Physical Fitness Test. To check the obtained t-ratio, the level of significance was set at .05 level and data pertaining to this have been presented in Table 1 to 6 .

TABELE 1
DESCRIPTIVE STATISTICS OF VARIOUS COMPONENTS OF PHYSICAL
FITNESS OF FEMALE PLAYERS OF TEAM AND
INDIVIDUAL GAMES

Physical Fitness Test variables	Team game		Individual game	
	Mean	SD	Mean	SD
Flex-arm hang	17.39	06.32	13.26	05.65
Bent knee sit-ups	28.74	04.16	29.12	02.24
Shuttle run	11.79	00.49	11.39	00.81
Standing broad jump	01.73	15.24	01.72	12.58
50 Yard dash	09.59	00.91	10.06	00.86
600 Yard Run	02.22	00.24	02.37	00.58

The mean scores of various components of physical fitness of female players belong to team and individual games of Raigarh district have been depicted in figures 1 to 6.

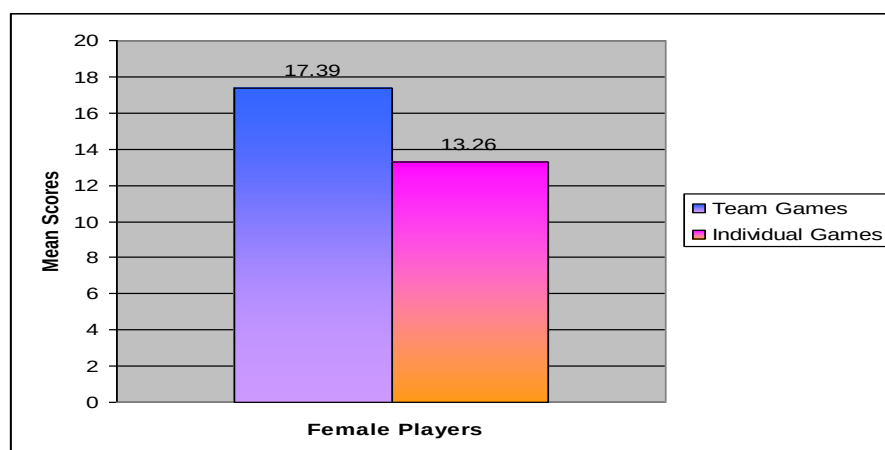


Figure 1: Comparison of Flex Arm Hang (strength and endurance of shoulders) of Female Players of Team and Individual Games.

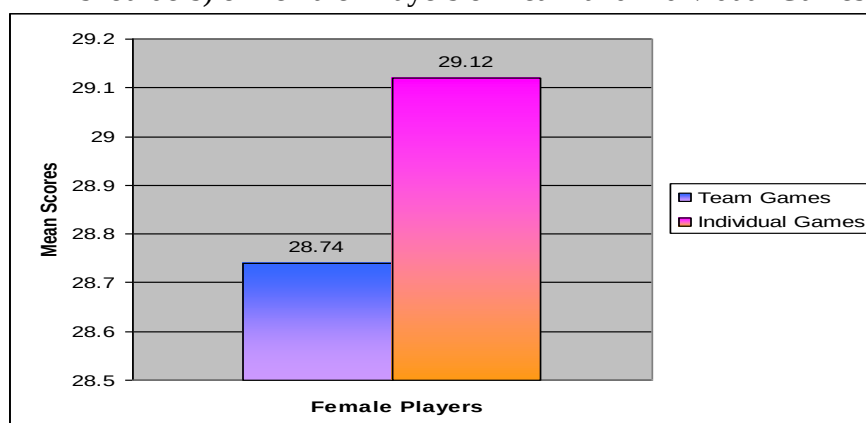


Figure 2: Comparison of Sit-ups (abdominal strength) of Female Players of Team and Individual Games.

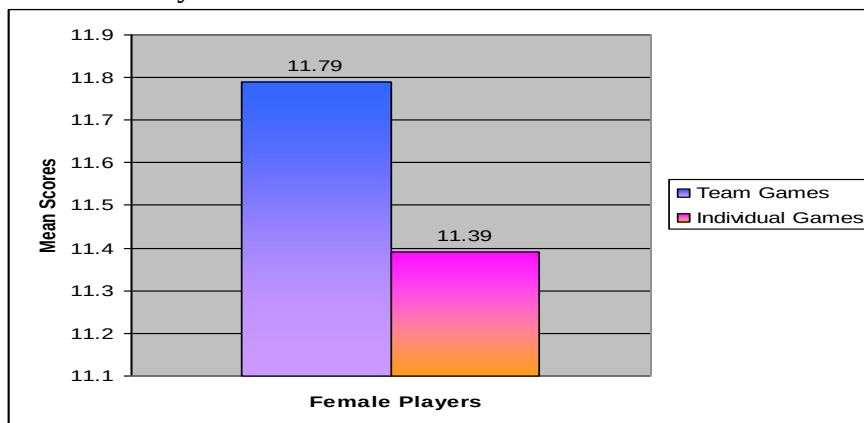


Figure 3: Comparison of Shuttle Run (speed and agility) of Female Players of Team and Individual Games.

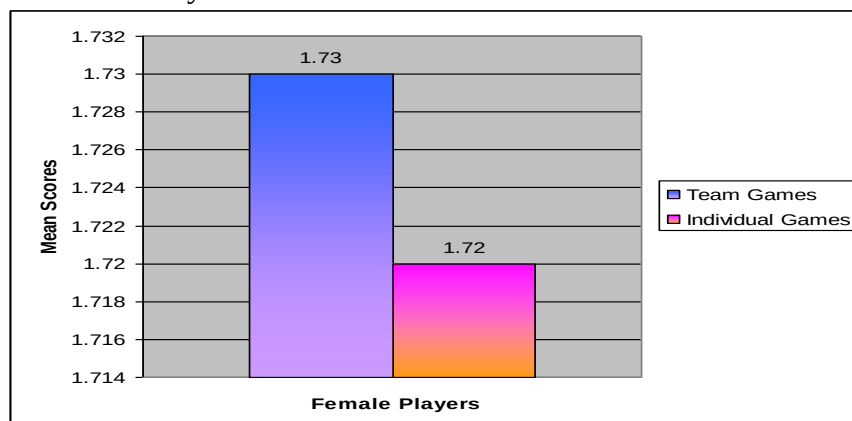


Figure 4: Comparison of Standing Broad Jump (explosive strength of legs) of Female Players of Team and Individual Games.

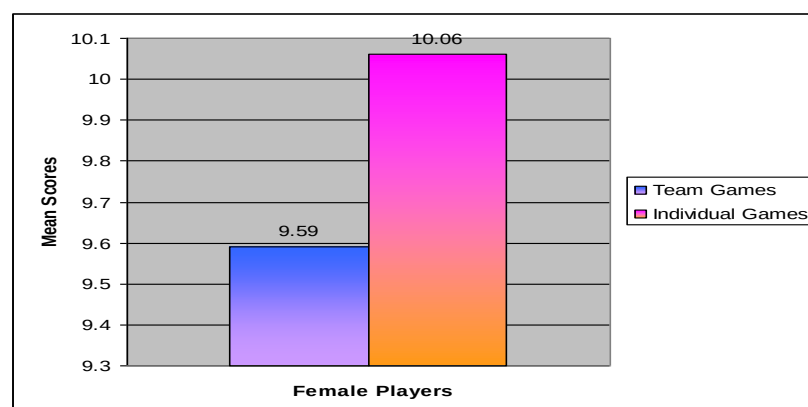


Figure 5: Comparison of 50 Yard Dash (speed and agility) of Female Players of Team and Individual Games.

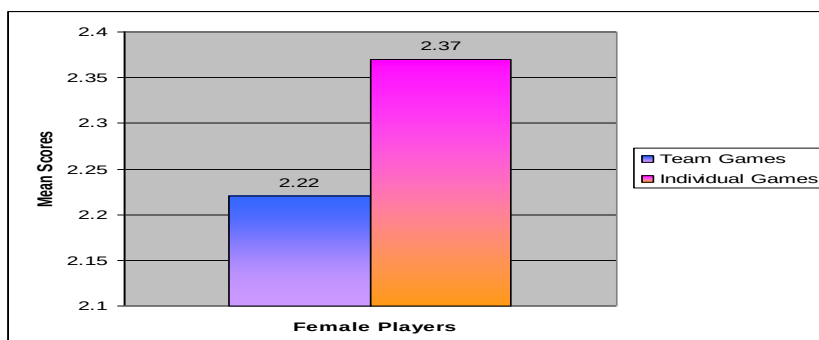


Figure 6: Comparison of 600 Yard Run (endurance) of Female Players of Team and Individual Games.

TABLE 1

SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF FLEX ARM HANG OF FEMALE PLAYERS OF INDIVIDUAL AND TEAM GAMES

Game	Mean	M.D.	σ DM.	t-value
Individual	17.39	4.13	1.19	3.45*
Team	13.26			

Insignificant level at 0.05, $t_{.05}(98) = 1.98$

It is evident from Table 1, that there statistically significant difference were found between the means of flex arm hang (arm and shoulder strength) female players of individual and team games, as the obtained t-value of 3.45 was higher than the required value of $t_{.05}(98)=1.98$.

TABLE 2

SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF SIT-UPS OF FEMALE PLAYERS OF INDIVIDUAL AND TEAM GAMES

Game	Mean	M.D.	σ DM.	t-value
Individual	29.12	0.38	0.67	0.57
Team	28.74			

Insignificant level at 0.05, $t_{.05}(98) = 1.98$

It is evident from Table 2, that there was no statistically significant difference between the means of sit-ups (abdominal strength) female players of individual and team games, as the obtained t-value of 0.57 was less than the required value of $t_{.05}(98)=1.98$.

TABLE 3
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF SHUTTLE RUN OF FEMALE PLAYERS OF INDIVIDUAL AND TEAM GAMES

Game	Mean	M.D.	σ DM.	t-value
Individual	11.39	0.40	0.14	2.93*
Team	11.79			

Insignificant level at 0.05, $t_{.05}(98) = 1.98$

It is evident from Table 3, that there statistically significant difference were found between the means of shuttle run (speed and agility) female players of individual and team games, as the obtained t-value of 2.93 was higher than the required value of $t_{.05}(98)=1.98$.

TABLE 4
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF STANDING BROAD JUMP OF FEMALE PLAYERS OF INDIVIDUAL AND TEAM GAMES

Game	Mean	M.D.	σ DM.	t-value
Individual	1.73	0.01	2.79	0.40
Team	1.72			

Insignificant level at 0.05, $t_{.05}(98) = 1.98$

It is evident from Table 4, that there was no statistically significant difference between the means of standing Broad Jump (explosive strength of leg) female players of individual and team games, as the obtained t-value of 0.40 was less than the required value of $t_{.05}(98)=1.98$.

TABLE 5
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF 50 YARD RUN OF FEMALE PLAYERS OF INDIVIDUAL AND TEAM GAMES

Game	Mean	M.D.	σ DM.	t-value
Individual	10.06	0.47	0.18	2.63*
Team	09.59			

Insignificant level at 0.05, $t_{.05}(98) = 1.98$

It is evident from Table 5, that statistically significant difference were found between the means of 50 yards (speed) female players of individual and team games, as the obtained t-value of 2.63 was high than the required value of $t_{0.05(98)}=1.98$.

TABLE 6
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF 600 YARD RUN OF FEMALE PLAYERS OF INDIVIDUAL AND TEAM GAMES

Game	Mean	M.D.	σ DM.	t-value
Individual	2.37	0.14	0.09	1.58
Team	2.23			

Insignificant level at 0.05,
 $t_{0.05(98)} = 1.98$

It is evident from Table 6, that statistically significant difference were not found between the means of 600 yard run (in minutes-sec.) female players of individual and team games, as the obtained t-value of 1.58 was less than the required value of $t_{0.05(98)}=1.98$.

DISCUSSION

The analysis of data using t-ratio shows that variance exists between female players of individual and team games in their physical fitness components.

On all the six performance test for each sex i.e. Flex arm hang/pull-ups, sit-ups, shuttle run, standing broad jump, 50 yard dash and 600 yard run/walk did not found similar as a whole for female players of individual and team games, when they were compared on different component of AAHPER youth related physical fitness. It was observed that the female players of individual games were found better in three components of physical fitness i. e. sit-ups (abdominal strength), 50 yard dash (Speed) and 600 yard run (endurance) and poor in rest of the components of physical fitness as compared by female players of team games.

CONCLUSION

Within the limitation of the present study, following conclusions were drawn:

1. Female players of individual games, were also better in sit-ups (abdominal strength), 50 yard dash (Speed) and 600 yard run (endurance) than female players of team games.
2. Female players of team game were found better in standing broad jump (Explosive strength of legs), shuttle run (Agility/coordination) and flex arm hang(Arm and shoulder strength) than female players of individual games.

RECOMMENDATIONS

1. First and foremost, the study can be replicated on a large scale for better validation of results.
3. An exploratory study can be undertaken to find out the ways to increase efficiency of players of different nature of games.

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**COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS
COMPONENTS OF NORTH AND EAST INDIAN
STUDENTS OF D.C.P.E.**

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ABSTRACT

In the present study, an attempt has been made to compare physical Fitness components of north and East Indian Students Of D.C.P.E. For the purpose of study 50 male students (25 from each region) were selected to serve as the subjects. Their age was ranged between 18 to 28 years. The study was delimited to the six physical Fitness variables namely explosive leg strength, abdominal strength, agility, Flexibility, cardio respiratory endurance and speed. The data was collected by using the measurements of age, height and weight as well as by applications of test like standing broad jump, bent knee sit-ups, shuttle run, sit and reach, 600 Yard run/walk and 50 Yard dash. To find out the significant differences between the physical Fitness components of north and east Indian Students of D.C.P.E. The data was analyzed and compared with the help of statistical procedures in which Mean, standard deviation, standard error deviation (SED) and t-test were employed at 0.05 level of significance. On the basis of results revealed that East Indian students were superior in Physical Fitness than north Indian Students.

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INTRODUCTION

The physical Fitness Test for the community is to set up a database on the physical Fitness of North and East Indian Students; to identify the relationship between the physical exercise pattern and physical Fitness of North and East Indian Students and the Priority measures to enhance the overall physical Fitness of the student; as well as to give the individual participants a general understanding of their own physical Fitness condition. In broad sense, the human body shape, physiological functions, physical quality (or level of physical Fitness), athletic capability, immunity and Psychological quality are all constituents of physical Fitness. Perfect of players in skill and technique are very much dependent on effective was of training, practice and some suitable exercises for the development of general strength, power, flexibility Co -ordination, agility to related games flexibility, co-ordination, agility to related games and sports.

The main purpose of this study was to find out the difference in Physical Fitness Index of the north and East Indian students studying in Degree college of physical education, Amravati. It was also hypothesized that the physical Fitness of east Indian students would be significantly better than physical Fitness of north Indian Students.

METHODOLOGY

Selection of subjects:

Fifty male students from north and east Indian students of D.C.P.E., S.G.B Amravati University were selected as the subjects for the purpose of the study and the age of the subjects was ranged between 18-28 years. Those twenty-five students consisted of fifty Indian students (North Indian =25, East Indian=25). Selected test items were administered to measure physical Fitness. Test was conducted in Morning session. Simple Random Sampling technique was adopted for the selection of subjects for the present study.

Selection of Tests and Criterion measure:

- 1 Standing Broad Jump was measured by explosive leg Strength and Score was recorded in centimeter.
- 2 Bent knee sit-ups was measured by abdominal strength and endurance and score was recorded in numbers.
- 3 Speed of movement was measured by using 50 yard dash and the score was recorded in seconds.
- 4 Shuttle Run was measured by agility and score was recorded in seconds.
- 5 Sit and Reach was measured by Flexibility and Score was recorded in centimeter.
- 6 600 yard Run or Walk was measured by cardio respiratory endurance and Score was recorded in seconds.

Administration of Test & Collection of Data:

The data pertaining to the study were collected, on the basic physical Fitness of all the subjects were tested according to the selected item Test. The scores of each test were recorded and converted into 't' Score and then make them. Before collection of data, the scholars explained the purpose of the study to the subjects so as to they could put their best.

Limitations:

The experience and training background, social and economic status, dietary habits and daily routine activities of the subjects were considered as the limitations for the study. Specific motivational devices were also not adopted for motivating or discouraging the subjects during the experimentation

RESULTS AND DISCUSSION

The statistical analysis of data of selected item test collected on the student of each Indian and north Indian Students of Degree college of Physical Education has been presented in this study. The obtained raw score of each test were converted into standard scores with the help of 't' scale and composite score was formed which were subjected to find out the overall significant difference between two groups i.e East India and North India Students of Degree college of Physical Education. The level of significance to test the hypothesis was chosen as at 0.05 level of confidence and data pertaining to this have been presented in Table 1 and depicted in figure 1.

TABLE -1
COMPARISON OF MEANS OF NORTH INDIA AND EAST INDIA STUDENTS
IN PHYSICAL FITNESS

Group	Mean	SD	MD	SE	DF	t-ratio	Tabulated 't'
East India	325.26	34.21	44.27	10.68	48	4.14*	2.012
North India	280.99	41.03					

*Significant at 0.5 level, $t_{0.05(48)} = 2.012$

The Findings of Table-1 clearly reveals that there was a significant mean difference in physical fitness between the east and north Indian students belong to Degree College of Physical Education, as the calculated t-value 4.14 is greater than the tabulated t- value of 2.012.

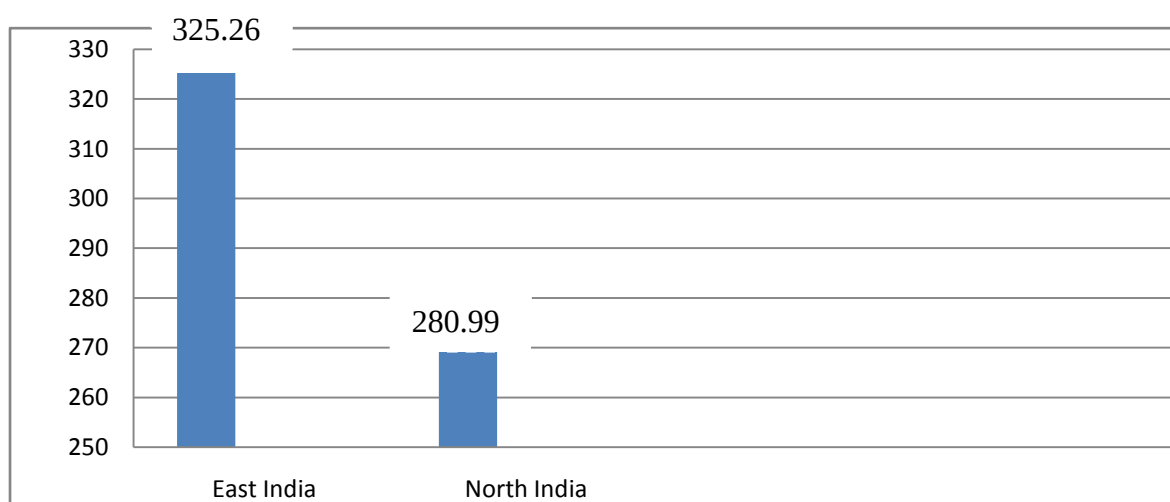


Figure -1: Comparison of Means of Physical Fitness of North India and East India Students

DISCUSSION

To find out the significant differences between the physical Fitness of north and East region of India, t-test was employed of 0.05 level of significance. The statistical analysis of data revealed that the physical Fitness of both the regions had no significant difference in relation with the flexibility. Whereas in terms of Abdominal strength, Explosive leg strength, Agility, cardio-respiratory Endurance and speed significant differences was found. Further it was also found that physical fitness of East Indian Students were much better than the North Indian Students.

CONCLUSIONS

Within the limitations of the present study and on the basis of findings the following conclusions are drawn.

- i) The finding of the study revealed that the physical Fitness of north and east region of India has no significant difference in relation with the flexibility.
- ii) Whereas in terms of Abdominal strength, Explosive leg strength, Agility, cardio-respiratory Endurance and speed significant differences was found.
- iii) East-Indian students were superior in Physical Fitness than North Indian Students.

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DIETARY PRACTICES AMONG SPORTSMEN

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ABSTRACT

The purpose of the present investigation was to assess the dietary practice of sportsmen of different sportive events. This study was conducted on 120 male sportsmen studying in Government and Private colleges situated in Banaras (U.P.). The questionnaire of ten questions about dietary practice prepared by Nazni and Vimala (2010) was used to collect the data from the selected male sportsmen. The results of the present investigation indicated that there is a paucity of nutrition education intervention among selected male sportsmen. This sports specific variation in the practices indicates the strong influence of coaches, peers and tradition.

Keywords: Dietary practices, Males, Sportsmen

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INTRODUCTION

Nutrition is an important complement of any physical fitness program. The main dietary goal for active supplement information from nutritionists/ dietitians and individuals is to obtain adequate nutrition to optimize health and fitness or sports performance (Congeni & Miller, 2002)

Nutritional requirements are not same at various periods of growth. Requirements vary widely with age, sex, body size, growth pattern, climate and state of health of person. But the variation is mainly due to difference in physical activity. Persons like players engaged in strenuous activity requires more food to meet their increased requirement of energy and for the initiation and maintenance of high level of performance where as persons engaged in sedentary work like non sportsmen and women, require less food as they spend less energy (Manore & Beals, 1998).

The present study was to assess the dietary practice of university male sportsmen of different sportive events

METHODOLOGY

Selection of Subjects:

The study was conducted on 120 male sportsmen studying in Government and private colleges situated in Banaras(U.P.) , India with mean age of 21.19years, weight 55.16 kg. and height 1.68 Meter which were selected by purposive sampling techniques. The subjects in the present study were inter-collegiate level sportsmen. The sportsmen belonged to varied sports disciplines viz. Football (N=30), Athletics (N=30), Cricket (N=30) and Shooting (N=30). The participants of the study were in Undergraduate degree course (55.83 %) and Post graduate degree courses (44.17 %).

Instrumentation:

A well framed and standardized questionnaire cum interview schedule was used to elicit information on the nutritional practices. The questionnaire of ten questions about dietary practice prepared by Nazni and Vimala (2010) was used to collect the data from the selected male sportsmen

RESULTS AND DISCUSSION

To assess the nutrition related fact of college sportsmen of Bannaras district, Frequency and Percentage were analyzed and data pertaining to this have been presented in Table 1

TABLE 1
DIETARY PRACTICES OF SPORTSMEN

S. NO.	Statements	Yes %	NO (%)
1	Is you dietary pattern change at the time of competition	43.33	56.67
2	Do you skipping meals prior to competition	31.67	68.33
3	Do you consuming sports drinks every day before practicing	34.17	65.83
4	Do you practice carbohydrate loading prior to competition	23.33	76.67

(Table 1 Continued)

5	Do you consume glucose polymer drink (12g of glucose / 100ml) during exercise? (A) 250 ml (30g CHO) (B) 500 ml (60g CHO)	43.33	56.67
6	Are you having the habit of taking energy base during exercise? (A) ½ - 1 bar (30g CHO) (B) ½ - 1 bar (60g CHO)	60.00	40.00
7	Do you consume energy gel during exercise (A) 1 sachet (30g CHO) (B) 2 Sachet (60g CHO)	39.17	60.83
8	Will you consume rising (or) sultanas at the time exercise? (A) 40g (30g CHO) (B) 80g (60g CHO)	63.33	36.67
9	Will you practice of eating bananas during exercise? (A) 1-2 banana (30g CHO) (B) 2-3 bananas (60 g CHO)	57.50	42.50
10	Do you consume isotonic sports drink (6g/100ml) during exercise (A) 500 ml (30g CHO) (B) 1000 ml (60g CHO)	41.67	58.33

Table 1 indicates that the dietary practices of the sportsmen were variable. The 43.33 percent of sportsmen adopted a change in the dietary pattern at the time of competition. Skipping of meals prior to competition was participated by 31.67 percent of the total sportsmen. Awareness about carbohydrate loading was seen in 23.33 percent sportsmen and consumption of glucose polymer drink during exercise was followed by 43.33 percent of the sportsmen. 34.17 percent of sportsmen takes sport drink every day before practicing. Habit of taking energy bars during exercise was practiced by 60 percent of the sportsmen, consumption of energy gel during exercise was not observed in 60.83 percent of the sportsmen, consumption of rising was practiced by 63.33 percent of the sportsmen at the time exercise. Habit of consuming isotonic sports drinks was observed in 41.67 percent of the sportsmen.

DISCUSSION

Dietary practices of the male sportsmen were different. More than fifty percent of sportsmen adopted a change in the dietary pattern at the time of competition. The Practice of skipping of meals prior to competition and consumption of glucose polymer drink during exercise sport drink every day before practicing was found in more than one fourth of the total sportsmen. Awareness about carbohydrate loading was seen in less than one fourth sportsmen. Habit of taking energy bars and consumption of energy gel during exercise was practiced by sixty percent of the sportsmen. The consumption of rising was practiced more than sixty percent of the total sportsmen at the time exercise. Habit of consuming isotonic sports drinks was observed in less than half of the total sportsmen.

CONCLUSION

The present study reveals that there is a paucity of nutrition education intervention among selected male sportsmen. There is sports specific variation in the practices indicating the strong influence of coaches, peers and tradition. It is vital to educate the sportsmen and

accustom them to dietary pattern in different regions of India and abroad.. Hence, delivering continuous education through workshops and courses helps to improve trainers' nutritional practices

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COMPARISON OF LEADERSHIP PREFERENCES BETWEEN SENIOR NATIONAL LEVEL MALE AND FEMALE VOLLEYBALL PLAYERS

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ABSTRACT

The purpose of the present investigation was to compare the leadership behaviour between national level male and female volleyball players. The statistical analysis of data on five dimensions of preferred leadership behaviour i.e. training and instruction (TI), democratic behaviour (DB), autocratic behaviour (AB), social support (SS), and positive feedback (PF); collected on three hundred National level male and female volleyball players belong to different cultural background of India and represented their respective state teams in 50th Senior National volleyball championships (M/F) held at L.N.U.P.E, Gwalior (M.P.) during the year 2009 – 2010. The mean age and SD of male and female volleyball players were 23.37 ± 2.39 and 30.67 ± 2.98 respectively. The results of the investigation revealed that national level male and female volleyball players preferred in greater amount of training and instruction followed by positive feedback, social support, democratic behaviour and autocratic behaviour from their coaches. They also expressed significantly similar preferences on five dimensions of leader behaviour.

Keywords: National level, Leadership Behaviour, Preferences

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INTRODUCTION

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 & Troppmann, 1985).

Leadership is the behavioural process of influencing the activities of an organized group towards specific goals and the achievement of those goals. Leadership is more concerned with why people comply and how one person influences another (Carron, 1980).

Leadership in hockey situations appears to be more effective when the leader is oriented towards personal relations between himself and his team than when he is oriented primarily toward completion of the group task (Anpaugh, 1972).

Defensive players preferred and perceived greater amounts of democratic, autocratic behaviour, and social support, players who prefer more of a particular dimension may also in turn perceive greater amounts of that behaviour (Chelladurai & Saleh, 1980).

Leadership in basketball setting comes from a member of a team's starting five players who is held in rather high esteem by his teammates and is one of the better basketball players on the team. Leaders in the basketball situation are task oriented and are more intelligent, more venturesome, more conscientious and self-opinionated than non-leaders (Anpaugh, 1972).

The Psychological preparation on the basis of psychological characteristics of the sport, the competition conditions and the personality structure (profile) of the sportsmen, are planned and carried out with the aim of enabling the sportsman to be in an optimum psychic state at the time of competition so that he can achieve the maximum possible performance.

The purpose of the present investigation was to compare the leadership behaviour between national level male and female volleyball players. It was also hypothesized that there will be no significant difference in the Leadership behaviour between national level male and female volleyball players.

METHODOLOGY

Selection of Subjects:

A sample of Three hundred (Males=150, Females=150) national level volleyball players representing their respective state teams in Senior National Male and Female Volleyball Competition 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 Senior National Male and Female Volleyball Competition held at Laxmibai National University of Physical Education during 2009-2010 in their respective volleyball courts.

Instrumentation:

Leadership Scale for Sports developed by P. Chelladurai (1994) was selected as a criterion tool to measure preferred behaviour preferences on five dimensions of preferred leadership behaviour of national level male and female volleyball players of India.

Statistical Analysis:

To assess the preferred leader behaviour of National level male and female Volleyball players, mean and standard deviation (Rothstein,1985) were computed. The t-ratio (Sheehan,1971) was computed to find out the significant difference between National level male and female Volleyball players on five dimensions of preferred leader behaviour. The level of significant was set at .05 level.

RESULTS AND DISCUSSION

To assess the preferences on five dimensions of leader behaviour, of national level male and female volleyball players, mean, standard deviation, and t-ratios with sex on five dimensions of leader behaviour as a set of dependent variables for all the subjects taken together for both the sexes were computed and data pertaining to this have been presented in table 1&2.

TABLE 1
DESCRIPTIVE STATISTICS OF PREFERENCES ON FIVE DIMENSIONS OF
LEADER BRHAVIOUR OF NATIONAL LEVEL MALE AND FEMALE
VOLLEYBALL PLAYERS

S.NO.	Leader Behaviour	Male (N=150)		Female (N=150)	
		M	SD	M	SD
1.	Training and instruction	4.261	0.451	4.323	0.439
2.	Democratic behaviour	3.721	0.728	3.744	0.613
3.	Autocratic behaviour	3.194	0.865	3.141	0.906
4.	Social Support	3.791	0.558	3.792	0.619
5.	Positive feedback	4.133	0.621	4.183	0.737

The mean scores of five dimensions of leader behaviour as preferred by male and female volleyball players at national level of their participation have been depicted in figure 1 to 5.

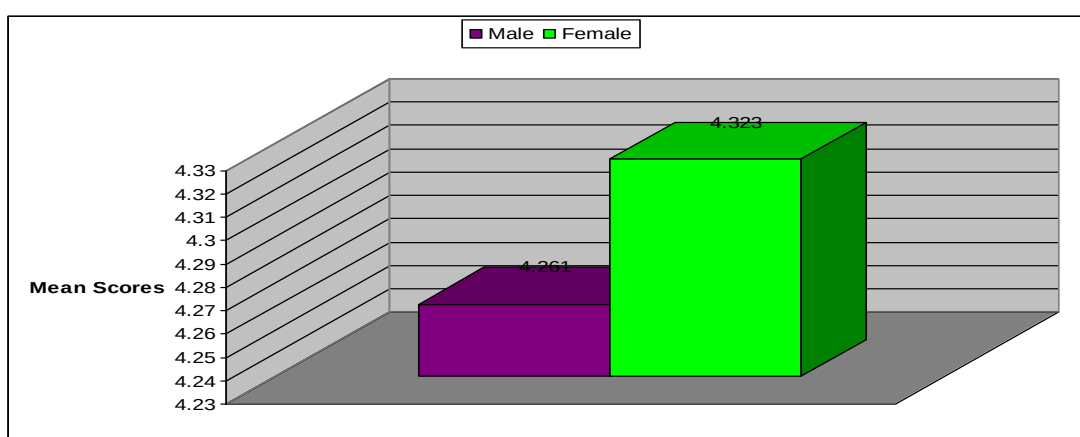


Fig.1: Mean Scores of Training and Instruction Leader Behaviour Dimension of Preferred Leadership for National Level Male and Female Volleyball Players.

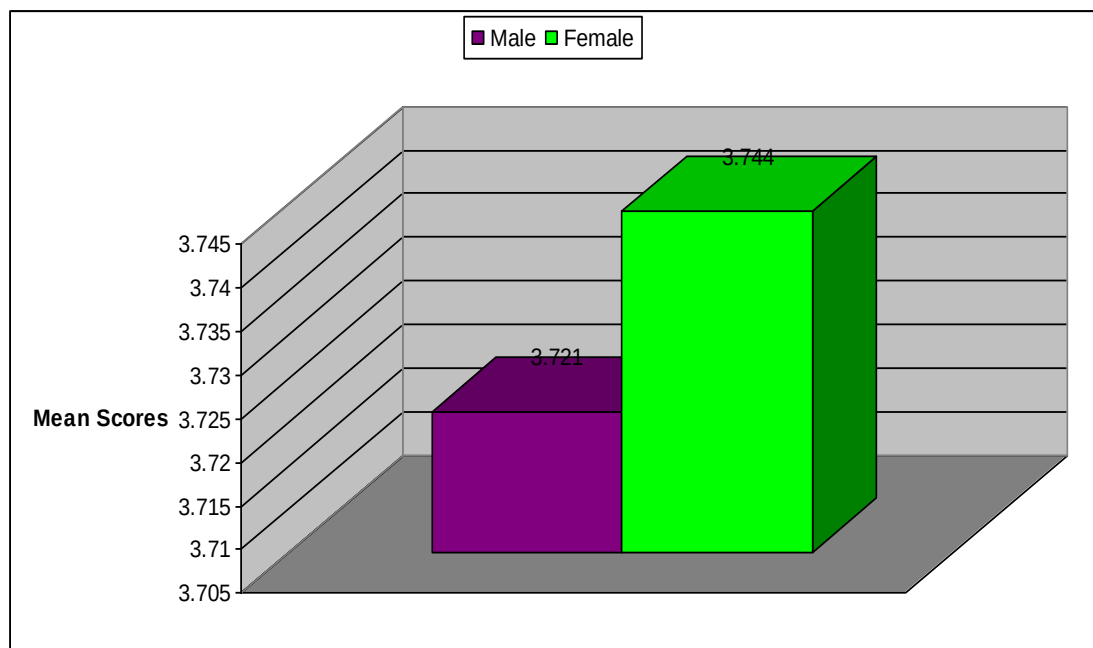


Fig.2: Mean Scores of Democratic Leader Behaviour Dimension of Preferred Leadership for National Level Male and Female Volleyball Players.

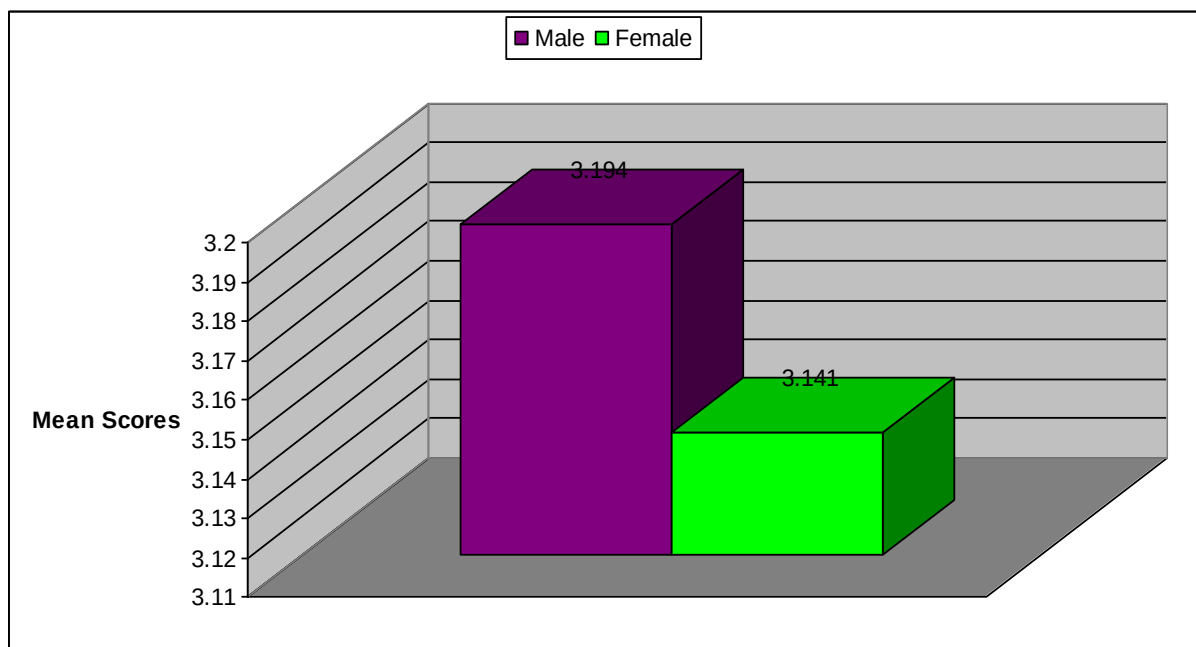


Fig.3: Mean Scores of Autocratic Leader Behaviour Dimension of Preferred Leadership for National Level Male and Female Volleyball Players.

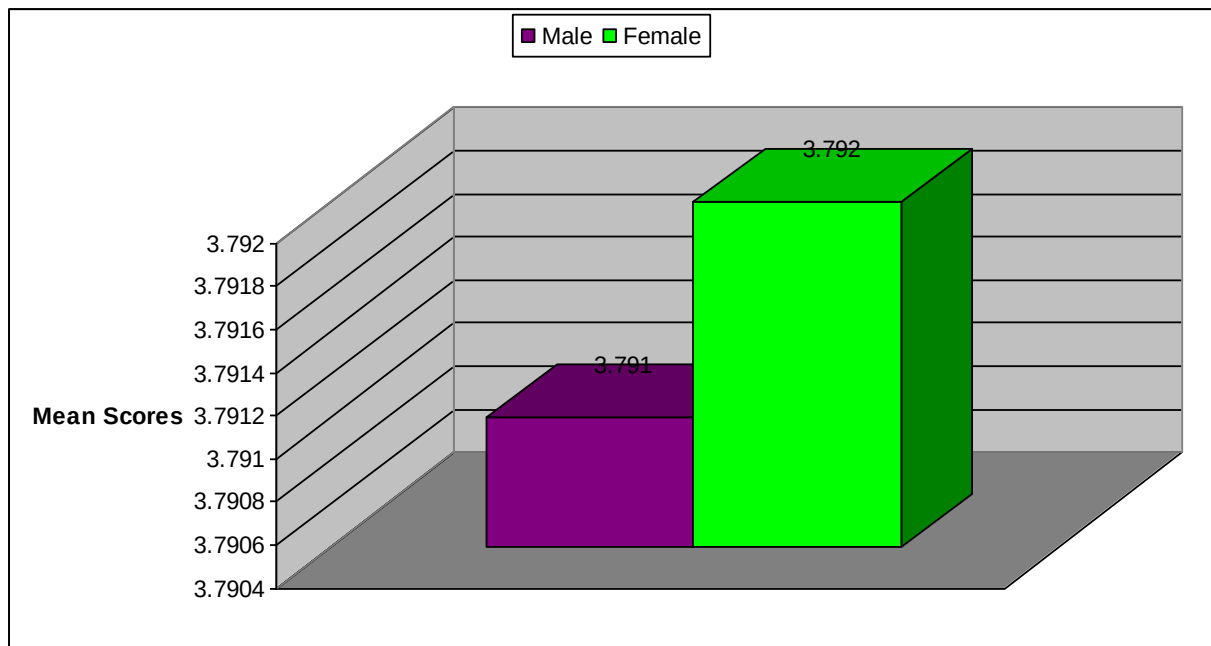


Fig.4: Mean Scores of Social Support Leader Behaviour Dimension of Preferred Leadership for National Level Male and Female Volleyball Players.

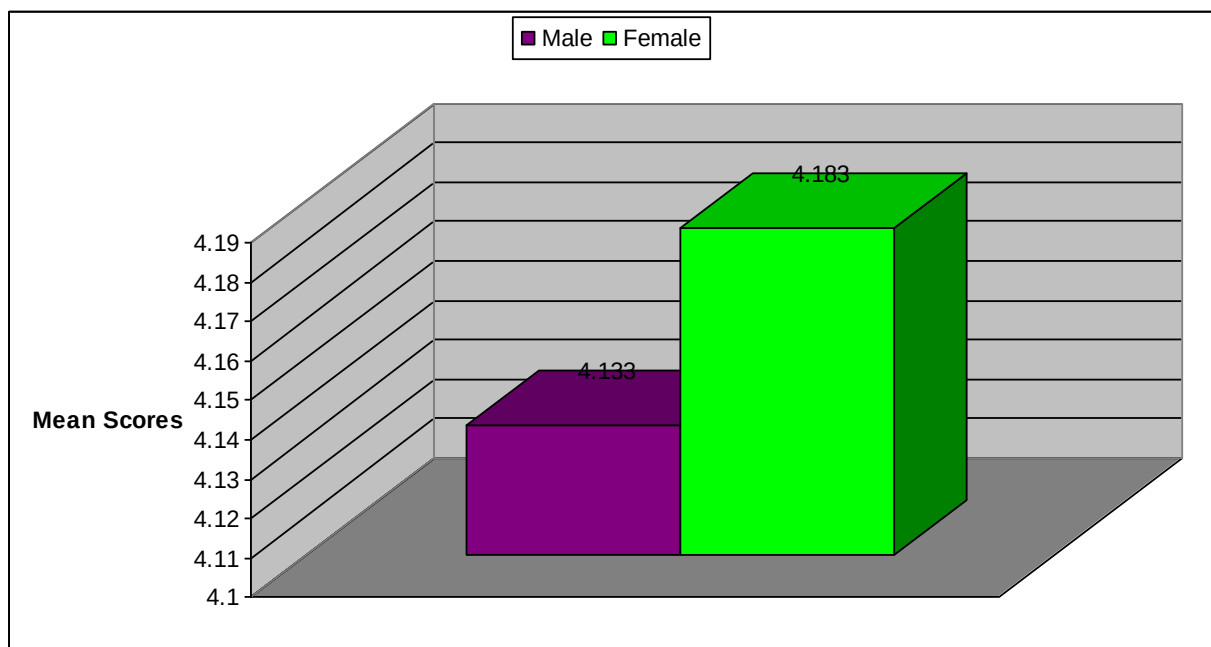


Fig.5: Mean Scores of Positive Feedback Leader Behaviour Dimension of Preferred Leadership for National Level Male and Female Volleyball Players.

The t-ratio was computed to find out the significant differences between national level male and female volleyball players on five dimensions of preferred leadership behaviour and data pertaining to this have been presented in Table 2.

TABLE 2
SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF MALE AND FEMALE VOLLEYBALL PLAYERS ON FIVE DIMENSIONS OF PREFERRED LEADERSHIP BEHAVIOUR

S. No.	Variables	Sex	Mean	MD	σ DM	t-ratio
1.	Training and instruction	Male Female	4.418 4.323	0.095	0.161	0.585
2.	Democratic behaviour	Male Female	3.721 3.744	0.024	0.062	0.384
3.	Autocratic behaviour	Male Female	3.194 3.141	0.053	0.082	0.653
4.	Social support	Male Female	3.791 3.792	0.001	0.054	0.007
5.	Positive feedback	Male Female	4.133 4.183	0.049	0.063	0.794

Insignificant at .05 level

t.05 (298)= 1. 96

It is evident from table 2, that there was no statistically significant difference between national level male and female volleyball players in their preferences on five dimensions of leader behaviour, as the obtained t-values of 0.585, 0.384, 0.653, 0.007 and 0.794 were lesser than the requires t.05 (466)=1.96.

DISCUSSION

Findings of descriptive data of national level male and female volleyball players on five dimensions of preferred leadership behaviour indicated that male volleyball players preferred more training and instruction and autocratic behaviour from their coaches than did female respondents. In case of female volleyball players, they preferred more democratic behaviour, social support and positive feedback from their coaches in comparison of male volleyball players.

When the national level male and female volleyball players were compared together on five dimensions of preferred leadership behaviour, they did not differ in any of the five dimensions of preferred leader behaviour. This may be due to similar cultural background, sporting ideologies and competitive requirement.

There would be significant difference in the leadership Preferences between national level. male and the female volleyball players is accepted, as the national level male and female volleyball players had significantly similar preference on the set of five dimensions of leader behaviour.

CONCLUSIONS

1. National level male and female volleyball players exhibited different preferences on five dimensions of leader behaviour.
2. National level male and female volleyball players preferred in greater amount of training and instruction followed by positive feedback, social support, democratic behaviour and autocratic behaviour from their coaches.
3. National level Male and female volleyball players expressed significantly similar preferences on five dimensions of leader behaviour.
4. National level Male volleyball players preferred more training and instruction and autocratic behaviour from their coaches than their counter parts.

RECOMMENDATION

It is recommended that coaches of volleyball game may modify their coaching behaviour according to the preferences expressed by the national level male and female volleyball players on five dimensions of leader behaviour. A similar study may be conducted on university volleyball players in the different states of India. A comparative study may be replicated on Indian and foreign athletes.

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A STUDY OF SPORT COMPETITION ANXIETY OF VOLLEYBALL PLAYERS OF SAI CENTRES

Dr. Bharat Bhushan Singh* & Dr. Ashish Kumar singh**

ABSTRACT

The purpose of the study was to analyze the sport competition anxiety of volleyball players. For the purpose of this study fifty male Volleyball players were randomly selected. Subjects were selected from SAI Training in Rae Bareilly, Lucknow and Banda established by Sport Authority of India, New Delhi. The Sport Competition Anxiety Test (SCAT) by Marten (1987) contains 15 items and .85 reliability was used to measure the Sport competition anxiety of male Volleyball players. Means, Standard Deviations and Analysis of Variance were computed for the collected data from volleyball players. The level of significance sets at 0.05 level. Results of study revealed the statistically insignificant difference in sport competition anxiety among Volleyball players of different SAI centers of Uttar Pradesh

Keywords: Competition Anxiety, SAI Training Centers, Volleyball Players

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INTRODUCTION

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, fear, or worry (Seligman, Walker, & Rosenhan, 2001).

Anxiety is a generalized mood state that occurs without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an external threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable (Ohman, 2000).

Anxiety plays a paramount role in sport. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be positive motivating force or it may interfere with successful performance in sport events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports, because in the competitive sports, participants are expected to win and great demand are made upon them to succeed. The study of the effect of anxiety on sports performance has become a major topic of interest in sports psychologists, in recent years. The degree of perceived anxiety is an important variable to be considered in the performance of an individual (Singh, 1992).

A few sport psychologists have also attended an assessment of situational anxiety before, during and even after sports competition and termed it as pre-competition, in competition and mid post competition anxiety. In order to have a holistic view of anxiety level in an athlete, it is but natural and appropriate to assess all the three types of anxiety and not one alone. Interestingly, it is still not very clear despite extensive studies as to how trait anxiety interacts with situational and competitive anxiety. Any study on psychological make-up at an athlete is likely to remain incomplete if (he level of anxiety is not given due place in the scheme of psychological parameters related to excellence in sports).

Simon & Martens (1977) investigated the effect of anxiety on sports performance. Researchers have found that competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports.

Lowe & McGrath (1971) indicated that participants in individual non-contact sports have been found to report lower levels of state anxiety than participants in individual contact sports.

Jones, Hanton, & Swain (1994) have found that athletes that are successful interpret arousal to be facilitative. Research conducted with an elite group of swimmers found that anxiety intensity levels were higher in subjects who interpreted their anxiety as debilitating than those who reported it as being facilitative.

Kirby & Liu (1999) conducted research comparing athletes competing in team sports (basketball) with those competing in individual sports (track and field) has found that subjects competing in individual sports report significantly lower self-confidence and higher somatic anxiety than team sport athletes. This is supported by research that has been conducted with figure skaters as well.

Amu (2005) described that there was no gender difference in pre-competitive somatic anxiety among University Badminton Players, however, gender difference was found with male players experienced higher than female players in pre-competitive cognitive anxiety. Bridges & Knight(2005) told that there is actually a significant positive linear relationship between cognitive anxiety and performance for basketball players, Kais & Raudsepp (2005) demonstrated a moderate level of state anxiety and very high self-confidence of the players before the matches. Humara (1999) .indicates that Although anxiety has a considerable impact on performance, it is important to consider other components of an athlete's functioning as well. Bekiari et. al (2006) described that male volleyball players rated somatic anxiety higher and were more affected by the verbal aggressiveness of their coaches than female volleyball players. Russell, Robb, & Cox(1998) revealed a significant interaction of sport by sex and a significant main effect for sport. The basketball players scored higher somatic and cognitive state anxiety than volleyball players. .Raglin & Morris (1994) summarized that athletes in the team sport of volleyball exhibit considerable variation in optimal pre-competition anxiety. Wilson & Steinke (2002) suggested that anxiety is the result of complex interactions between multiple cognitive and somatic components, and cognitive orientation styles may exert a strong influence on the way individual female athletes perceive pre-competition anxiety. Wilson & Raglin (2007) described that predicted and actual pre-competition anxiety values did not differ for either age or gender for the more important meets. The correlations between predicted and actual pre-competition anxiety occurred in all groups for both the less important and more important meets.

METHODOLOGY

Selection of Subject:

For the purpose of this study, fifty male volleyball players from three different SAI Training Centers established by Sport Authority of India in Uttar Pradesh were selected. The data were collected by personal contact from the subjects at SAI Training centre of volleyball in U.P. i.e. Riaibarely, Lucknow and Banda. All players were in the age group of 16 to 25 years.

Instrumentation:

The Sport Competition Anxiety Test (SCAT) by Marten(1987) contains 15 items and .85 reliability was used to measure the Sport competition anxiety of male Volleyball players. Subjects were asked to indicate how they (generally feel when they compete in the concerned game, and respond to each item using a three point ordinal scale (Hardly ever, Sometimes, or often). Ten of the items assess individual differences in competitive trait anxiety proneness, five spurious items are also included to reduce possible responses bias. Total scores of the SCAT range from 10 (low competitive trait anxiety) to 30 (high competitive trait anxiety).

Statistical Technique:

Means, Standard Deviations and Analysis of Variance were computed for the collected data from volleyball players. The level of significance sets at 0.05 level.

RESULTS AND DISCUSSION

To assess the sports competition anxiety of male Volleyball players of three SAI Training centers of Uttar Pradesh, Analysis of Variance was computed and data pertaining to this have been presented in table 1

TABLE 1
ANALYSIS OF VARIANCE OF SPORTS COMPETITIVE ANXIETY TEST
AMONG VOLLEYBALL PLAYERS OF THREE
SAI TRAINING CENTERS

Source of Variance	Sum of squares	df	Mean square	F-Value
Between the Groups	2	4.210	2.105	0.357
Within the Groups	47	276.51	5.88	

It is clearly evident from Table1 that statistically significant difference was not found among male volleyball players of three different SAI training center in their Sports Competition Anxiety, as obtained F-value of 0.357 was much lesser than the require value of $F_{0.05}(2, 47) = 3.18$

DISCUSSION

The results of one way analysis of variance (ANOVA) with male volleyball players belong to three different SAI training centers showed insignificant differences in their sport competition anxiety. This may be attribute to the similarity in competitive experiences, coaching pattern and level of participation..

There would be no significant differences in sport competition anxiety among male Volleyball players belong to different SAI Training centers of Sports Authority of India is clearly accepted.

CONCLUSION

There were no significant difference in Sports Competition Anxiety among volleyball players of different SAI centers of Uttar Pradesh.

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