

# Comparative Study on Psychological Variables Between Volleyballers And Basketballers

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**Abstract-** The design of the study was to find out the result of volleyball and basketball on Achievement Motivation, emotional maturity Questionnaire. To achieve the idea of the study 20 volleyball players and 20 Basketball Players were selected from dindigul district. The subjects were motivation and emotional maturity level of volleyball and Basketball players. The age group of subjects ranged from 17-22 years. The study was delimited to the following variables Achievement motivation and emotional maturity between volleyball basketball players. To perform this analysis, the researcher used dependent 't' test to find out the significant difference between motivation and emotional maturity level of volleyball and Basketball players. In this case to test the significance 0.05 level of confidence was utilized. It was found that there was a significant motivation and emotional maturity between volleyball and basketball players.

**Keywords-** Volleyball Players, Basketball Players, Motivation, Emotional Maturity.

## I. INTRODUCTION

The sport was developed at the YMCA by William G. Morgan as an alternative for the older man that was less taxing than basketball. Volleyball history began in a town called Holyoke, Massachusetts in 1895. Originally called Mignonette, it took the net from tennis and took cues from basketball, baseball and handball. The net was only 6'6" high, just above the average man's head. Originally, there was no limit to the number of players on a team or the number of contacts per side and the game was primarily played from the ground. In the field of psychology, in order to improve the emotional regulation, management of emotions and emotional maturity has been more important. Further, the researchers revealed that emotional maturity is a useful and efficacy construct for use in applied situations such as during the performance.

Basketball is very physically demanding sport Muscle strength important in basketball because while gaining strength, speed, and endurance you are also tendon and

ligaments which will reduce the changes of injuries, such as sprain and tears. One of the main benefits of strengthening your core is increased balance and stability. A strong core consists of muscles that work together in coordination to stabilize and support your body. Having strong core stabilizers enables you to maximize strength in your arms and legs. Emotional maturity is the ability to experience, understand and express one's own deepest feelings in the most appropriate and constructive ways. As far as emotional maturity is concerned, it is a key factor for happiness in life without which an individual feels dependencies and insecurities in his life.

## II. METHODOLOGY

To achieve the purpose of this study twenty (20) volleyball players and twenty (20) basketball players were selected from dindigul district, Tamilnadu selected as age of subjects range between 17 to 22 years. The following test was performed to psychological variables motivation Questionnaire (R.R, Degroot, E, V, 1990), emotional maturity Questionnaire (Roma Pal. Km 1984).

## III. STATISTICAL TECHNIQUES

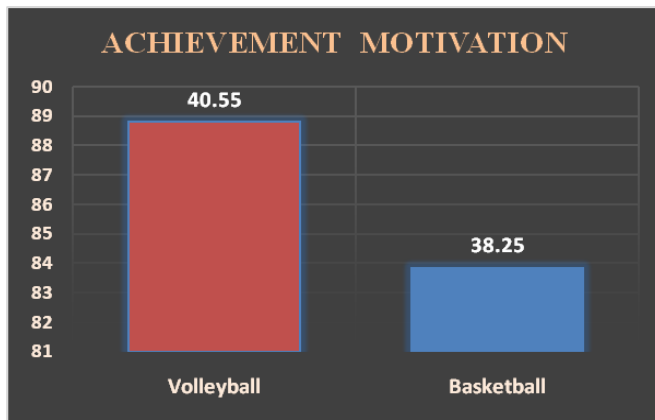
The data was collected and statically examined to compare the psychology variable in volleyball and basketball players. The 't' ratio was calculated to find out the significance difference if any in all the cases to test significance of 0.05 level of confidence was used.

TABLE-I  
COMPUTATION OF 't' RATIO  
BETWEEN ACHIEVEMENT MOTIVATION BETWEEN  
VOLLEYBALL AND BASKETBALL PLAYERS

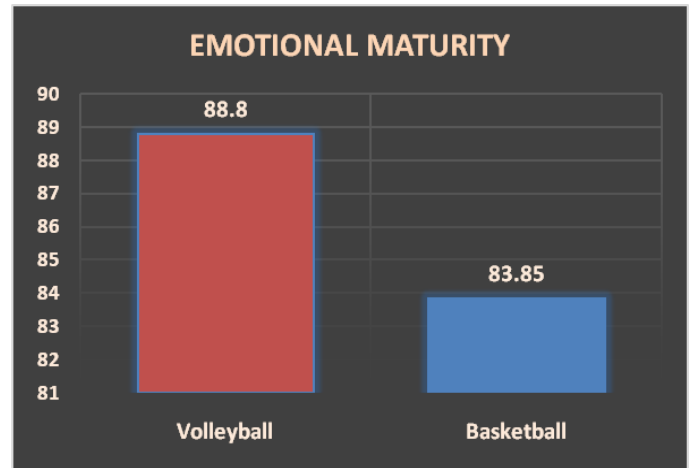
Variable	Group	Mean	SD	SEM	't'
Achievement	Volleyball	40.55	2.16	0.48	2.42
Motivation	Basketball	38.25	3.64	0.81	

\*Significant at 0.05 level of confidence (2.14) 1 and 14

Table-I show the mean value of Achievement motivation between volleyball and basketball players were 40.55 and 38.25, respectively. The obtained “t” ratio value of 2.42 was higher than the required table value of 2.14 for degrees of freedom, 1 and 14 significant at 0.05 level of confidence. The study also reveals that the volleyball players had more Achievement motivation than basketball players. The mean value of volleyball and basketball players on motivation were graphically represented in figure-1



**Figure-1** graphical representation on mean values of Achievement motivation between volleyball and basketball players



**Figure-2** graphical representation on mean values of emotional maturity between volleyball and basketball players

**TABLE-II**  
**COMPUTATION OF ‘t’ RATIO BETWEEN**  
**EMOTIONAL MATURITY**  
**BETWEEN VOLLEYBALL AND BASKETBALL**  
**PLAYERS**

Variable	Group	Mean	SD	SEM	‘t’
Emotional Maturity	Volleyball	88.80	5.77	1.29	2.53
	Basketball	83.85	6.57	1.46	

\*Significant at 0.05 level of confidence (2.14) 1 and 14

Table-II shown the mean value of emotional maturity between volleyball and basketball players were 88.80 and 83.85, respectively. The obtained “t” ratio value of 2.53 was higher than the required table value of 2.14 for degrees of freedom, 1 and 14 significant at 0.05 level of confidence. The study also reveals that the volleyball players had more emotional maturity than basketball player. The mean value of volleyball and basketball players on emotional maturity were graphically represented in figure-2.

**IV. DISCUSSION ON FINDINGS**

The results obtained from present studies revealed that there was significant difference on Achievement motivation and emotional maturity between volleyball and basketball players. The study also reveals that the volleyball players had more motivation and emotional maturity than basketball players. **Rajiv Shrivastava** 2012 Comparative Analysis of Achievement Motivation between Volleyball and Basketball Male Players. **Nishant Singh** 2017 A Comparative Study of Sports Achievement Motivation between Volleyball and Basketball Players of Sunbeam Academy Varanasi. **Zamirullah khan** 2014 A Comparative Study of Emotional Maturity among the Volleyball and Basketball Players.

**V. CONCLUSIONS**

It was concluded that there was significant difference between Achievement motivation and emotional maturity level of volleyball and basketball players. The result of the special study indicates volleyball players better than the Achievement motivation level in basketball players. The result of the special study indicates volleyball players better than the emotional maturity level in basketball players. Further the study shows volleyball players shows better then to compare with basketball players.

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