

## **A Study of Emotional Health of Indian and Brazilian Players Playing In Junior Volleyball World Championship 2009**

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### **Abstract**

The main objective was to study and compare the Emotional Health of the volleyball players of India and Brazil. All the players of Indian team and the players of Brazilian team who came for men Volleyball world Championship held at Pune in August 2009, were selected for the study. They were administered the Cattell's 16 PF questionnaire. The result were analyzed with the help of 't' test which shows that there are significant differences between Indian volleyball players and Brazilian volleyball players on emotional factors of 16 PF Questionnaire. Indian players have scored high on factor 'E', factor 'F', factor 'I' and Factor 'O' whereas Brazilian players have scored high on factor 'H' and factor 'L'. Indian players score High on Factor 'E' means that they tend to be Dominant, assertive, aggressive, stubborn, competitive, bossy, dominant, and on Factor 'F' means Enthusiastic, spontaneous, heedless, expressive, cheerful, surgency and Factor 'I' means Tender-minded, sensitive, over-protected, intuitive, and Factor 'O' means Apprehensive, self blamed, guilt-prone, insecure and worrying. The players of both the team have found comparable scores on Factor 'A' and 'C'.

Key words: **Volleyball, emotional health, psychological health, game, sport,**

### **Introduction**

Today, volleyball has spread to 220 countries around the world, and is recognized as a truly international, widely played, popular sport. The World League is the longest and most flourishing of all the international events organized by the FIVB. The World League is sometimes confused with the other international volleyball competitions – Volleyball World Cup and Volleyball World Championships.

A sport is very important in physical as well as psychological development of individual. The sportsmen are mentally healthy than non-sportsmen, because sports plays therapeutic role in player's life (Ismail, & Gruber, 1965, 1971; Havelka & Lazarevic, 1981). In sports the players gets satisfaction as he is

cheered by spectators. It is very important for his psychological development. Sports provide a channel for the expression of emotions through motor activity (Mecloy Layman, 1984; Silva, 1984). A number of studies have been reported in the literature about the psychological profile of players (Das et al, 1975; Bacanac, & Radovic, 1989, Bacanac et al, 1989; Bacanac, & Mihajlovic, 2001)

The purpose of this study is to evaluate emotional health of Indian and Brazilian team's in volleyball world championship.

In the World Championship, Brazil and India were played in the semi final. The Match was played in the best of five sets. In the fifth set, India lost the match. Reason behind this may be the differences in the physical and psychological abilities.

**Material & Methods**

As the main objective of the investigation was to study and compare the emotional health of the volleyball players of Indian and Brazilian teams, all the players of Indian team and the players of Brazil team who came for men Volleyball world championship held at Pune in August 2009, were selected for the study.

**Table no 1: Sample of the study**

Country	N
India	12
Brazil	12

Cattell’s 16 PF questionnaires was used for measuring emotional health on factor E, F, H, I, L and O.

The results were analyzed with the help of student ‘t’ test. The scores of Indian and Brazilian Volleyball players on the test were compared.

**Results and Discussion**

Indian and Brazilian teams scored comparable values (Table 2) on Factor ‘E’ of 16 PF means that they are not significantly different from each other on factor ‘F’. This can be interpreted that players from both the team equally dominant, assertive, aggressive, stubborn, competitive, bossy and dominant.

**Table 2: Statistical comparison of score in factor ‘E’ among the Indian and Brazilian Volleyball teams.**

Country	Mean	N	SD	‘t’ value
India	6.08	12	1.31	
Brazil.	5.83	12	1.11	0.50
Total	5.96	24	1.20	

*\*significant at 0.05 level*

Indian team scored greater on Factor ‘F’ than the Brazilian team (Table 3). It indicates that Indian players were more enthusiastic, spontaneous, heedless, expressive, and cheerful than the

Brazilian team counterparts. Enthusiasm, spontaneity and cheerfulness are the signs of emotional healthiness, but one characteristic namely heedlessness can play a negative role in the success of team.

**Table 3: Statistical comparison of score in factor ‘F’ among the Indian and Brazilian Volleyball teams.**

Country	Mean	N	SD	‘t’ value
India	4.58	12	1.50	
Brazil	3.75	12	0.45	1.84*
Total	4.17	24	1.17	

*\*significant at 0.05 level*

Indian team exhibited significantly greater score on Factor ‘I’ than the Brazilian team. It implies that Indian players are more liable to be tender-minded, sensitive, over-protected, and intuitive than their Brazilian counterparts.

**Table 4: Statistical comparison of score in factor ‘I’ among the Indian and Brazilian Volleyball teams.**

Country	Mean	N	SD	‘t’ value
India	5.67	12	1.37	
Brazil	4.67	12	1.15	1.93*
Total	5.17	24	1.34	

*\*significant at 0.05 level*

The mean scores of Indian team in Factor ‘O’ are significantly greater than the Brazilian team (Table 5). It indicates that Indian players tend to be more apprehensive, self blamed, guilt-prone, insecure and worrying than their counterpart.

**Table 5: Statistical comparison of score in factor ‘O’ among the Indian and Brazilian Volleyball teams.**

Country	Mean	N	SD	‘t’ value
India	7.17	12	1.64	
Brazil	6.42	12	1.38	1.21
Total	6.79	24	1.53	

*\*significant at 0.05 level*

Brazilian team has scored significantly high score in Factor “H” that is indicative of boldness, venture and they are uninhibited, can take stress.

**Table 6: Statistical comparison of score in factor ‘H’ among the Indian and Brazilian Volleyball teams.**

Country	Mean	N	SD	‘t’ value
India	5.75	12	0.87	
Brazil	6.75	12	1.36	2.15*
Total	6.25	24	1.22	

*\*significant at 0.05 level*

Brazilian team was found to possess significantly higher mean score in factor (L) than the Indian team. This factor signifies that the Brazilian players tend to be more suspicious, hard to fool, distressful and skeptical than their Indian team counterparts.

**Table 7: Statistical comparison of score in factor ‘L’ among the Indian and Brazilian Volleyball teams.**

Country	Mean	N	SD	‘t’ value
India	4.92	12	2.02	
Brazil	7.33	12	1.30	3.48**
Total	6.12	24	2.07	

*\*significant at 0.05 level*

In Volleyball, psychological characteristics are more important because the player’s alertness depends on it. The players can play easily and win whenever they are free of pressure/tension. Emotionally healthy person can control his negative feelings. Emotional health is most important in sports.

In general, the score of the Indian team was observed to be greater on Factor ‘E’, ‘F’, ‘I’ and ‘O’. It means that Indian team was quiet well on these traits. These Factors assess traits namely enthusiasm, spontaneity and cheerfulness of the players which are the signs of emotional healthiness, but one characteristic that can play a negative role in the success of a

team is heedlessness. Indian team has been found to demonstrate significantly high score in this trait than their Brazilian counterparts. But in Factors ‘H’ and ‘L’ Brazilians have exhibited greater scores than their Indian peers. Indian players tend to be shy, withdrawing, cautious, retiring, than the Brazilians.

The investigators feel that the besides having the support of the audience the Indian team and its confident game resulted in better performance in service, block, counter attack and team combination only in the second and the fourth set. Because of these things, there was immense pressure on the Brazilian team and as a result, it lost two sets. Moreover, in the deciding set because of glorious past as well as quality and confidence; supported by professional sportsmanship, the awesome performance of the Brazilian team was witnessed to make their way to the finals.

*Conclusion*

The score of Indian team are high on Factor ‘E’, ‘F’, ‘I’ and ‘O’. It means that Indian team was quiet well on these traits. These Factors measure enthusiasm, spontaneity and cheerfulness of the players which are the signs of emotional healthiness, but one characteristic can become an obstacle in success of team which is heedlessness. Indian team has scored significantly high on it. The Indian team was found to be dominant, assertive, aggressive, stubborn, competitive, bossy, dominance, enthusiastic, spontaneous, heedless, expressive, cheerful, tender-minded, sensitive, over-protected, intuitive, refined, apprehensive, self blamed, guilt-prone, insecure, worrying, Guilt-proneness.

Whereas, the Brazilian team was found to be better than the Indian team in traits that included boldness, venturesome, uninhibited, could take stress, Suspicious, Hard to fool, distressful skeptical. Both the teams were emotionally healthy and the differences are relative.

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