

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

Kadam¹, G., Autade², M. and Kadam³, K.

¹Head, Department of Physical Education & Sports, Vivekanand College, Aurangabad.

²Lecturer in Psychology, Deogiri College, Aurangabad.

³Lecturer, Department of Physical Education, Y.C. Arts & Comm. College, Ambajogai

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.