

## COMPARISON OF PSYCHOLOGICAL PROFILES OF FOOTBALL AND VOLLEYBALL PLAYERS OF JAMMU AND KASHMIR STATE OF INDIA



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### ABSTRACT

The aim of the study was to find out the psychological profile of Football and Volleyball players. For this present study, 40 Football and 40 Volleyball players were randomly selected as a subject for the present study. The Psychological profile status scale by Kapoor and Kocher (1994) was used to comprised volleyball and Football players, t-ratios has been used to compare the significantly psychological profile status difference between volleyball and Football players who had belonged from Budgam and Srinagar District of Jammu and Kashmir State. The game of Football and volleyball are typical major games and played throughout the country. Volleyball is an outdoor strenuous but healthy and interesting game in Budgam and Srinagar District of Jammu and Kashmir State. Volleyball is an aggressive and semi contact game but Football is an aggressive and semi contact game. The game of Volleyball and Football have different skills with each techniques and strategies. It has been recognized that psychological profile factors play a vital role in an individual's performance in sports.

**Keywords:** Psychological Profile, Personality, Extraversion & Neuroticism.

### INTRODUCTION

The aim of the study was to find out the psychological profile of Football and Volleyball players. For this present study, 40 Football and 40 Volleyball players were randomly selected as a subject for the present study. The Psychological profile status scale by Kapoor and Kocher (1994) was used to comprised volleyball and Football players, t-ratios has been used to compare the significantly psychological profile status difference between volleyball and Football players who had belonged from Budgam and Srinagar District of Jammu and Kashmir State. The game of Football and volleyball are typical major games and played throughout the country. Volleyball is an outdoor strenuous but healthy and interesting game in Budgam and Srinagar District of Jammu and Kashmir State. Volleyball is an aggressive and semi contact game but

Football is an aggressive and semi contact game. The game of Volleyball and Football differ with each other in their skills, techniques and strategies.

It has been recognized that psychological profile factors play a vital role in an individual's performance in sports.

The psychological profile make-up of an individual plays an important role in their achievements in every field of life. Considerable research has been conducted on the psychological profile of sports persons, team sport versus individual sport, Men players versus Women players. But very few research studies are available in published from a psychological profile of games like volleyball and Football players. There are many psychological factors like psychological profile status attitudes, motives, spectators, self concept, motivation, adjustment etc., which influence the participation and performance of sportsmen in games and sports.

The psychological profile status of the group and the status of an individual in his group influence competitive and co-operative behavior for different reasons and the different factors than those motivating people in the middle and upper economic group influencing the well being of the players.

Therefore, the present study "Comparison of psychological profile inter-collegiate Volleyball and Football players" for investigation.

The game was re-invented after over a thousand years by the English but the name 'Football' was used by number of different related team such as rugby football American football Australian rules football goes by the name 'soccer' However many believe that Walter camp adapted rugby into the sport of football he contributed many changes from rugby and soccer to American football.

The football and volleyball player must concentrate on the development of psychological profile along with other qualities psychological profiles in football player s have a very important association with the playing ability of the football players the important factors like reaction time speed of movement's kinesthetic perception depth perception etc has a vital role in achieving high level of performance in football players

Psychological profile in football and volleyball players is a complex quality and is influenced by the physical performance factor with underline the action of all movements these factor comprise speed power strength and reaction time speed of movement agility , flexibility , kinesthetic perception coordinative abilities and like this psychological profile in football and volleyball players can be restricted or imbalance by certain structural factors compression height weight body type stricture and poster these physical performance factors are effective in the enhancement of psychological profile in football and volleyball players of the sports person .

## OBJECTIVE OF THE STUDY

The main objective of the study was to emphasize psychological profile in football and volleyball players in Budgam and Srinagar District of Jammu and Kashmir State.

## DESIGN OF THE STUDY

Total 40 Volleyball and 40 Football players who had belonged from Budgam and Srinagar District of Jammu and Kashmir State. For the present study, MPI was used for data collection in Hindi Version of prepared by S. Jallota & S. D. Kappor was utilized. The data was collected before Football then Volleyball players through questionnaires. The instruction was given by the investigator to the students before filling these questionnaires. To analysis of data Mean, Standard Deviation and t- ratio were used to compare the extraversion & neuroticisms. The level of significant was setup at 0.05.

## STATISTICAL ANALYSIS AND INTERPRETATIONS OF THE DATA

The result of the study present through table & figure, which are given below:-

Mean scores, standard deviation & t- value of Football and Volleyball players' test of with respect to neuroticism.

Table No: I

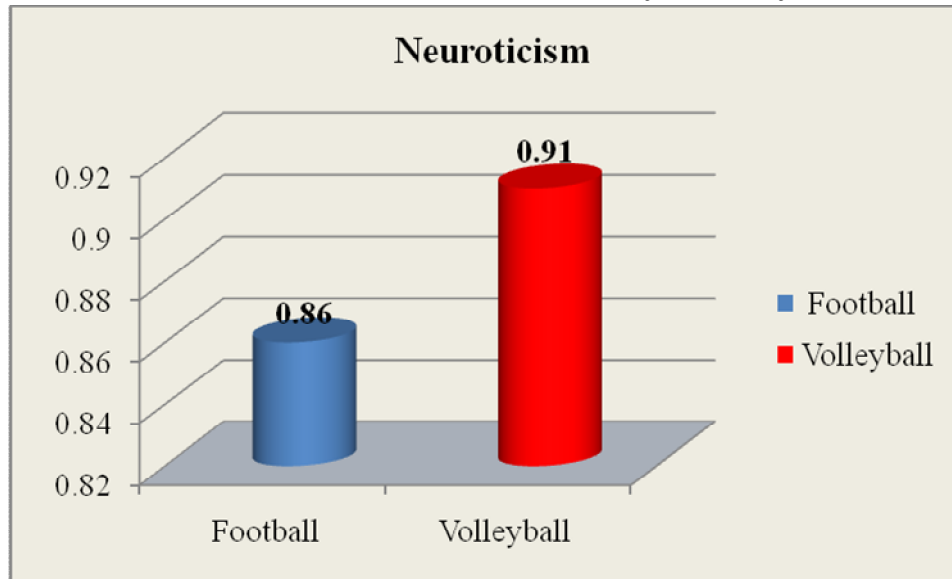
Players	Number	Mean Score	Standard Deviation	t-ratio
Football	40	0.86	0.52	0.5
Volleyball	40	0.91	0.61	

## DISCUSSION ON FINDINGS

As per Table I:- shows that psychological profile in football and volleyball player's personality characteristics with respect to neuroticism With regards Football and Volleyball test of personality characteristics among physical education student with respect to neuroticism they have obedient the mean values of 0.86 and 0.91 respectively. Which are given in Table -I reveals that on significance influence of physical training Academic program on neuroticism?

The result of the study present through table & figure, which are given below Mean scores, standard deviation & t- value of Football and Volleyball players in Budgam and Srinagar District of Jammu and Kashmir State with respect to Extraversion.

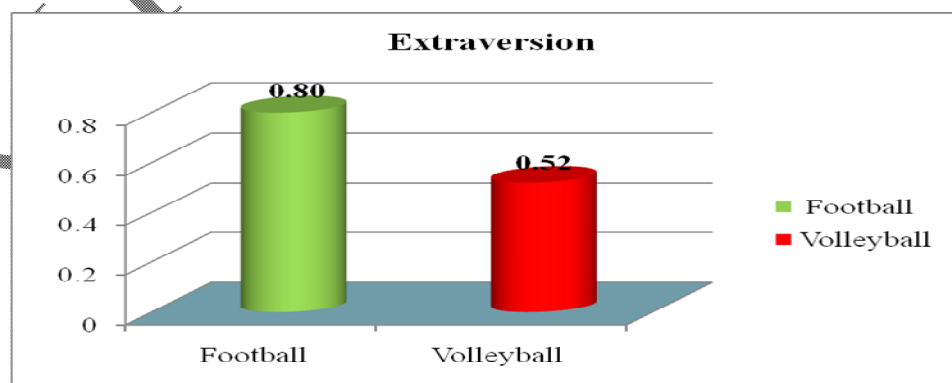
**Graph No: I**  
**Graphical Representation of Mean value of Psychological Variables such as Neuroticism of Football and Volleyball Players**



**Table No: II**

Players	Number	Mean Score	Standard Deviation	t-ratio
Football	40	0.80	0.62	2.80
Volleyball	40	0.52	0.39	

**Graph: II**  
**Graphical Representation of Mean value of psychological Variables such as Extraversion of football and volleyball players**



## CONCLUSION

Despite the limitation of this study, the results provide a useful insight into the Psychological profile Status of Volleyball and Football players, this results also provides a useful insight into comprised the Psychological profile status of the players of two or more games.

Finally the following conclusions were drawn in the present study, there is significant difference in Psychological profile status between Volleyball and Football players. The Football players have got more than Volleyball players.

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