

**A STUDY OF EMOTIONAL HEALTH OF INDIAN AND CUBA  
VOLLEYBALL PLAYERS PLAYING IN JUNIOR VOLLEYBALL  
WORLD CHAMPIONSHIP.**

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**Abstract:**

*The main objective for this study is the Emotional Health of the volleyball players of India and Cuba. All the players of both teams who had participated in Men's Volleyball World Championship which is held at Pune in August 2009. Both the teams loosed the match against Brazilian team in the semifinal and final. They have been 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 Cuba's volleyball players on the emotional factors of 16 PF Questionnaire. Indian players scored high on factor 'A', factor 'N', and factor 'Q4' enthusiasm, spontaneity and cheerfulness of the players respectively that are the signs of emotional healthiness, whereas Cuba's players scored high on factor 'I' and factor 'L' and 'Q2'. Indian players scored High on Factor 'A' means that they tend to be good natured, easygoing, emotionally expressive, ready to cooperate, attentive to people and on Factor 'N' means polished, experienced and shrewd. Their approach towards people and problems is usually perceptive, hard headed and efficient and unsentimental, approach to situations an approach akin to cynicism and Factor 'Q4' means tense, restless, fretful, impatient and hard driving. They are often fatigued. But still unable to remain inactive. Both the teams were emotionally healthy with the differences relative.*



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

### Introduction:

Game is very complex activity woven into all humans' activities. In this way, it has significant role in human's development, as one of the most typical manifestations of his moving culture. 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. In sports the players gets satisfaction as he is cheered by spectators. It is very important for his psychological development. In sports his emotions can be expressed through motor activity. The player can catharsis his anger by kicking boll while playing.

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.

Nowadays, there are many international top-level teams in four of the five confederations, which are able to compete with the best for the top ranks in the World Championships or the Olympic Games. India is one of the best examples of this kind. India reached at the fourth position in Junior Men Volleyball World Championship held at Pune (India) in August 2009.

Game is being researched by many different scientists from theirs aspects (psychological, pedagogical, sociological, historical, and anthropological)."1) From the biological aspect, game is activity on which individual reacts positively although one doesn't find any usefully-existent ional function in it.; 2) from the psychological aspect, game is activity with the purpose of its own, but even in that way it's source and means of positive emotional and general mood which satisfies certain needs of children and influences onto psychological development of a child; 3) from the sociological aspect, game is interaction in aim of interaction, "exchange" of emotions, moods, non-useful activity which can have influence onto structure of interpersonal relationships.

"We can define volleyball game in many ways but always having in mind that all that ways are connected between themselves by certain common characteristics. Whether a game will represent work, sport or pleasure depends only on the very player.

The purpose of this study is to evaluate emotional health of Indian and Cuba team's in volleyball world championship. This is the age of technology. Every movement is witnessing the rise of novel technologies. At present the top teams and players are trying to cope up with the forceful technologies to develop their capacity and uplift the quality of games.

"Dolnihow and Bishop say: "Game is being played only in the atmosphere of presence,

emotional safeties and absence of tension and danger."Scientists, researchers don't always agree with that. According to some of them, sport and game can't be equalized, while the others claim that sport originates from game.

There were many differences in both the teams. The first was of the height. The average height of Brazilian and Cuba team was more than Indian and Argentina volleyball team. Nevertheless, the advantage of Indian team was the support and cheering of audience. Therefore, the home ground played significant role for the Indian team. The Brazilian, Cuba and Argentina counterpart lacked it.

In this work there won't be made any difference between game and sport of Indian, Cuba, Argentina and Brazilian no matter on their fundamental differences as both, game and sport, however, are based on motor senzomotorial, cognitive and emotional dispositions.

Every emotion involves special organization of nerves in brain, physiological changes that are being manifested in the whole body, certain expressive qualities which are being expressed in the visible behavior and subjectivity which includes personal experience of an individual.

Both the teams had different pressures. Brazilian and Cuba team had spectators' pressure. Due to continuous cheering, they lost their concentration and top form and Indian team had the pressure of world champions. Due to this pressure, Indian team lost its confidence. As a result, both of the teams lost 2-2 sets initially. In the fifth and deciding set, based on physical and psychological abilities Brazilians overcame the Indian and Cuba team in semi final and final.

"Emotional state is clear example of dynamic interaction between characteristics of surrounding and happenings under the skin, and the result of that interaction, which we feel or notice objectively as an emotional reaction, we may take as union of physiological and psychological factors (variables)."

Emotional and mental health may be defined as conceiving on the state of conscious that is being manifested in behavior. Certain emotions may be expressed by movements. Since his birth man has been playing games, and as the time was passing by game was being given another character and importance. Game makes enormous contribution to human's characteristics, especially to liberation of tension, anxiety and inappropriate reacting.

Physical and psychological abilities are most important in the critical situation in any kind of sport. Any athlete can develop his skills and get competence in related sport at the fullest by developing his physical fitness. Therefore, the physical fitness helps athletes to uplift their performance.

Characteristics of emotional healthy persons are "resignation of spirit, temporary relief of tension and anxiety, ability of directing unfriendly feelings in more creative and constructive

channels, sensibility and appropriate reacting to the feelings of others, ability to give and receive love, spontaneous of emotional expressing in type that suits the educational level of an individual, ability to work constructively in reality, to adopt to changes, sense of security, sense of personal value, enjoying in meeting people, integrity with the values that contribute to welfare of society, flexibility, harmonious balance between self pleased and willingness to receive help, so that certain aim would be accomplished in the future and ability to enjoy in life." (Mecloy Layman, E., 1984).

Theoretical consideration of Problem:

As for how much sport and game contribute to an emotional welfare, the conclusion might be taken by exempting degrees of development of emotional health throughout sport and game.

Before twentieth century it was considered that man had been made of spirit and body, and later on there was confirmed theory on union of spirit and body and that physical activity can affect the psychological development of man. Certain emotional states ask for bigger or smaller amounts of humans' energy and spare of energy is being given away in the healthiest way, throughout sport and game. Connection between sport and some other activity, that involves muscles of the whole body, is being deepened more and more, what contributes to relief and relaxation of the body for completely. Variety of theories, supported by research works which point out all the joys of sport and game, are being based on it. In the final step there is being done verification of this theory by experimental methods which have been tested previously.

Development of science in the field of research work in the area of sport and its effect onto player provokes even more interest in sport as well as much better education and participating in sport and game. In the bottom of all that is importance of physical education and education in the field of mental health. That's how begin to appear disagreements on the importance of sport, which are based on the theories which have been made on small number of examinee. Some researchers find that sport can have negative effect onto psychological development of children. And although the evidences exist there haven't been accepted that kind of theories because of the fact that sport has had negative effect only on very small number of examinee.

#### **Sample:**

The main objective was to study emotional health of the volleyball player of India and Cuba. All the players of Indian team and the players of Cuba team, came for men Volleyball world championship held at Pune in August 2009, were selected for the study.

**Table no 1: Showing the sample selected for the study.**

Name of the Country	No. of Players
India	12
Cuba	12

**Tools:**

Cattell’s 16 PF questionnaires was used for measuring emotional health.

**Statistics:**

The result were analyzed with the help of students ‘t’ test. The scores of Indian and Cuba Volleyball players on the test were compared.

**Results and Interpretation:**

Indian and Cuba teams scored average on 16 PF means that they are not significantly different from each other on all factor

**Table 2: Showing the ‘t’ value on factor ‘A’**

Country	Mean	N	Std. Deviation	‘t’ value
India	5.42	12	1.38	1.41
Cuba	4.50	12	1.79	

Indian team scored high than Cuba team on Factor ‘A’ that means that they are tend to be Good natured, easy going emotionally, expressive, ready to co-operate, attentive to people.

**Table 3: Showing the ‘t’ value on factor ‘I’**

Country	Mean	N	Std. Deviation	‘t’ value
India	4.83	12	1.75	1.80
Cuba	6.00	12	1.41	

Cuban team scored significantly high on Factor ‘I’ than Indian team means that they are tend to be tender-minded, sensitive, over-protected, and intuitive. These characteristics are very important in Volleyball.

**Table 4: Showing the ‘t’ value on factor ‘L’**

Country	Mean	N	Std. Deviation	‘t’ value
India	5.17	12	1.64	1.07
Cuba	6.00	12	2.13	

Cuban team has scored significantly high again on this factor ‘L’ than Indian team. This factor shows that the Cuban players are more Suspicious, Hard to fool, distressful skeptical than Indian team.

**Table 5: Showing the ‘t’ value on factor ‘N’**

Country	Mean	N	Std. Deviation	‘t’ value
India	5.50	12	1.56	2.10*
Cuba	4.00	12	1.91	

\* significant at 0.05 level

Indian team scored high than Cuban team on Factor ‘N’ that means that they are polished, experienced and shrewd.

**Table 6: Showing the ‘t’ value on factor ‘Q2’**

Country	Mean	N	Std. Deviation	‘t’ value
India	4.50	12	2.24	1.66
Cuba	5.75	12	1.36	

Cuban team has scored significantly high again on this factor ‘Q2’ than Indian team. This factor shows that the Cuban players are more Temperamental Independent, Making their decision on their own, Discount public opinion than Indian team.

**Table 7: Showing the ‘t’ value on factor ‘Q4’**

Country	Mean	N	Std. Deviation	‘t’ value
India	6.75	12	1.76	1.81
Cuba	5.50	12	1.62	

Indian team scored high than Cuba team on Factor 'Q4' that means that they are Tense, restless, impatient and hard driving.

#### **Discussion:**

In Volleyball, psychological characteristics are more important because the players' 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.

Indian team lost the match of Volleyball World Championship 2009 at Pune. In present paper we have tried to assess the player's emotional health with the help of 16 PF. The score of Indian team is high on Factor 'A', 'N' and 'Q4'. It means that Indian team was quiet well on these traits.

But on some of the Factors they have scored low mainly on Factors 'I', 'L' and 'Q2' which means they tend to be shy, withdrawing, cautious, retiring, "wallflowers." They usually have inferiority feelings and tend to be slow and impeded in speech and in expressing themselves; they dislike occupations with personal contacts, prefer one or two close friends than large groups, and are not given less interested in keeping contact with all that is going on around them.

According to observation, the main reason of losing the match against the Brazilian team in the semi final and final was that we were lagging behind on all fronts as compared to Cuba. The Indian team was weaker than the Cuba's team. However, in sports weaker team has more advantage than the stronger one. The same thing proves to be completely true in this match.

The Match was played up to the fifth set. In the fifth set, India lost the match. Reason behind this failure was physical and psychological abilities. Second Semi final Match was played Cuba V/s Argentina, Cuba win the match straight three sets. Cuban team having no pressure against Argentina team.

India team loosed against Brazilian team in the semi final and Cuba team loosed against Brazil in the World Cup final. India played semi final and Cuba played final match against Brazilian team. Both matches were very tuff that went up to fifth and deciding set. In the both matches spectators supported to Indian and Cuba team.

Besides the audience's support to the Indian and Cuba 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 and win world cup.

### Conclusion:

The scores on this test indicate that there is no significant difference between Indian and Cuba's volleyball players. But if we compare the scores we will find a little difference among the scores. The score of Indian team is comparatively high on Factor 'A', 'N' and 'Q4'. It means that Indian team was quiet well on these traits. High score on these traits means they are good natured, easygoing, emotionally expressive, ready to cooperate, attentive to people. Individuals high on these factors tend to be polished, experienced and shrewd. Their approach to people and problems is usually perceptive, hard headed and efficient and unsentimental approach to situations an approach akin to cynicism. The individuals who score high on this factor tend to be tense, restless, fretful, impatient and hard driving. They are often fatigued. But unable to remain inactive.

Whereas the Cuba's players have scored high on factors 'I', 'L' and 'Q2' the people who score high on this Factor tend to be emotionally sensitive, day dreaming, artistically fastidious, and fanciful. They are sometimes demanding of attention and help, impatient, dependent, temperamental and not very realistic. They dislike crude people and rough occupation. In a group they often tend to slow up group performance and to upset group morals by undue fussiness.

The scores on other factors (besides these,) fall within same range. There is no significant difference among the scores. Both the teams were emotionally healthy the differences relative.

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