



## RELATIONSHIP OF SELF-ESTEEM WITH PLAYING ABILITY OF VOLLEYBALL PLAYERS

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### Abstract

The purpose of this study was to observe the relationship between volleyball players' self-esteem and their ability to play. Using a purposive-random sample strategy, the researchers picked 50 male volleyball players who had participated at the national level. With a minimum training background of 2 to 5 years, the selected subjects' age ranged from 15 to 18 years. The individuals' self-esteem was measured using the Self-esteem Inventory questionnaire, and their performance was graded on a 5-point scale by three experienced volleyball judges. To determine the significant link between the dependent and independent variables, the data was examined using the Pearson product moment correlation. The level of significance was set at 0.05. The above mentioned statistical techniques were performed using SPSS version 20.

**Key Words: Volleyball, Self-esteem, Playing Ability**

### Introduction

Sports results are accomplished through preparation or completion. Completing sports is a societal phenomenon that has evolved through time. In a competition, several people compete against one another. A set of criteria must be applied to ascertain the ranking of these persons. The choice of this criterion is determined by society. From a list of accessible criteria, society might choose one or more for deciding or measuring success. In long jumps, for example, the criterion for measuring performance is distance, while in ski jumping, two criteria are used: distance and jump quality. The constancy of motion is the criterion for judging performance in gymnastics. The criteria for judging results in the same sports are likewise likely to alter in the future. The important thing to remember here is that the completion outcome is governed by one or more social characteristics. As a result, some vital characteristics and performance process criteria are overlooked, which a coach or sports scientist must consider if he or she is to fully comprehend the essence and structure of sports performance (Singh, 1997).

Volleyball is a sport in which two teams compete on a playing ground separated by a net. There are different versions accessible for particular conditions in order to provide the game as much versatility as possible. The object of the game is to send the ball over the net and into the opponent's court while avoiding the opponent's own effort. The team needs three hits to return the ball (in addition to the block contact). The ball is put into play with a service, which is a hit by the server over the net on the opponents. The rally continues until the ball is grounded on the playing field, is "out," or is improperly returned by a player. In volleyball, the



team that wins a rally earns a point (Rally Point System). When the receiving team wins a rally, it earns a point and the right to serve, and its teams rotate one position clockwise (FIVB 2012).

Self-esteem is a key aspect for an individual to achieve personal goals and maintain excellent mental health. It exists in all people in accord with their emotions, behaviors, feelings, and beliefs (Maslow, 1987). A lot of research have discovered a link between sports activity and self-esteem. Sport participation boosts self-esteem and enhances general psychological well-being, according to research. Sports activity, according to sport psychologists, practitioners, and other specialists, boosts self-esteem. This positive relationship between self-esteem and sports activity could be owing to the beneficial health and social benefits of sports engagement. Self-esteem is also influenced by increased body confidence and physical competence as a result of participation in sports (Kaur, 2017).

### Methodology

Purposive sampling was used to pick 50 male volleyball players from Jhansi, Uttar Pradesh as subjects for this study. Their level of participation was set at the national level, and the subjects' ages ranged from 15 to 18 years old with 2 to 5 years of training experience. A meeting of all subjects was conducted prior to the test, and the requirements of the testing procedure were outlined in detail to them so that there would be no ambiguity or uncertainty in their minds about the effort demanded of them and the hard work they would have to endure in addition to their regular daily routine. The subjects were quite eager and cooperative throughout the study, despite the fact that no extra strategies were used to urge them to put out their best effort.

Based on expert advice and a survey of the literature, volleyball playing ability as a dependent variable and self-esteem as an independent variable were chosen. The respondents' self-esteem was examined using the Self-esteem assessment questionnaire established by Prasad and Thakur (1988), and their performance was evaluated using a 5-point scale based on the subjective judgment of three certified volleyball players. Descriptive statistics were utilized to characterize volleyball players' self-esteem in relation to their playing skill. The Pearson product moment correlation was utilized to examine the association between volleyball players' self-esteem and their playing abilities. The level of significance of all the statistical analysis was set at 0.05 level. The data were analyzed by using SPSS Version 20.

### Result and Discussion

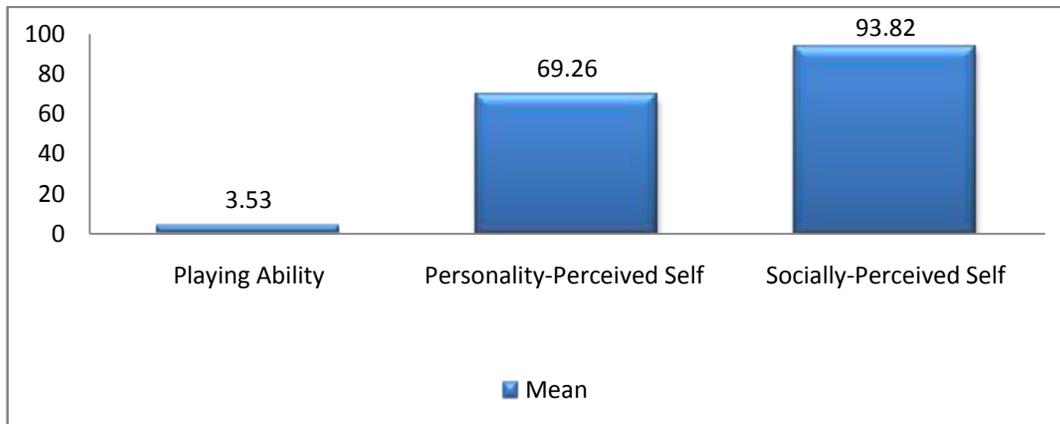
Table 1

#### RELATIONSHIP AMONG SELF-ESTEEM AND PLAYING ABILITY OF VOLLEYBALL PLAYERS

Variables		Mean	SD	correlation coefficient (r)
Playing Ability		3.53	.61	.117
Self-Esteem	Personality-Perceived Self	69.26	12.79	
	Socially-Perceived Self	93.82	45.52	

\*Level of significance = 0.05, \*Tab. r 0.05 (48) = 0.27

The descriptive statistics as presented in table-1 reveals that the Mean and Standard deviation for playing ability were found as  $3.53 \pm .61$  whereas for Personality-Perceived Self & Socially-Perceived Self of Self-Esteem were found as  $69.26 \pm 12.79$  and  $93.82 \pm 45.52$  respectively. The graphical representation of mean of playing ability and Self-Esteem (Personality-Perceived Self & Socially-Perceived Self) of Volleyball players has been presented in figure 2.



**Fig. 1 : Mean of playing ability and self-esteem of Volleyball players**

It was also evident from table 3 that co-efficient of correlation among playing ability and self-esteem (personality-perceived self & socially-perceived self) of Volleyball players were .117 and -.052 respectively. It indicates that there were no significant relationship of playing ability and self-esteem (personality-perceived self & socially-perceived self) of Volleyball players.

The findings of the current research was supported by Maleki et al (2011)'s study where finding showed the active and unsuccessful athletes had dramatically different levels of self-esteem, with successful athletes having significantly higher levels than unsuccessful athletes. The scholar's outcome varies from previous investigations, which may be attributed to differences in the sample's environment, psychological maturity, training and competition experience, accomplishments, and level of competition. Further the Study conducted by Aktop et al (2006) also supported the present study as His findings suggest that self-esteem is a significant attribute for sporting success. Psychological factors, according to these reports, should be included in talent recognition systems almost as much as other factors. Furthermore, achievement motivation and self-esteem are important traits that have a long-term impact on athletic achievement and success. At the selected age group it was very difficult to get desired level of Playing experience, game sense, psychological qualities, knowledge of game and game situation to perform well in the training as well as competition because these are some important factors behind high performance in games and sports that has to be acquired before to ensure the high playing ability and high performance.



## Conclusion

After critical examination of statistical findings and reviewed extensively related literature of relationship of self-esteem with playing ability of Volleyball players this was concluded that the volleyball players had moderate level of self-esteem and no significant relationship was found between self-esteem and playing ability of volleyball players. On the basis of this the hypothesis stated earlier that there would be significant relationship between self-esteem and playing ability of volleyball players was rejected.

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