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Comparative study of will to win among handball and volleyball players

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Abstract

Purpose: This descriptive study was conducted to determine and compare Will to Win among Handball and Volleyball players. **Methods.** The population of study consisted of national level Handball and Volleyball players of Jammu and Kashmir. The sample group of study consisted of 54 male Handball (27) and Volleyball (27) players and they were selected by using the purposive sampling method. Data of study were obtained by using the Will to win questionnaire developed and standardized by Kumar and Shukla. The data was analysed by applying Descriptive Statistic i.e. mean, standard Deviation and independent Sample t-test. The level of significance was set at 0.05. **Results.** It was determined that while Handball players had the low mean score of will to win and Volleyball players had high total mean score. Examining the difference between the mean scores of Handball and Volleyball players, it was determined that this difference was statistically insignificant at 0.05 level of significance. **Conclusion.** On the basis of the findings of present study, it was concluded that Insignificant difference was found between Handball and Volleyball male players in relation to will to win.

Keywords: will to win, handball players and volleyball players

1. Introduction

The important part of physical exercise is to improve one's health, provide leisure, recreation and prevent diseases etc. but when it comes to sports and games the meaning of physical exercise changes to competitiveness. The important aspect of the modern sports is on the winning, not just playing and participation. Nowadays scenario has changed because presently, winning is goal of players in all competitions. The thrust of all coaches and country heads is on win at all cost. When an individual becomes high performance athlete, the pressure to win produces different effect. The top athlete becomes role models with specific identity, weight and respect in the society. In modern world we use phrase will to win this is held only by those who truly believes in the will to do something that others think one cannot do. The person who wishes to believe should trust on will to win. The will to win, is the key that will unlock the door to personal brilliance.

Will to win is the level to which a person desires to reach some standard of excellence or defeat of opponent. The sports person high in will to win mainly competes for first position. Will to win is mental ability which makes high performance athletes. In many high-level competitions it has been observed that athletes whom although lacked physical fitness end up winning the competition due to their resolve to win. The ability to work to one's full potential is directly related to an individual's will to win. Athletes with low in will to win shows that they are careless about winning (Singh *et al.*, 285-296). Will to win is the component of sports psychology. Therefore, sports psychology is the essential part of all team and individual sport squad of every country. The sports psychologist increases the level of will to win in the sportspersons for achieving higher level of performance in the competitions. It is the factor that makes great competitors (Kumar and Kang, 100-107), (Pezer and Brown 121-131) have reported in their studies that will to win is significantly related to performance and analysis of data showed that low, intermediate and high will to win groups differed significantly from each other. Higher the will to win best the performance. (Paul 121-131) remarked "a winner never quits and quitters never win". Positive attitude towards winning is found helpful in achieving high performance in sports. It is stated by sports scientists that the ability to work to

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full capacity is directly related to will to win. The dismal performance of Handball and Volleyball players of Jammu and Kashmir at national level competitions are attributed to many psychological factors among which is one of the factors is will to win. No doubt, extensive research work has been reported in the area of will to win and the concept has important application in sports competition. Research work on Handball and Volleyball players in Jammu and Kashmir was undertaken in the light of previous investigation carried out from time to time at national level. While keeping in mind importance of will to win for high performance, the purpose of this investigation was to study the will to win in national level Handball and Volleyball players.

2. Materials and Methods

To complete the study, purposive sampling technique was employed. In this study 54 male national level Handball (27) and Volleyball (27) players of J and k were selected. The age of selected subjects ranged between 18 to 20 years. Will to win questionnaire developed by (Kumar and Shukla 4-98) was used to collect the data from subjects. The will to win questionnaire consists of 14 items and each item have two alternatives (Yes/No), out of which 7 items are positively keyed and 7 items are negatively keyed. For each correct answer 1 point is assigned; so that maximum score will be 14 and minimum score will be 0 on this questionnaire. The questionnaires were administered to record the response of subjects during coaching camp of Volleyball and Handball players in 2019. The required data was personally collected

by the research by administrating will to win questionnaire on Handball and Volleyball players and permission was taken prior from coach, both players and coaches staff extended full cooperation.

3. Data Analysis

The collected data was analysed by applying descriptive statistic that is mean, standard deviation Standard error and t test on will to win in this study. The level of significance was set at 0.05. The results have been shown in the table and figure.

4. Results

Examining the difference between the mean score of Handball and Volleyball players, it was determined that this difference was statistically insignificant.

Table 1: Comparison of will to win between Handball and Volleyball players

Variable	Game	N	Mean	S.D.	S. Error	T value
Will to win	Handball	27	9.96	1.68	0.23	0.108
	Volleyball	27	10.62	1.22	0.32	

Table -1 shows that there was insignificant difference in means of Handball and Volleyball players with regards to will to win as obtained t-value was 0.108, which was lower than the tabulated t-value 2.009 at 0.05 level with (53) degree of freedom.

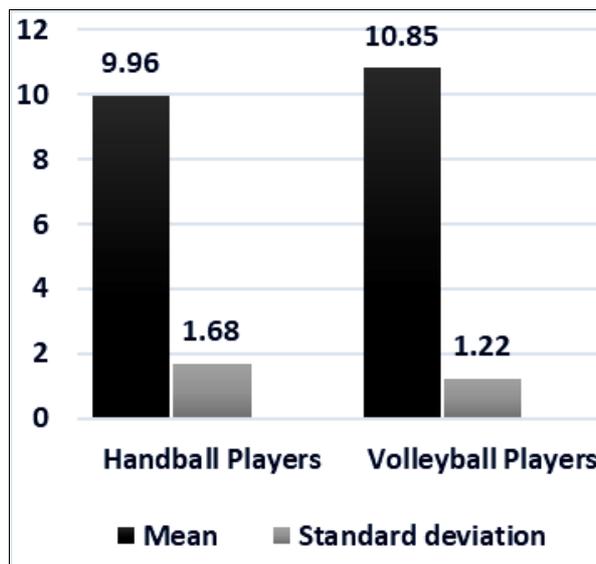


Fig 1: Graphical Representation of Mean Scores and Standard Deviation in Will to Win of National Level Handball and Volleyball Players

5. Discussion on Findings

The findings of present study highlight that male Handball and Volleyball players are high on will to win. Studying the difference between the mean scores of Handball and Volleyball players, it was determined that this difference was statistically insignificant at 0.05 level of significance. The study conducted by (Jaspal Singh 314-321) analysed will to win in high performing football and Volleyball players and it was concluded that will to win improve among players as they advance their level from school to college and college to club i.e., will to win improves as player get mature. (Sidhu & Singh 5-10) concluded that state and national champion boxers have better will to win as compare to non-champion boxers. (Singh *et al.* 285-292) found professional football

players are significantly better on will to win as compare to non-professional football players. (Ahmed 308-311) examined the participation motivation and will to win of various inter university among non-contact team game players, insignificant difference was found with regard to will to win. (Singh) compared the will to win as psychological differential to play and triumph among male runners, jumpers and throwers. The results showed that long distance runners have high will to win as compared to jumpers, throwers and short distance runners. (Dolly *et al.*, 466-470) compared will to win and sport competition anxiety among university level high and low performance gymnasts. The results of the study showed no significant difference between level of win to win and sport competition anxiety of high performer and low

performer university level gymnasts. (Bagchi) investigate the mental toughness and will to win between batsmen (n=20) and bowlers (n=20) in cricket and the findings revealed that no variable has significant differences with regard to mental toughness and will to win among the groups. The results will also provide a deeper insight into their own interactive process among scientists, coaches and players with regard to will to win. Above cited studies evidently indicated that elite athletes are high on will to win. The conclusions drawn in present study are parallel to above cited studies that are conducted by other researchers at different levels of performance.

6. Conclusion

On the basis of results of present study, it is concluded that national level Handball and Volleyball players are high in will to win. It was further concluded that there is no significant difference between national level Handball and Volleyball players with regards to will to win.

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