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The psychological variables among university level women hockey and volleyball players: A brief study

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Abstract

A brief study is done through research work to compare the selected psychological variables among university women hockey and volleyball players. The subject was taken through random selection and sixty university level players in two random selection thirty each in hockey, and volleyball were taken for this purpose. It was presumed hypothetically that then would be a significant difference in forced vital capacity and blood sugar among the players. Pre and post data was collected for the study. The volleyball players had high volume of forced vital capacity then the hockey players. But as a result we do find that there was no significant difference found in blood sugar among the players of Hockey and Volleyball.

Today, the scientific study of exercise psychology is becoming increasingly with the growing realization of the relation of exercise to health. The field and laboratory observation of exercise in human subjects a being supplements with psychology, biochemical and hematology studies on laboratory animals. The purpose of a study is also very clean and it is to highlight the advance training programme which may lead to improve the performance in sports. Today we are and clearly notice that only hard work is not necessary to get and win medals rather of we wish to come off with flying colours at National and International levels, we need to work more intently our psychology of the player and our study becomes more important when we concentrate over women player.

Keywords: Psychological variables, blood sugar, biochemical, hematology

Introduction

The main purpose of can research study was to compare and analysis the psychological variables among the players i.e. women player who have played at least at the Inter university level in the games of Hockey and Volleyball. For this purpose, we read only selected sixty player and decided them into two groups of thirty each for both the games. It was also kept in mind that there player were fit and without any physical limitation and medical defect.

The variable selected were force vital capacity i.e. breathe holding fine, and Blood Sugar. The forced vital capacity was measured when the subject exhaled with maximum speed and effort. We collected the data and treated them statistically one way analysis of variance (ANOVA) was employed. To find out the pained means significant difference, the Schiff's Post hoc test was.

Analysis

The mean values of hockey and volleyball player was 4.186 and 4.095 respectively, the MS was 1.0126 and 0.1242 and the obtained F ration was 6.1253 which was higher than the table value of that is 2.15.

It shows the study was significant.

Table 1: Regarding forced vital capacity

Hockey	Volleyball	Mean difference	Confidence Interval
5.283	5.086	0.19	0.0342

The mean difference between the player of Hockey and volleyball is 0.19 and man that the confidence Interval vales that in 0.034, hence it is signification.

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So after the analysis we can draw a conclusion that the vital capacity of the women Hockey player is higher than that of women volleyball player and that the psychological thinking of the player can be developed keeping in view the vital capacity of different players of different games.

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