
THE EFFECTS OF MOTIVATION AND VISUALIZATION ON INDIVIDUAL AND TEAM PERFORMANCE IN VOLLEYBALL



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Abstract:

The main objective of the study was to know the effects of Motivation and visualization on individual and Team Performance in Volleyball Game. The study was conducted in the College of Sports, Physical Education and Recreation, Mindanao State University, Marawi City of Philippines. Purposive sampling procedure technique was utilized to determine the two top teams who qualified for the championship game and these became the basis of getting the actual number of respondents. Individual Athlete's Profile was distributed to get their age, school, mass, height, years of playing experience and highest level of competition. The dependent variables were individual and team performance in volleyball. To measure the individual performance, the researcher used an equipment such as camera to video the actual game of the teams who qualified for the fighting for championship game. Descriptive statistics in the form of percentages and frequency distribution for the demographic profile of the respondents was used. In determining the degree or magnitude of the relationship between the variables, the coefficient correlation was employed through Pearson (r). All data collected were used to determine the motivation and visualization of each athlete and also their individual performances. These were videoed during the championship games while team performance was measured in terms of champion and first runner-up. Data revealed that 12 out of 22 (54.5%) of the respondents are coming from CCSPC team which was awarded as the champion while 10 out of 22 (45.5%) of the respondents came from the CMU team which was awarded as the first runner up.

Keywords: Motivation Visualization, Individual and Team Performance, Volleyball & Marawi City.

Introduction:

In sports, whether it is set in the Philippines or in other countries, physical attributes are much overrated but the psychological attributes are underrated. Although this is the case, it could not be denied that the success of sports is not dependent on physical features only but also on psychological elements. Athletes engaged in sports because it displays their physical skill, talent, alertness, enthusiasm and competitiveness. However, some athletes believe that these components are not enough to achieve peak performance and success in sports. To become a successful athlete, one must devote time to the preparation and concentration of the task given. It is not about the quantity, but on the quality of things that an athlete does. Psychological Skills Training program helps the athletes enhance their performance. Yet most of them spend less time applying the said training because coaches do not know how to use it. Coaches must also

recognize the importance of applying this training in order for his athletes to compete. When competing teams both possess the same level of physical level of skills, the team which is psychologically more prepared is more likely to win. Trainings that improve the athletes' psychological schema help them deal with situations that need positive results. On the other hand, motivated athletes will surely perform better when they are given attention by their coaches. This is the reason why intrinsic and extrinsic motivations must also be incorporated during and after training sessions. The effect of these factors really gives a significant contribution to the performance of all the athletes in their chosen field of sports.

Objective of the Study:

The main objective of the study was to know the effects of Motivation and visualization on individual and Team Performance in Volleyball Game.

Methodology:

Research Design:

A descriptive-correlation type of research was utilized to assess the demographic profile of the respondents with emphasis on age, height, mass, highest level of competition attended, years of playing experience, motivation, visualization, individual and team performance in volleyball. Relationships between variables were analyzed through Pearson (r) correlation.

Research Sampling:

Purposive sampling procedure technique was utilized to determine the two top teams who qualified for the championship game and these became the basis of getting the actual number of respondents.

Research Instruments:

Individual Athlete's Profile was distributed to get their age, school, mass, height, years of playing experience and highest level of competition. The dependent variables were individual and team performance in volleyball. To measure the individual performance, the researcher used an equipment such as camera to video the actual game of the teams who qualified for the fighting for championship game. Their performance was classified according to attack, set, block, dig, reception and serve. For the team performance, it was classified in terms of Champion and 1st runner-up determined after the tournament. Motivation and visualization were the independent variables. Visualization was measured using a standard questionnaire called the Visualization Assessment Questionnaire developed by Wright (2005). Their responses were labelled as (5) Always, (4) Usually, (3) Sometimes, (2) Seldom, and (1) Never. In classifying this variable, the following interpretation was used: 28-52 very poor; 53-77 poor; 78-102 average; 103-127 high; 128-152 very high. On the other hand, motivation was measured using a standard test called Sport Motivation Scale (SMS-28) developed by Pelletier, et al. (1995) using a 5-point Likert-scale with labels such as (1) Does not correspond at all, (2) Corresponds a little, (3) Corresponds moderately, (4) Corresponds a lot (5) Corresponds exactly. To categorize the variable, the following was used: 27-49 Not Motivated; 50-72 Slightly Motivated; 73-95 Moderately Motivated; 96-118 Highly Motivated; 119-141 Extremely Motivated.

Statistical Tools:

Descriptive statistics in the form of percentages and frequency distribution for the demographic profile of the respondents was used. In determining the degree or magnitude of the relationship between the variables, the coefficient correlation was employed through Pearson (r).

Research Setting:

The study was conducted in the College of Sports, Physical Education and Recreation, Mindanao State University, Marawi City of Philippines.

Respondents of the Study:

The population is composed of volleyball athletes coming from selected universities in Mindanao namely Central Mindanao University (CMU)-Bukidnon City, Capitol University (CU)-Cagayan de Oro City, Cotabato City State Polytechnic College (CCSPC)-North Cotabato, and two teams from Mindanao State University-Marawi City i.e. Mindanao State University Club Team (MSUCT) and Mindanao State University Varsity (MSUV).

Data Gathering:

All data collected were used to determine the motivation and visualization of each athlete and also their individual performances. These were videoed during the championship games while team performance was measured in terms of champion and first runner-up.

Results and Discussion:

Age.CCSPC has the oldest respondents who fall under the age bracket of 21-22 years old with the frequency of 6 or 50.0%. **Height.**CCSPC has the tallest respondents having heights ranging from 5'8"-5'9" with the frequency of 5 or 41.7%. **Highest Level of Competition Attended.** CCSPC has the highest level of competition attended (i.e. national level) with the frequency of 6 or 50.0%. **Mass.**CCSPC has respondents with the biggest mass of 64-69 kg with a corresponding frequency of 7 or 58.3%. **Years of Playing Experience.**CCSPC has the highest years of playing experience of 5-6 years with corresponding frequency of 5 or 41.7%. **Motivation.**CMU has the highest motivation level of 85-113 with corresponding frequency of 8 or 80.0%. **Visualization.**CCSPC has the highest visualization of 91-120 with corresponding frequency of 10 (83.3%). **Serve.**CCSPC highest number of individual performance in terms of service aces has a corresponding frequency of 4 out of 22 (50.0%). **Reception.**CMU highest number of individual performance in terms of reception has a corresponding frequency of 49 (31.613%). **Set.**CCSPC highest number of individual performance in terms of completed serve or kill has a corresponding frequency of 35 out of 85 (87.5%) while CMU's highest number of individual performance has a corresponding frequency of 31 out of 78 (91.2%). **Attack.**CCSPC highest number of individual performance in terms of completed attack or kill has a corresponding frequency of 15 out of 38 (34.88%) while CMU's highest number of individual performance has a corresponding frequency of 25 out 44 (60.98%). **Block.**CCSPC highest number of individual performance in terms of completed block or kill has a corresponding frequency of 4 out of 29 (36.36%) while CMU's highest number of individual performance has a corresponding frequency of 4 out 22 (57.14%). **Dig.**CCSPC highest number of individual performance in terms of completed block or kill has a corresponding frequency of 10 out of 33 (30.30303%) while CMU's highest number of individual performance has a corresponding frequency of 10 out 29 (16.12903%). **Team Performance.**Data revealed that 12

out of 22 (54.5%) of the respondents are coming from CCSPC team which was awarded as the champion while 10 out of 22 (45.5%) of the respondents came from the CMU team which was awarded as the first runner up.

Summary of the Results of the Team Performance between CCSPC and CMU:

Results revealed that the highest score or percentage was made by the CCSPC team with 107.2344 while CMU has a corresponding score or percentage of 79.2761. In terms of serve, CCSPC got the higher percentage with 1.1765 while CMU has a corresponding percentage of negative (-) 8.219. CMU has higher percentage in terms of reception with 8.86 while CCSPC has a corresponding percentage of 7.89. For the set, CCSPC has a corresponding percentage of 39.7959 which was higher than CMU with 35.9551. Attacks give an edge to CCSPC since the team made 22.12 which were higher than CMU with only 15.7. In terms of block, CCSPC has a corresponding percentage of 3.252 while CMU has a corresponding percentage of negative (-) 2.02 which was lesser than CCSPC. A total of 33 digs were made by CCSPC which has higher percentage than CMU with only 29 digs. Results showed that among the six skills presented, CCSPC has dominated five of these skills namely serve, set, attack, block and dig while CMU has only one skill that excelled in the tournament. This indicates that CCSPC really dominated the game and able to win the championship game. Moreover, results of the game per set was also collected and based on the outcomes, CCSPC and CMU were the teams which played in the championship game. Two teams played four sets and the scores were the following: Set 1: CCSPC (23) vs. CMU (25), Set 2: CCSPC (25) vs. CMU (23), Set 3: CCSPC (25) vs. CMU (17), Set 4: CCSPC (25) vs. CMU (23). Results revealed that CCSPC won 3 out of 4 sets compared to CMU won only 1 set. It is recommended that coaches should be encouraged to teach Psychological Skills Training (PST) program in their training sessions. It is through motivating the athletes to use imagery that enables them to correct errors, since evidences indicate. Imagery proves to be very helpful in skills strengthening. To the athletes, the PST Program must be applied because it helps them face emotions. This is in order for them to acquire the basic skills of PST and finally to provide them with a way to practice these program in self-simulated competitive situations. Athletes should not only project an image in the performance, but also show the outcome of the performance rewarding them when they are successful. Coaches and athletes must also apply film showing or videotape to augment motor imagery to improve the performance of complex sports skills. Motivation can also be used in dealing with the athletes by applying both intrinsic and extrinsic rewards before and after trainings or competitions so that athletes become more responsive or motivated in doing the entire task given during trainings and competitions as well.

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