

# "Impacts of physical fitness training programmes (PFTP) on Psychoticism and Lie scale on volleyball players"

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**Abstract :** The aim of the research was to determine the **effects of physical fitness training programmes on Psychoticism and Lie scale in volleyball players**. Only one group was targeted experimental group, there was no control group. The 30 male volleyball players, participated in the study and their age ranged between 19-30 years. Training was given to the experimental groups. The data was collected through respondents in the form of different experimental tests. A training program was planned for 12 weeks, 5 days a week and 90 minutes. a day. Exercise that use large muscles groups that can be maintained continuously and are aerobic in nature. These exercises include walking, running, jogging, climbing, jumping row and cross country. The result reveals that there was No significant effects of Physical fitness training programme was found in **Psychoticism and Lie scale in volleyball players**

**Key Words :** Psychoticism, Lie-Scale, Volleyball, Physical fitness

## INTRODUCTION

Volleyball is an enjoyable sport that suits many skill levels and ages, owing to its worldwide popularity. Psychology is amongst the subjects that has had a big impact over the past few decades, helping to shape the way athletes compete in their chosen sport (<https://www.teamtalk.com/news/how-does-personality-affect-sports-performance>) Psychoticism is defined by Eysenck as a personality type that is prone to take risks, might engage in anti-social behaviors, impulsiveness, or non-conformist behavior. Extraversion includes outgoing or very social behavior. Think of someone who is always the life of the party. This person is probably an extrovert (<https://study.com/academy/lesson/psychoticism-definition-lesson.html>). Personality has a huge influence on sport, impacting the activity an athlete chooses to undertake and their performance thereafter. A key element of how personality impacts sports performances is confidence – an athlete who believes they will succeed is more likely to do so than one who is wracked with self-doubt (<https://www.teamtalk.com/news/how-does-personality-affect-sports-performance>). The lie scale (Eysenck and Eysenck 1976) permits lying to be diagnosed when a set of rarely performed acts are endorsed by the respondent as being habitually done and when frequently performed non-desirable acts are denied by the respondent.

## METHODS

Only one group was targeted experimental group, there was no control group. The 30 male volleyball players, participated in the study and their age ranged between 19-30 years. Training was given to the experimental groups. The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses. The study area was restricted to Marathwada region of Maharashtra.

## PROCEDURE OF TEST

Pre and post-test was taken on 30 Volleyball Players from various colleges, voluntary to participate in the Physical fitness training programmes. Exclusion criteria were the presence of chronic medical conditions such as asthma, heart disease or any other condition that would put the subjects at risk when performing the experimental tests. The subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs during the programmes. They completed an informed consent document to participate in the study. All 30 acted as experimental group for Physical fitness training programmes with no control groups.

## APPLIED TRAINING PROGRAM

A training program was planned for 12 weeks, 5 days a week and 90 minutes. a day. Exercise that use large muscles groups that can be maintained continuously and are aerobic in nature. These exercises include walking, running,

jogging, climbing, jumping row and cross country. There was training programmes in the academic schedule of physical education department. The exercise session should consist of the following procedure: Warm - up period will be approximately 10 min., this was combine callisthenic – type stretching, exercise and progressive aerobic activity. However, cool down period was 5 to 10 min. The data was collected through respondents in 30 volleyball players from different colleges of Swami Ramanand TeerthMarathwada University Instructions was given to the volleyball players.

### Eysenck Personality Questionnaire - Revised (EPQ-R)

Eysenck Personality Questionnaire - Revised (EPQ-R) was used. The EPQ measures the traits of personality: Psychoticism and Lie Scale.

### Results of the study

The results concerning this are presented in the form of tables and also illustrated with the help of suitable figures where ever necessary. For the sake of t-ratio and methodical presentation of the results, following order has been adopted.

**Table -1**

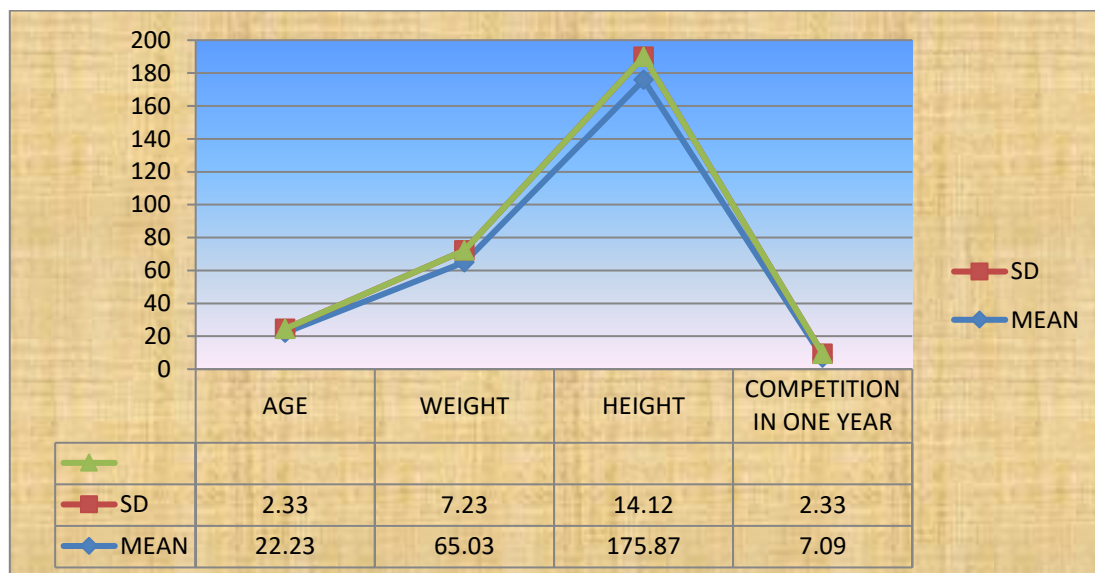
**Mean Scores and Standard Deviation of selected Components of volleyball players.**

Sr.No.	Components	Volleyball players	
		Mean	Standard Deviation
1.	Age (Year)	22.23	2.33
2.	Weight (Kg)	65.03	7.23
3.	Height (Cm)	175.87	14.12
4.	Competition in one year	7.09	2.33

Table 1 shows the mean (S.Ds.) age of volleyball players was 22.23 (2.33). Their weight was 65.03 (7.23) Kg. and their height was 175.87 (14.12) cm.

**Figure -1**

**Shows Mean Scores and Standard Deviation of selected Components of Volleyball players**



**Table -2**

**Means scores, standard deviation and t-ratio of Psychoticism of pre and post-test of Volleyball Players.**

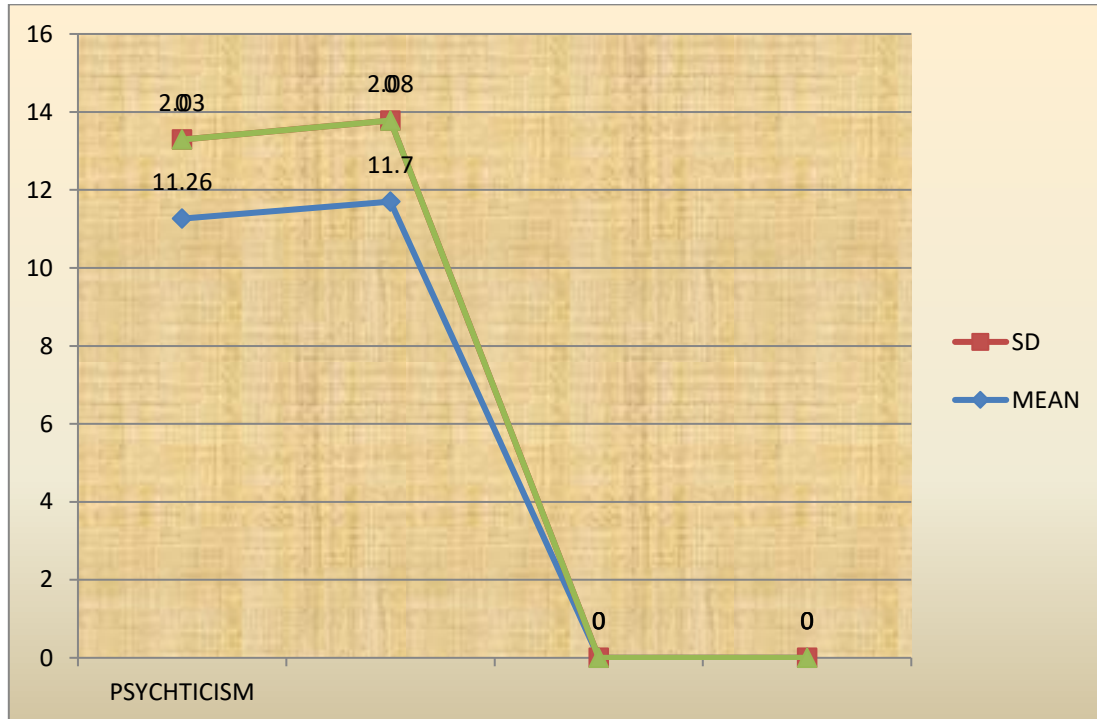
Variable	Test	Number	Mean	S.D.	t-ratio
Psychoticism	Pre Test	30	11.26	2.03	0.84
	Post Test	30	11.70	2.08	

Table- 2 Shows that mean scores, standard deviation and t-ratio of **Psychoticism** in pre and post-test of Volleyball Players.

The Mean scores, standard deviation of selected physiological variable with respect to Psychoticism of pre and post-test of Volleyball players have been presented through graphically in figure-2.

**Figure-2**

**Illustrates the Mean Scores and Standard Deviations of Psychoticism of Pre and Post-Test of Volleyball Players.**



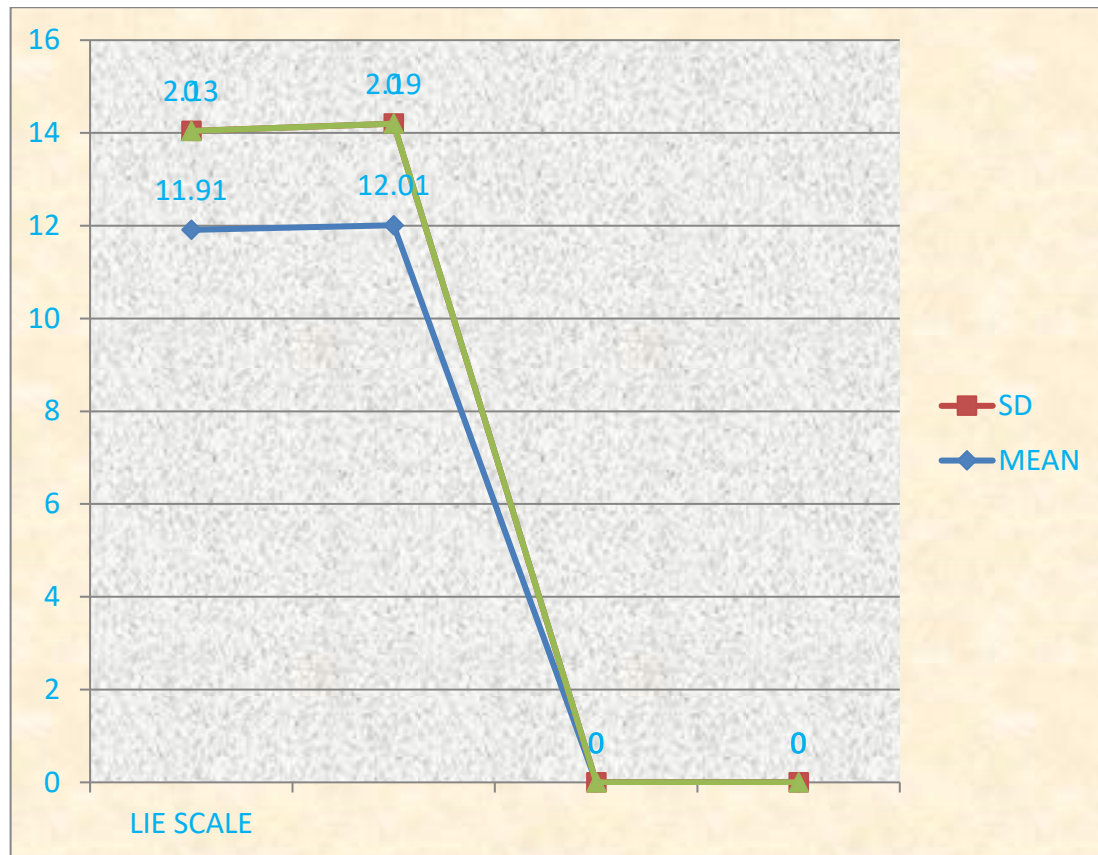
**Table -3**

**Means scores, standard deviation and t-ratio of lie-scale of pre and post-test of Volleyball Players.**

Variable	Test	Number	Mean	S.D.	t-ratio
Lie-scale	Pre Test	30	11.91	2.13	0.79 NS
	Post Test	30	12.01	2.19	

*NS= Not significant*

Table- 13 Shows that mean scores, standard deviation and t-ratio of **Psychoticism** in pre and post-test of Volleyball Players. The Mean scores, standard deviation of selected physiological variable with respect to Psychoticism of pre and post-test of Volleyball players have been presented through graphically in figure-3.



## DISCUSSION

Volleyball is considered a very explosive and fast-paced competitive sport. With regards to selected physiological variable in **Psychoticism** in pre and post-test of Volleyball Players they have obtain the mean value of 11.26 and 11.70 respectively which are given in the Table -2 shows that insignificant effects of Physical fitness training programme was found in Psychoticism on Volleyball players. However, With regards to selected physiological variable in **Psychoticism** in pre and post-test of Volleyball Players they have obtain the mean value of 11.91 and 12.01 respectively which are given in the Table -13 shows that insignificant effects of Physical fitness training programme was found in Neuroticism on Volleyball players. Negative external or internal psychological factors can lead to mental blocks, causing **breaks in focus and preparation**, poor performance and, at times, injuries to the athlete. They can produce physical disruptions such as muscle tightening, shaking, and increased perspiration ( Miele,2015). psychological skills play a more important role in reaching the peak fitness in volleyball players and they deserve to receive more attention from coaches and athletes. Engaging in physical activity releases endorphins, which are the feel-good, or happiness, hormones. Endorphins may boost your mood, promote relaxation, and reduce pain. They can also alleviate depression, boost self-esteem, and enhance your work performance

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