



## RELATIONSHIP OF EGO STRENGTH, GENERAL WELL BEING AND HEALTH RELATED PHYSICAL FITNESS OF VOLLEYBALL PLAYERS



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### ABSTRACT

The purpose of the study was to find out the relationship between health related physical fitness with Ego Strength and General Well Being of volleyball players with age of 16+/- 2.15 year. For this 50 players as a sample from Volleyball club (ABSF) of Pune city were selected. For assessing the general well being questionnaire developed by (Duda J L, 1989) was used. For measuring the ego strength questionnaire constructed by (Verma, 1990) was used. The health related fitness variables were pull ups for muscular strength and sit ups for muscular endurance was selected. Person product movement correlation was used as statistical tool for finding the relationship between healths related physical fitness with Ego Strength and General Well Being of volleyball players. The results obtained revealed that there were insignificant relation were found in case of health related physical fitness with Ego Strength and General Well Being of volleyball players.

**KEYWORDS** :ego strength, general well being, health related fitness

### INTRODUCTION

Sports psychology is subjects which is concerns and concepts with terms such as motivation an arousal level, skill acquisition, feedback reinforcement anticipation, psychological preparation, attention attitudes, emotional wealth and the management of stress. Psychological variables such as competitive anxiety, ego strength and general well beings are critical to performance. Not much research work has been conducted on said variables and their effect on performance. (D. Alfermann &

Oliver Sloll (2000).

The term ego strength is not meant to denote an absolute quantity of ego forces, which are in them, not measurable. It refers to the relative efficiency of the ego with regard to the contents of the id (the instinct) and to the forces of the environment with which the ego has to deal. The ego-strength varies repeatedly in the course or normal development. A study conducted, ego-involvement and task involvement: related conception of ability, effort, and learning strategies among soccer players. The results tend to confirm previous finding showing that in comparison to ego orientation subjects tend to use more deep processing strategies irrespective of the kind of feedback provided. (Edgar E. Thill & Philippe Brunel (1995))

Physical fitness can thus be considered as a prerequisite for good health and quality living. In the past, most test of physical fitness stressed motor skills important in sports such as power and speed and was not overly concern with the measurement of the health related aspects of fitness. There is a need to keep in mind the factors that affect the type duration and intensity of children’s physical activity behaviour become childhood physical activity has important health consequences during adulthood. (Barron, F. At.al.(1953).

**METHODOLOGY**

As stated above the study was to find out the relationship of health related physical fitness with Ego Strength and General Well Being of volleyball players. With this purpose researcher had selected 50 volleyball players with age mean of 16+/- 2.15 year from the (ABSF) sports academy of Pune city. The selected volleyball players were practicing for same volleyball club as well as student of same school .i.e. English pride school Ambegoan pathar Pune this made easy for researcher to conduct his study efficiently. The selected psychological variables were Ego Strength and General Well Being which were assessed with the questionnaire constructed by Duda J.L(1989) and Verma (1990) respectively. The health related physical fitness was muscular strength and muscular endurance measured with pull up and sit up test in same way. For finding the correlation between health related physical fitness (pull-ups , sit-ups) with general well being and ego strength, score were converted in to standard score by using formula z score. Pearson correlation method was applied to find out the significance relation between health related physical fitness (pull-ups, sit-ups) with general well being and ego strength. The level of significance was set as 0.5 levels.

**RESULTS**

The correlation obtained from 50 volleyball players of (ABSF) sports academy Pune city on health related fitness with ego strength and general wellbeing was presented in table -1 and 2.

**TABLE- 1**  
**CORRELATION BETWEEN HEALTH RELATED PHYSICAL FITNESS WITH GENERAL WELL BEING OF VOLLEYBALL PLAYERS (50)**

Pearson correlation	-0.199
Sig.(2 tailed)	-156
N	50

\*table value (98)

Table- 2 shows that there was a no significant relationship was found in between health related

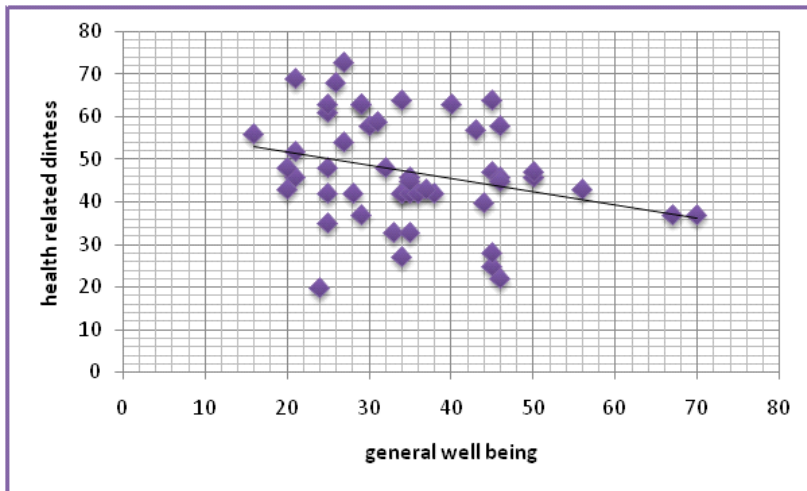


FIGURE-1

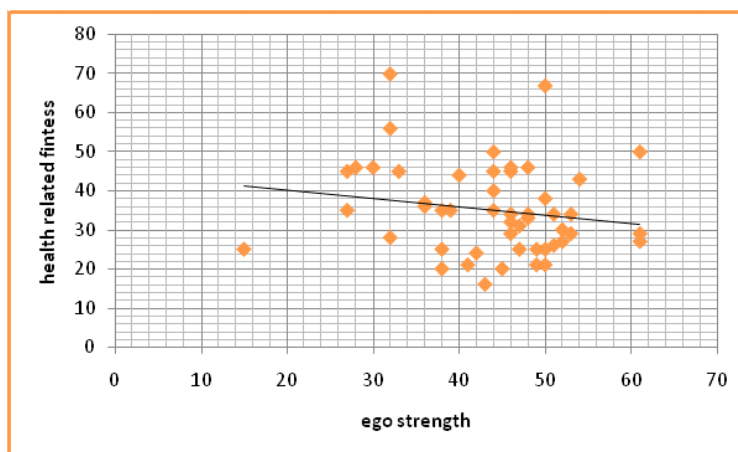
TABLE-2  
CORRELATION BETWEEN HEALTH RELATED PHYSICAL FITNESS WITH EGO STRENGTH OF VOLLEYBALL PLAYERS (50)

Pearson correlation	-0.92
Sig.(2 tailed)	-0.520
N	50

\*table value (98)

Table- 2 shows that there was a no significant relationship was found in between health related physical fitness variable with general well being (-0.92) on 50 volleyball players as the  $P > 0.05$  was less the calculated value.

THE GRAPHICAL REPRESENTATION OF CORRELATION BETWEEN HEALTH RELATED PHYSICAL FITNESS WITH EGO STRENGTH WAS PRESENTED IN FIGURE-2.



## DISCUSSION OF FINDINGS

The study was framed to find out the relationship between selected psychological variables with the health related physical fitness. The selected psychological variables were the ego strength and well beings. The ego strength means mental, physical strength ability of an individual to adjust himself hastily with the situation around him and to perusing a better no worried life. Whereas, well being defined as the life includes contentment, happiness, satisfaction with life experiences and of one's role in the world of work, sense of achievement, utility, belongingness with no distress dissatisfaction ,worry etc. For betterment of the life of an individual both the variables are needed and found to be playing very vital role. But only psychological variables are not responsible for making life happier and health here the role of physical fitness cannot be ignored. The whole sum life is the combination of both psychological and physical fitness variables respectively.( Carol A Markstrom, 2007)

Keeping this idea in the mind this research problem was enclosed as the relationship of ego strength, well being with the health related physical fitness. There were 50 volleyball players from (ABSF) sports academy of Pune, city were selected as subjects. To measure the ego strength and well being standard questionnaire were used. The selected physical fitness variables were muscular strength and muscular endurance assessed through pull up and push up tests respectively.

The results of the study attained from the statistical analysis after application of person product movement revealed that there were insignificant relationship was found in case of ego strength with health related physical fitness. And similar results were again obtained in case of well beings with health related fitness. As the calculation values were -0.199 and -0.92 for ego strength with health related fitness and well beings with health related physical fitness respectively.

The studied were conducted (Zamirullah khan and Naseem Ahmed Khan (2007); Sandra Louise Scheetz (1974); Mary Lee Dickinson August, 1970) showed that in some of the cases significant relation was found but in some of the study insignificant relationship was found.

In Zamirullah Khan et al (2007) conducted a similar study on ego strength and well being with physical fitness components and found a positive relationship. But in this study there were insignificant relationship was found. The causes behind this insignificant results might be the subjects selected for the study were school going children with age of 15-17 years. In the age group of students are not properly mature in terms of behaviours, this age is considered as the age of childhood perusing toward the adolescent. The mental development of individual can only be possible after they react maturely and able to take the correct decision about the things going around him. Here, the subjects were not properly mature enough.

Whenever, health related physical fitness components are defined when it includes all the five components required to be physical fit .i.e. muscular endurance, muscular strength, flexibility, cardiovascular endurance and body composition. In the study due to time limitation and availability of the subjects for the data collection researcher scholar had taken only two of the components that were muscular endurance and muscular strength.

Therefore, this might be another reason for insignificant relationship of ego strength with health related physical fitness and well beings with health related physical fitness. All the five essential components would be added to make the combine score for the health related physical fitness.

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