

A Study on Sports Culture Attitude of Male Volley-Ballers of Uttar Pradesh

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Abstract

India is the land of competitive sports, from the starting sports competition is the most powerful tool for attracting the athletes. Competitiveness can have inherent significance for the culture in the regard. It is a representation of a lofty goal seeking success with integrity. A current condition of mind of preparedness influenced by our reactions to anything, people, or circumstance that is influenced by our experiences gloomy (1980). Attitude towards sports indicates that skilful movement in sports performance, this study aimed to assess the sports attitude status of male volley-ballers of Uttar Pradesh. The researcher used the relevant questions set with their experts' advice through Google form for measuring the level of attitudes of one hundred sixty (N=160) Uttar Pradesh male volley-ballers. Total 27 Questions were set in Google form, send to the concerned subjects, and carefully instruct the all instructions. 5 Point Likert Scale was used for calculating the subject's information. In the line of results of this study, majority of volleyballers agree with positive rating towards sports attitude.

Keywords : Athlete, Attitude, Culture, Sports culture, Volley-ballers.

I. INTRODUCTION

Our passion of athletics is profoundly ingrained in our cultural psyche. The ideals imparted by organised athletics have a clear and significant impact on the ideals of many players and viewers. As a result, athletics constitute a significant factor in society that influences the richness and nature of Indigenous society. A psychological condition of preparedness influenced by experiences that shapes our reactions to every item, people, or circumstance, in the notion that the effect of athletics should indeed improve the country's conduct and boost the country's morals. Athletic trainers think that attitudes regarding athletics is the result of a partnership here among surroundings and hereditary sporting conduct[1]–[3].

Self-motivation is the capacity of psychological theories to elicit a compressive pressure that

propels you to action. Genuine motivated behavior to discover new skills, to take on new difficulties, and to expand one's expertise. An effect on mental ability and self-determination is essential for intrinsically motivated. In basic terms, the impact of expressing must be intrinsically, referred to as the inner locality of causation and the individual engaging in inner feelings must believe that this activity would enhance their capacity. Intrinsically motivated learners are more likely to get into a task eagerly and develop their abilities, thus increasing their potential. According to sports psychological studies, "external" rewards—those that come from outside of you instead of from inside you—do not assist sports kids with self-motivation. If children play only for the purpose of receiving medals, trophies, cash, or other exterior incentives, they will be less enthusiastic if such prizes are not available. To

put it another way, participating in sports only for receiving trophies, medals, or other awards is a poor idea. Focusing on what thrills you about singing and presenting is the key to being self-motivated. You may participate in sports to spend time with friends, to be a part of a group, to compete, or to receive social support. "I want to develop my backhand shot and will practice on it at least two hours a week," you could say in your contract. These statements may help you define your personal or professional objectives. To keep track of your progress, have your parent or instructor sign the dedication contract. The contract should be posted somewhere you can see it every day, such as your bedroom or kitchen, so you are informed of your objectives. You may discover that you have accomplished one objective and now need to establish a new one. Alternatively, you may discover that the target you set was unrealistic and that you need to establish a new objective[4]–[6].

Developing a positive mental attitude can help give you an edge. Volley-ballers use during games several physical and mental exercises with their special features. The co-ordination of it, enhance the tactile sensitivity, technical sound, stronger movement reaction time and hand-eye coordination. This study aimed to assess the sports attitude status of male volley-ballers of Uttar Pradesh.

II. LITERATURE REVIEW

R. Meek and G. Lewis presented the pictographic perspectives of prisoners and jail personnel in a British programme intended at involving teenage boys in recognizing and satisfying particular re-entry (or "assimilation") requirements in the transfer from state correctional to the public through athletics. The subjective results showed how the effort contributed to observed advantages in areas of a favourable influence on prisoner lifestyle and politics, preparations for parole, changed perspectives, cognition, and behaviour, and fostering recidivism from criminality among teenage boys ages 18 to 21 years old ($N = 79$). The findings shed light as to whether and when basketball treatments might inspire detained

juvenile inmates to participate in re-entry programmes, with the final goal of minimizing repeat violators[7].

M. L. Breger et al. discussed about the Mainstream sporting conventions and personal identity prejudices, both overt and covert in the sports milieu, have resulted to a subculture whereby sexually harassment are ubiquitous. This paper looks at just how game begrudgingly accepts the formation of this attitude, as well as how practises and rules may be used to change the cultural identity of athletics to someone, which is open and secure. Social prejudice and molestation in sports, which mostly but not entirely affects females and is committed by adolescent boys, require change in views and customs. To attain this goal, the use of numerous psychological concepts is advised as one way to cleanse sports of either a mind-set of sexism and people who fight reform[8].

J. McGovern demonstrated the impact of athletics' hyperactivity male subculture on player views about affirmative relations concentrates mostly on people. Women's sports interact with similar society on a regular basis, but one's attitudes towards open intimacy are never addressed. The distinctive ways that sports standards of masculine gender connect with actual lives and events to impact based on participants' conceptions of agreement messaging are investigated in this investigation. At a medium-sized, institution in the Southeast, data was acquired through surveys and focus groups. According to the research, sporty female's value being able to clearly say "no" in uncertain intimate scenarios. Despite the fact that these populations face some of the identical social demands, research shows that women players' views toward affirmative relations vary among her lanky counterparts[9].

Research Questions:

- What is sports culture?
- What is the procedure of sports culture?

III. METHODOLOGY

Due to the COVID-19 pandemic, the researcher used the relevant questions set with their experts' advice through Google form for

measuring the level of attitudes of one hundred sixty (N=160) Uttar Pradesh male volleyballers. Total 27 Questions were set in Google form and sent to the concerned subjects. Researchers carefully instructed all instructions. 5 Point Likert Scale was used for calculating the subject's information. Reliability determined through test-retest method and validity assumed by subjective the researcher under the guidance of experts developed rating from experts was used to fathom out the attitude of male volleyball players on the various dimensions of sports culture.

The purpose of this research was to look at the pictographic expertise of the players and jail personnel in relation to how a sequence of jail-based soccer and rugby "academies" affected individuals who took part. The programmes, which took place at a juvenile offender facility in the south of England, sought to engage teenage boys in recognizing and discussing their relocation needs as they transitioned from detention to the public. The courses were given to 79 teenage boys between both the ages of 18 and 21 over the past two years. The article is component of a larger research project that concentrates on subjective evaluation results in sequence to understand how and why the interference was deemed advantageous, complementing and constructing on quantifiable results and research results of the obstacles affiliated with having to deliver the interference that have previously been authored.

1.1 Design:

The investigator conducted a number of semi-structure personal focus groups and conversations over the period of two years, complemented with recorded respondent responses. 3 The first interviews and focus group talks focused on members' hopes of what the academy could provide, with later conversations focusing on people's lived feelings of involvement and how it had affected them after the program was completed. Following their return to the community, 38 academy participants were interviewed in person and over the phone. Individuals' experience of the

transfer from detention to community, their assessments of their relocation requirements and the assistance they have to fulfil these needs and their comments on the program as a whole were the subject of these follow-up surveys. Following the implementation of the academies.

A collaborative learning event was held by the college campus, did attend by attendees of each of the private schools, 6 among whom were still in possession and another ten who had already finished their jail terms and returned to debate how partaking in the institute had improved their lives after discharge. A number of delivery collaborates, both prison personnel and public outreach providers, attended. School members were asked to give a presentation to a public and produce comprehensive "video diaries" commenting on the academies' personal effect and event from their viewpoints. In order to uncover common views and perspectives of the academy, four additional focus group discussions were performed with individuals in detention

1.2 Samples:

The prison-based athletics schools lasted 12 to 15 weeks, and included focused sports or footy mentoring, physical training, and fits, as well as group work like setting objectives, reasoning skills, and squad training opportunities, guest lecturer lectures, and peer-reviewed workouts. Actions were produced by incarceration employees in partnership with local partners, particularly society coaching employees and a "transformation employee" who, after a professional life in the Prison, was utilised by a small Neighbourhood Equity Company¹ that was responsible for the as a whole delivery and support of the college. Depending on the task and number of people involved at each school, employees' ratios varied from 1:8 to 1:12. Participants in the football club earned their Level 12 teaching certification, while rugby academies students earned.

Every person has customized relocation casework was provided during the academy and maintained on a volunteer basis for up to 6

months following graduation, based on need and participation. In addition to the usual statutory assistance given by prison relocation and offender control personnel, the transitional specialist offered relocation forensic work. Case management was used to simultaneously optimize reparative necessities, confront negative feelings, and build in order to start preparing and assistance every oneself for a smooth transformation from possession to the society, which was a key goal of the initiative. Prisoners who wanted to be evaluated for upcoming academies were given notice throughout the jail and filed application to gym personnel. Following the collection of applications. Safety and the Sex Offender treatment Unit examined participants, and any questions or concerns about their appropriateness for dealing with kids or neighbourhood groupings were discussed and addressed. Despite this, a handful of academy members were freed or moved to different institutions midway through their involvement, highlighting one of the inevitabilities of providing prison-based treatments[7], [8].

1.3 Instruments:

The athletic institutes attracted a number of 79 young men. Fifty-four individuals finished an education in its entirety, 11 finished a portion of an army but were freed or relocated to the next jail before it was finished, and test subjects resigned or have been withdrawn from the colleges. Five people who were doing lengthier sentence graduated from two separate institutes. The participants' ages varied from 18 to 21, with a median of 19 years and 8 months. In

racial terms, 46% of school students said they were White, 33% said they were Black British, and 21% said they were mixed race, Asian, or "other"[9].

The HM Prison Staff Study Uses and Morality Board, the prison's Head of Psychological and Therapies, and the study's Human Study Integrity and Research Management Office all gave their full permission. At the outset of each session, the researchers will approach themselves to the students and described their position as a review committee, the study goals, and the research procedure. It was made clear that the study process was distinct from project delivery, that it was not affiliated with the Prisons or Correctional Institutions, and that participation was optional. All members were provided fact sheets that included jail study contacting information to help of questions or concerns, as well as instructions on how to resign from the study. Respondents were guaranteed of anonymity in both verbal and written commands, excluding situations in which data pertaining to a violation in incarceration safety or proposals to harm themselves or other were disclosed during the studies. All academy participants signed a permission form and consented to participate in the study. Those who agreed to be approached following their release from jail were asked to provide their post-release contact information[10].

1.4 Data Collection:

Table 1 shows item responses with categories.

Table 1: Responses Categories are mentioned against Each Item

S. No.	Statements	Strongly Agree	Agree	Un decided	Disagree	Strongly Disagree
1.	India is having a good heritage of sports.	25.00%	43.75%	25.00%		6.25%
2.	Participation in sports is a great reliever from stress generated out of fast competitive life style.	25.00%	43.75%		6.25%	25.00%
3.	Sports person contribution to the society is greater than that of a non-sportsman.		37.50%	43.75%	12.50%	6.25%

4.	Participation in sports is essential for maintaining a health related quality life.	12.50%	18.75%	31.25%	31.25%	6.25%
5.	Physical fitness is of great importance for success in any competition.	50.00%	25.00%	25.00%		
6.	Sports person are much disciplined.	56.25%	31.50%	12.50%		
7.	Sports is a way to maintain youthful agile body.	68.75%	12.50%	18.75%		
8.	Physical feelings after strenuous practice session are very enjoyable.	12.50%	37.50%	43.75%		6.25%
9.	Parents should encourage children more for studies than sports.	25.00%	43.75%	31.25%		
10.	An active life style is essential for optimal mental functioning.	18.75%	43.75%	37.50%		
11.	A sport is as important as academic education.	50.00%	50.00%			
12.	Sports person are well adjusted in the society.	56.25%	31.25%	12.50%		
13.	Sports should be offered to each student. of school/ colleges	43.75%	43.75%	12.50%		
14.	Sports activity should be a part of school curriculum.	62.50%	37.50%			
15.	Support of family members is very important in one's success in sports.	68.75%	31.25%			
16.	Sports facilities at schools are negligible in our country.	31.25%	37.50%	31.25%		
17.	Media does not give equal importance to all the sports in our country.	56.25%	37.50%	6.25%		
18.	Scientific training is the base for enhancement of performance.	37.00%	37.50%	25.00%		
19.	The better performance of world athletes in comparison to India is because of their advanced scientific training methods.	50.00%	37.50%	12.50%		
20.	The better performance of world athletes in comparison to Indian athletes is because of their better infrastructure and equipment's.	56.50%	43.75%			

21.	The better performance of world athletes is because of better incentives given to them in comparison to Indian Athletes.	50.00%	50.00%			
22.	In individual game, it is possible to reach on top by one's own hard work and performance.	25.00%	18.75%	31.25%	25.00%	
23.	Badminton, Lawn Tennis, Table Tennis is game of upper middle class.	43.75%	37.50%	18.75%		
24.	Coach and seniors should be respected.	37.50%	43.75%	18.75%		
25.	Generally, parents do not prefer sports as a good career for their children.	50.00%	50.00%			
26.	Fair play is always rewarding.	18.75%	37.50%	12.50%	31.25%	
27.	India should be given the chance to host Olympic games.	50.00%	37.50%	12.50%		

IV. RESULTS AND DISUSSION

- Out of total 160 volleyball players, 25.00% strongly agree, 43.75% agree 25.00%, undecided 6.25% and strongly disagree with that statement India is having a good heritage of sports.
- Out of 160 volleyball players, 25.00% strongly agree, 43.75% agree, 6.25% disagree and 25.00%strongly disagree with that statement of Participation in sports is a great reliever from stress generated out of fast competitive life style.
- Out of 160 volleyball players, 37.50% agree, 43.75% Undecided and 12.50% disagree and 6.25% strongly disagree with that statement of Sports person contribution to the society is greater than that of a non-sportsman.
- Out of 160 volleyball players, 12.50% strongly agree, 18.75% agree, 31.25% undecided, 31.25% disagree and 6.25% strongly disagree with that statement of Participation in sports is essential for maintaining a health-related quality life.
- Out of 160 volleyball players, 50% strongly agree, 25% agree, 25.00% undecided with that statement of Physical fitness is of great importance for success in any competition.
- Out of 160 volleyball players, 56.25% strongly agree, 31.50% agree, 12.5% undecided with that statement of Sports person are much disciplined.
- Out of 160 volleyball players, 68.75% strongly agree, 12.50% agree, 18.75% undecided with that statement of Sports is a way to maintain youthful agile body.
- Out of 160 volleyball players, 12.50% strongly agree, 37.50% agree, 43.75% undecided and 6.25% strongly disagree with that statement of Physical feelings after strenuous practice session are very enjoyable.
- Out of 160 volleyball players, 25.00% strongly agree, 43.75% agree, 31.25% undecided with that statement of Parents should encourage children more for studies than sports.
- Out of 160 volleyball players, 18.75% strongly agree, 43.75% agree, 37.25% undecided that statement of an active life style is essential for optimal mental functioning.
- Out of 160 volleyball players, 50% strongly agree, 50% agree with that statement of a sport is as important as academic education.

- Out of 160 volleyball players, 56.25% strongly agree, 31.25% agree, 12.5% undecided with that statement of Sports person are well adjusted in the society.
- Out of 160 volleyball players, 43.75% strongly agree, 43.75% agree, 12.5% undecided with that statement of Sports should be offered to each student of school/ colleges.
- Out of 160 volleyball players, 62.75% strongly agree, 37.50% agree, with that statement of Sports activity should be a part of school curriculum.
- Out of 160 volleyball players, 68.75% strongly agree, 31.25% agree, with that, statement of Support of family members is very important in one's success in sports.
- Out of 160 volleyball players, 31.25% strongly agree, 37.5% agree, 31.25% undecided with that statement of Sports facilities at schools are negligible in our country.
- Out of 160 volleyball players, 56.25% strongly agree, 37.5% agree, 6.25% undecided with that statement of Media does not give equal importance to all the sports in our country.
- Out of 160 volleyball players, 37.00% strongly agree, 37.50% agree, and 25.00% undecided with that statement of scientific training is the base for enhancement of performance.
- Out of 160 volleyball players, 50.00% strongly agree, 37.50% agree, 12.50% undecided with that statement of the better performance of world athletes in comparison to India is because of their advanced scientific training methods.
- Out of 160 volleyball players, 56.50% strongly agree, 43.75% agree, with that statement of the better performance of world athletes in comparison to Indian athletes is because of their better infrastructure and equipments.
- Out of 160 volleyball players, 50% strongly agree, 50% agree, with that statement of the better performance of world athletes is because of better

incentives given to them in comparison to Indian Athletes.

- Out of 160 volleyball players, 25.00% strongly agree, 18.75% agree, 31.25% undecided % and 25% disagree with that statement of The better performance of world athletes is because of better incentives given to them in comparison to Indian Athletes.
- Out of 160 volleyball players, 43.75% strongly agree, 37.5% agree, 18.75 % undecided with that statement of Badminton, Lawn Tennis, and Table Tennis are game of upper middle class.
- Out of 160 volleyball players, 37.5% strongly agree, 43.75% agree, 18.75% undecided with that statement of Participation in sports is a great reliever from stress generated out of fast competitive life style.
- Out of 160 volleyball players, 50.00% strongly agree, 50.00% agree, with that statement of generally parents do not prefer sports as a good career for their children.
- Out of 160 volleyball players, 18.75% strongly agree, 37.50% agree, 12.50% undecided 31.25% disagree with that statement of Fair play is always rewarding.
- Out of 160 volleyball players, 50.00% strongly agree, 37.50% agree, 12.50% undecided with that statement of India should be given the chance to host Olympic Games.

In the line of results this study, majority of volley-ballers agree with positive rating towards sports attitude. Constructive feelings are indeed a vital constant spare column that helps sportsmen improve their efficiency. These are the individual activity characteristics. The mind-sets of sportsmen regarding health sports and educational exercise have such a big impact on their success.

V. CONCLUSION

The researcher has discussed about the Sports Culture Attitude of Male Volley-Ballers, It is a sign of a noble goal striving for honourable triumph. Our passion of sports is firmly

ingrained in our national psyche. The ideals communicated by organized sports have a direct and dramatic impact on the values of many players and spectators. As a result, sports constitute a significant social force that affects the richness and nature of Indigenous society. A mental condition of preparedness guided by experience that affects our reactions to any item, person, or circumstance, in the idea that the effect of athletics can and should improve the nation's behavior and elevate the nation's ethics gloomy (1980). Sports psychologists think that attitude toward sports is the result of a cooperation between both the surroundings and innate sports behaviours. The sports mentality condition of male volley-ballers from Uttar Pradesh was assessed in this research. For assessing the degree of attitude of one hundred sixty Uttar Pradesh male volley-ballers, the study utilized appropriate questions prepared with their experts' guidance through Google form. The youth participation and service owner's stories plainly show that sports has the ability to be utilized as a successful motivator for hard-to-engage inmates in comprehensive relocation programmes, expanding previous results about local sports treatments. Participating in the academy was considered to have a positive effect on jail lifestyle and politics, preparing for releases, reintegration assistance, mind-sets, reasoning, and behaviour, and in encouraging deviance from criminality, according to the present study.

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