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ANALYSIS BETWEEN VOLLEYBALL AND BASKETBALL PLAYERS OF MOVEMENT ANTICIPATION

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ABSTRACT:

The purpose of this study was to analyze the Movement anticipation between volleyball and basketball men players. The data was collected from the boys of volleyball and basketball match practice group of D.A.V.V. Indore who have played universities: a total of 16 players, 8 of both the game were selected for the purpose of this study: Subjects were rested for one psychological variable i.e. time/movement anticipation. The result shows that the Volleyball players possess more time movement anticipation. The test data obtained from the study provide a baseline and reference for the further studies. It also enabled strength and weakness of the player so that appropriate training programme could be designed to improve their performance.



KEYWORDS: *Movement Anticipation, volleyball and basketball men players, psychological variable.*

INTRODUCTION:

Anticipation is a mental process consisting in foreseeing future events and situations based on shortening the selection stage in the information phase of sensor motor responses. Through anticipation it is possible to program proper technical actions in a sports fight and to correct them depending on the changing conditions of a contest. Anticipation processes make basic influence on athletes' performances and behavior in real competitive situations. It is extremely important in combat sports and team games where athletes are exposed to visual stimuli and time aspects. Through anticipation it is possible to program motor activities which are in line with the expected situations, to adjust them and correct before the occurrence of disturbances.

In sport and exercise [psychology](#), *anticipation* usually refers to the ability to quickly and accurately predict the outcome of an opponent's action before that action is completed. Skilled athletes can use bodily cues to anticipate outcomes at earlier moments in an action sequence than can unskilled athletes, allowing them more time to perform an appropriate response in time-stressed tasks. A basic understanding of anticipation requires a comprehension of how skilled athletes anticipate actions, how anticipation is best tested, and what the practical implications are for training anticipation.

Anticipation process takes place both in space and time aspects. The first kind of anticipation answers the question what will happen and the second kind (time anticipation) enables the perception of the moment in which the event is going to appear. Usually, the insufficient time is allocated for mental training because of the lack of knowledge in implementing the programme, or due to the myth that mental skills cannot be learnt. Everyone is born with specific and psychological strengths and weaknesses, but skills can be learnt and developed. Being a champion requires the mental skills be

systematically practiced and integrated with physical abilities. The Vienna test system is a leading computerized psychological assessment tool. VTS the highest possible level of objectivity and precision, including aspects that cannot be measured by traditional paper and pencil tests, the base administrative software: VTS's administration software has a clear user interface from which you can administer tests, score the result and manage clients' data. A wide range of useful function enables you, example, to create test batteries or administer tests (Warsaw, 2008).

OBJECTIVES OF THE STUDY:

To find out whether there is any difference in time/movement anticipation between volleyball and basketball men players.

METHODOLOGY

Selection of the Subject: For the purpose of this study a total of 16 female players of both the games i.e. volleyball and basketball of inter-university level were selected as the subjects on the basis of purposive sampling technique. Subject's age was ranging from 18-23 years. All the subjects in present study were tested on Vienna Test Instrument.

Criterion Measure

Movement Anticipation: It is ability to imagine the effect of a movement and correctly estimate the movement of objects in space. It is the visualization of a future event or state or the act of looking forward a prior action that takes into account a later action.

RESULTS

Descriptive statistics (mean and standard deviation) was used to analyze the performance of time/movement anticipation on Vienna Test System-

Table 1: Descriptive Statistics of men Volleyball and Basketball

	Volleyball	Basketball
Mean	2.60	3.26
SD	0.37	0.49

Table 1 represents the mean and S.D. of volleyball and basketball men players in time movement anticipation The descriptive statistics of volleyball and basketball players were 2.60 ± 0.37 and 3.26 ± 0.49 respectively. Table shows that Basketball player have more time/movement anticipation ability then Volleyball players.

DISCUSSION AND CONCLUSION

The psychological demand of any players can be decisive determinant of success during a match, and if a player wishes to achieve success in competition, improvements in psychological needs to be emphasized.

Based on the finding of this study, the following conclusion have been drawn-

- The findings of the present study strongly indicate that the psychological variable i e anticipation ability of volleyball and basketball players were not similar
- It was revealed that the men basketball players possess more time/movement anticipation ability may be due to their direct contact with ball whereas in volleyball the contact of ball is with equipment
- This may also be owing to the reason of small sample size in the present study, but if the similar study would be done on large sample Size then it may bring significant changes in the results.

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