



## **WILL TO WIN: ANALYSIS OF HIGH PERFORMING FOOTBALL AND VOLLEYBALL PLAYERS**

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### **Abstract**

*This paper aims to find out the role of will to win among high performing school, college and club level football and volleyball players. Therefore, the investigator decided to find out the significantly better group among high performing football and volleyball players on will to win. The data of one hundred fifty (N=150) football players was collected from Schools, Colleges and Clubs of Punjab state. In this study one hundred and twenty (N=120) volleyball players were also selected randomly for the collection of data from schools, colleges and clubs. The purposive random sampling technique was used to collect the data of football and volleyball players. The test of Will to Win by Kumar and Shukla (1988) was administered to record the response of school, college and club level football and volleyball players. Analysis of Variance (ANOVA) was applied to find out the difference between school, college and club level high performing football and volleyball players. The significance level was checked at 0.05 level of confidence. If results found significant then least Significant Difference (LSD) post-hoc test was also applied to find out the best group among high performing football and volleyball players. Results revealed that college and school level football players and college and club; club and school level volleyball players differ significantly. On the basis of results of this study it is concluded that will to win variables have great importance for victory and perform at top levels. The will to win improve among players as they improve their level i.e. from school to college and college to club. Which indicated that will to win improves as per the maturity level of players. This variable needs to introduce for teaching from development stages.*

**Keywords:** will, win, football, volleyball, performance.



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### **Introduction**

The will to win is the psychological variable which makes great competitors. There are instances that players won their competition with will to win even lacking in physical

abilities. This is the result of psychological conditioning and determination to win. A correct attitude towards winning always helps in achieving top level performance in sports. Unless an athlete or a player has a keen determination or strong will to win, he will not give his best to the game he is participating. It is desirable to know how much will to win is possessed by players and to know whether will to win contribute to sport performance. Sidhu & Singh (2006) defined that, “the intensity of desire to defeat an opponent or to exceed some performance standard in given sport”. Individual with will to win should be very competitive and should feel that winning is the major reason for competing. Winning or losing should affect their self-esteem, individually or collectively. It has been observed that our athletes do not win, and do not get medal because they do not have the will to win and desire to defeat the opponent. Will to Win is an athlete’s mind-set of crystallized attitude and his outlook which is given the name as will to win. It is surely an emotional act intimately connected with the athletes personal esteem, his regard and importance of self. A feeling of this nature helps an athlete to put in his best and maintain it, till the end of the activity and competitions. Will to win phrase has two important words i.e. will and win. Will is the strength of the self, character, attitude, determination, unrevokable decision and total perception of situation. Will is the faculty by which a person decides or conceives himself as deciding upon and initiating action. Will is man’s power on the mind, a control exercised by a deliberate purpose over impulse. Will is the determination of the mind coupled with all bodily resources which helps the person to move forward for the achievement of goal. Pezer and Brown (1980) have reported in their study that will to win is significantly related to performance and analysis indicated that high, moderate and low will to win groups differed significantly from each other. The ultimate goal of player is the victory, nothing short of that the determination with which an athlete runs, throws, jumps and swims. The goal in perception is pursued by players with the spirit of do or die, with the energy of going farther than the farthest, picking up heavier than the heaviest, rising higher than the highest, in sports competitions. The main thrust of modern sports now is on winning not just participating and playing. Physical health, fitness and recreation are no longer the purposes and even the target. The dismal performance of Indian players and athletes in the international meets such as Olympics and World Championships has been largely attributed to the lack of will to win. But unless an athlete has a keen determination or strong will to win or to excel at top, he will not give his best to the game during competitions. It is thus desirable to know whether will to win has something connection with competitive performance. The ability to work to the capacity is directly

related to the will to win. The psychological build-up creates a state of readiness. It allows through concentration on the task which in turn increases strength of incoming impulse and generates greater nerve power, that results increased capacity and greater determination to win. The literature reviews of Vealey, 1994; Weinberg and Williams; 2001; Gordon, 1990; Orlick, 1986 support that psychological interventions and skills played positive and effective role for higher level performance in competitive sports. It will be only repetition to harp upon the allegation that Indian football and volleyball players lack the will to win. Let us see experimentally and scientifically whether this is a fact or a mere conjecture. Therefore, the investigator decided to analyse the will to win among high performing football and volleyball players to find out the best group among school, college and club level football and volleyball players.

### **METHODOLOGY**

The sample of study, tools and statistical treatment used in this study explained for proper understanding of the methodology of study.

**SELECTION OF SUBJECTS:** The data of one hundred fifty (N=150) football players was collected from Schools, Colleges and Clubs of Punjab state. Fifty (N=50) football players each from schools, Colleges and clubs were randomly selected as subjects for this study. The purposive random sampling technique was used. The data was collected only from male football players. In this study one hundred and twenty (N=120) volleyball players were also selected randomly for the collection of data from schools, colleges and clubs. Further forty (N=40) players from schools, forty (N=40) from colleges and forty (N=40) from clubs were tested for the analysis of high performing volleyball players of schools, colleges and clubs. First three position holder in state and inter college competitions consider as high performing football and volleyball players.

**Tools:** The test of Will to Win by Kumar and Shukla (1988) was administered to record the response of school, college and club level football and volleyball players.

**STATISTICAL TREATMENT:** Analysis of Variance (ANOVA) was applied to find out the difference between school, college and club level high performing football and volleyball players. The significance level was checked at 0.05 level of confidence. If results found significant then least Significant Difference (LSD) post-hoc test was also applied to find out the best group among high performing football and volleyball players.

## RESULTS AND DISCUSSION

The results of analysis of variance and least significance difference post- hoc-test among high performing football and volleyball players are presented in tables and interpretations given accordingly.

**Table – 1: ANALYSIS OF VARIANCE OF WILL TO WIN AMONG SCHOOL, COLLEGE AND CLUB LEVEL HIGH PERFORMING FOOTBALL PLAYERS**

Groups	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	33.853	2	16.927	5.863*	.004
Within Groups	424.420	147	2.887		
Total	458.273	149			

\*significant at 0.05 level.

It can be seen from table-1 that significant differences was found with regard to the parameter Will to Win among school, college and club level high performing football players as the P-value (Sig.) 0.004 was found lower than 0.05 level of significance ( $p < 0.05$ ).

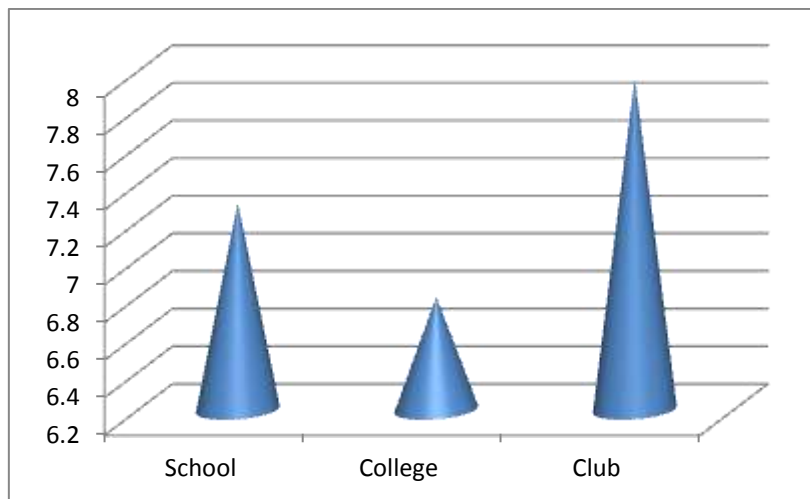
**Table – 2: LEAST SIGNIFICANT DIFFERENCE (LSD) POST-HOC TEST AMONG HIGH PERFORMING SCHOOL, COLLEGE AND CLUB LEVEL FOOTBALL PLAYERS WITH REGARD TO WILL TO WIN**

Level and Mean Values		Mean Difference (I-J)	Std. Error	P-Value (Sig.)
School (Mean=7.30)	College (Mean=6.80)	.50000	.33984	.143
College (Mean=6.80)	Club (Mean=7.96)	1.16000*	.33984	.001
Club (Mean=7.96)	School (Mean=7.30)	.66000	.33984	.064

\*significant at 0.05 level.

It has been observed from the table-2 that mean difference between school and college level football players was found 0.50. The P-value (Sig.) .143 showed that the school level football players had demonstrated insignificant will to win than their counterpart college level football players. The mean difference between college and club level football players was found 1.16. The P-value (Sig.) 0.001 revealed that the club level football players had exhibited significantly better on will to win than their counterpart college level football players. The mean difference between club and school level football players was found. .064. The P-value (Sig.) 0.064 showed that the club level football players had demonstrated insignificant Will to win than their counterpart school level football players.

**Figure – 1: GRAPHICAL REPRESENTATION OF MEAN SCORES OF WILL TO WIN AMONG SCHOOL, COLLEGE AND CLUB LEVEL HIGH PERFORMING FOOTBALL PLAYERS**



**Table – 3: ANALYSIS OF VARIANCE OF WILL TO WIN AMONG HIGH PERFORMING SCHOOL, COLLEGE AND CLUB LEVEL VOLLEYBALL PLAYERS**

Groups	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	77.400	2	38.700	10.42*	.000
Within Groups	434.525	117	3.714		
Total	511.925	119			

\*Significant at 0.05 level.

It can be observed from table-2 that significant difference was found with regard to the variable Will to Win among school, college and club level high performing players as the P-value (Sig.) .000 was found smaller than 0.05 level of significance ( $p < 0.05$ ).

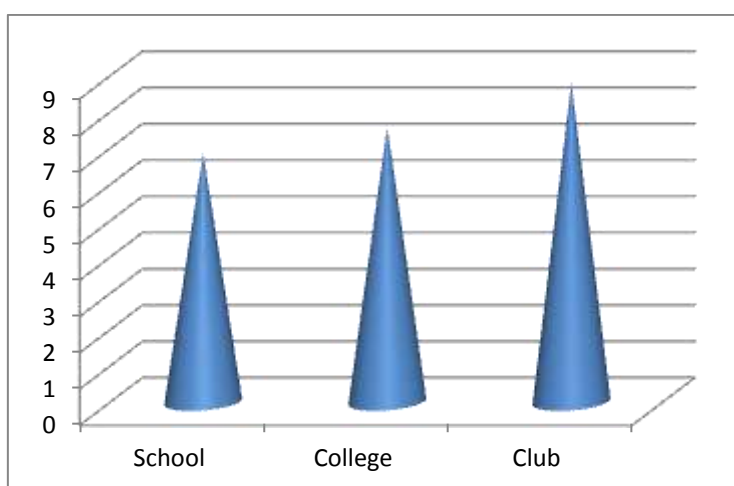
**Table – 4: LEAST SIGNIFICANT DIFFERENCE (LSD) POST-HOC TEST AMONG HIGH PERFORMING SCHOOL, COLLEGE AND CLUB LEVEL PLAYERS WITH REGARD TO WILL TO WIN**

Level and Mean Values		Mean Difference (I-J)	Std. Error	P-Value (Sig.)
School (Mean=6.85)	College (Mean=7.58)	.75000	.43092	.084
College (Mean=7.58)	Club (Mean=8.78)	1.20000*	.43092	.006
Club (Mean=8.78)	School (Mean=6.85)	1.95000*	.43092	.000

\*significant at 0.05 level.

It has been observed from the table-4 that mean difference between school and college level high performing volleyball players was found 0.75. The P-value (Sig.) 0.084 showed that the school level players had demonstrated insignificant on will to win than their counterpart college level volleyball players. The mean difference between college and club level volleyball players was found 1.20. The P-value (Sig.) 0.006 showed that the club level volleyball players had exhibited significantly better will to win than their counterpart college level volleyball players. The mean difference between club and school level high performing volleyball players was found 1.95 in favour of club players. The P-value (Sig.) 0.000 showed that club level volleyball players had demonstrated significantly better will to win than their counterpart school level volleyball players.

**Figure – 2: GRAPHICAL REPRESENTATION OF MEAN SCORES OF WILL TO WIN AMONG HIGH PERFORMING SCHOOL, COLLEGE AND CLUB LEVEL VOLLEYBALL PLAYERS**



### **Discussion**

The will to win variable may be important factor which played vital role to decide the winner or loser during sports competitions. The analysis of will to win among high performing football and volleyball players reveals that club group had more will to win as compare to school and college groups. The findings of previous studies conducted by Sidhu & Singh (2006) concluded that state and national champion boxers have better will to win as compare to non-champion boxers. Singh et al. (2012) also concluded that professional football players are significantly better on will to win as compare to non-professional football players. The results of study also showed that high performing volleyball players of school and college did not differ significantly on will to win. Whereas college and club; club and school level players differ significantly on will to win. The results of study conducted by

Pezer and Brown (1980) showed that college level winning women basketball players shown more will to win as compared to losing players. Kumar & Shukla (1988) found that high performing hockey players have more will to win as compared to low achieving players. Singh (2012) found that high achiever sports person have higher will to win as compared to low achiever sportsmen. The results will also provide a deeper insight into their own interactive process among scientists, coaches and players with regard to will to win. Above quoted studies clearly indicated that club level high performers have more will to win. The findings of this study are similar to above mentioned studies conducted by other researchers at different levels of performance. As per results of this study it is recommended that will to win variable require proper and systematic application during training and competition periods. Will to win variables also introduced in psychological preparation of budding players of football and volleyball games. The will to win variable may be important factor which played vital role to decide the winner or loser during sports competitions. The results of this study also indicated that will to win ability improves as per the maturity of players. Therefore it is need to include this variables for the teaching of football and volleyball players.

### **Conclusion**

On the basis of results of this study it is concluded that will to win variables have great importance for victory and perform at top levels. The will to win improve among players as they improve their level i.e. from school to college and college to club. Which shows that will to win improves as per maturity level of players. This variables needs to introduced for teaching from development stages.

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