

The Effect of Active and Inactive Male and Female Spectator on Performing Service and Spick Skills in Volleyball

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Abstract: The current research aimed at investigating the effect of presence of spectators (active and inactive male and female) On performing service and spike in volleyball. So to great volleyball playing with at least 3 years of professional playing, with average and standard deviation of age $20/4 \pm 1/64$ years, height $155 \pm 2/3$ au and weight $18/9 \pm 5/42$ kg were chosen for and participated in performing skill and 30 university students (15 men and 15 women) participated as spectator. We used Infer standard test for evaluating performance skills of service ad spike. Performing skills was done in following situations: 1-No spectator, 2- Active male spectator, 3- Active female spectator, 4- Active male and female spectator, 5- Inactive male spectator and 6-inactive female spectator and inactive male and female spectator. Personal trait of tastes was described using descriptive statistics and significance of effect of presence of spectators in different situations on performing skill statistical factor analysis test a.... Tokay test were used. Results indicated that tastes had best performance in fallowing situations, spectator, inactive male spectator, active male spectator, inactive male and female spectator inactive female spectator active female spectator and finally active male and female spectator. However, for spike highest scores was obtained by presence of active male and female spectators and followed by active female, inactive female, inactive male and female, active male and inactive male and finally lowest score was obtained in the situation in which no spectator participated. Given to finding of research we can result. That in accurate tasks presence of separator, especially active ones, results in destruction of performance and vice versa. In simple powerful skills performance of player increased through presence of spectators.

Key words: Spectators • Service • Spike • Volleyball

INTRODUCTION

It's evident that success of athletes and effectiveness of sport programmers not only relate to physiology and nutrition, but also recognizing socio psychological factors in exploring and applying sport talents, preparing and fostering athletes for internal and external competitions are undeniable factors. Nowadays, when two athletes or two sport teams compete in competition fields, not only physical fitness is the superiority factor, but also factors such as scene of competition, education system, management system and programmer has great role in determining superior athlete or team.

One of the most important programs of each sport system could be preparing athletes for having optimal

performance in presence of spectators and supervisors which may influence athletes' performance. Effect of spectator presence on athlete's performance was studied by sport psychologists as social facilitation. First researches were performed by Baron and Donn [1] on examining running and bicycling records. They concluded that their performance during competing with others was better than performing skill individually. However, Hunt and Hillery [2] in his research concluded that presence of spectators resulted in shortage in sports performance and called this phenomenon social restrictive. Effect of spectators' presence on athletes' performance differs in special situationsand can result in shortage or development of performance. They described that presence of spectator is a motive that improve performance in simple well-practiced skills and on the

contrary, in complex skills it causes shortage in performance. They used theory of motivation for explaining results of his researches. According to this theory, people have inherent tendency to increased motivation and presence of others as passive spectators obviously or in form of coactions, makes increase in motivation that cause prevailing response. In viewpoint of theoreticians, skill development divides into 2 stages: learning and performing. First stage of exercise that wrong answer is prevailing is called learning. And next stage of exercise that correct response is prevailing is called performance. So briefly saying: If the skill is complex or athletes don't have enough proficiency motivation will prevent suitable performance of that skill and because level of motivation is increased by presence of spectators in competition environment, amateur athlete won't be able to perform suitably. According to motivation and Clark a ...all perspective one's performance is equal to his habit to motivation.

Most important issues about presence of inspectors and it's effects on athletes performance is summarized in 3 cases:

- presence of inspector as a coactions or supervisor causes prevailing responses opposite to weak responses.
- Social facilitation mediation mechanism, increases general motivation.
- Presence means spending minimum social situation which is necessary for social facilitation in doing a task.

The new perspective that is presented in recent years is evaluation apprehensive hypothesis. According to this hypothesis, athlete feels presence of spectator who is considering and measuring. If he is good at that skill probably effect of spectator will be positive but if he is an amateur, anxiety causes increase of motivation and finally makes him to have performance shortage. Given to aforementioned issues, evaluating performance of athletes in presence of spectators has been taken into consideration by researchers. For example, Mc kraken and Dunn [3] in their study on children with different ages and both sexes concluded that effects of social facilitation in all ages are high. They also concluded that by presence of spectators, performance of professional children (especially boys) improved and performance of amateur children worsened. Coactions without considering skill level had helpful effects. Butki [4] in their study

concluded that in movement tasks such as following presence or absence of others doesn't have significant effect on learning speed. Also Sawyer [5] and Silva [11] in their studies reported that presence of spectators has no effect on learning and performing new mobility skill. But, white and Singer [6] concluded that presence of spectator causes faster learning and better performance of mobility skills and Butki [4] in a study concluded that presence of others cause destruction of performance and mobility learning. By reviewing performed studies in context of social facilitation and effect of presence of others on performance we conclude that very few studies have been conducted about social facilitation in sport domain and performed studied in other cases often have different results. So with regard to importance of determining role of presence of spectator in performance of athletes, current study considers effect of presence of athletes in performing two le of volleyball skills: attentive (service) and powerful (spice) and also determine effect of activity and inactivity of spectators and effect of their sex on performance of athletes.

MATERIAL AND METHODS

Among university volleyball players to people who had 3 years of professional sport were chosen by available sampling and they participated in current research. Also, 30 university students (15 male and 15 female) were chosen randomly and inspected performance of tastes as in spectators in two situations, active (encouraging players) and inactive (no noise) for evaluating skill of service and spike in volleyball standard Infer test was used. Athletes in 7 separate sessions and in each session twice performed service and spike. After warm up and some exercise or performing skill, athletes' wave asked to serve a service twice. and mean of scores of two services was recorded as his or her score. Scoring and errors was according to Infer standard test.

For 1 scoring volleyball court according to Ifer test for recording testee's score in spieling, after ware up each taste had two chances and mean of then was recorded as his score. For spiking 1 meter pass was performed for testee and Defense was present. For measuring spike power, height of ball after encountering floor was measured by bands which were installed with certain distance. For equalizing splicing method testees were asked to hit the ball vertically.

Evaluating service and spike skills in 7 sessions was conducted in following situation:

- No in spectator, 2. Active female in spectator, 3. Inactive female in spectator, 4. Active male in spectator, 5. Inactive male in spectator
- Active male and female in spectator, 7. Inactive male and female in spectator.

After recording data for determining amount of in spectator effect in serving a service and spiling, statistical for analysis test and to key test in significance level of 0/05 were used. For describing personal traits of tastes descriptive statistics was used.

RESULTS

Table 1 indicates personal traits of testees. Busing proper statistical test determined that there is significant difference between serving a service in situation in which no spectator was present and with presence of active finale, inactive female, active male and female, inactive male and female and active male spectator and aforementioned situation caused confusion in serving a service by tastes. Only in presence of inactive male spectator there was no significant difference.

I comparing performance of testes in different situations we observed that testes had best performance in following situation respectively.

No spectator, inactive male spectator, active male spectator, inactive male and female spectator active female spectator and active male and female spectator.

For performing spike in different situation it was observed that there is significant differences in situation in which there was no spectator with situations in which inactive male and female spectator, inactive female spectator, active female spectator and male and female spectators were present. Also it was observed that testees had best spiling in situation of presence of active male and female active female, inactive female, inactive male and female active male, inactive male spectators and finally no spectators, respectively.

Also it was indicated by using Tokay test that there was significant difference between performances of testes in following situations.

Volleyball service 1.active female and inactive female spectators 2.active female spectators and male and female inactive and active spectators 3.active male and female

Table 1: indicates personal traits of testees

N	Age	Weight(Kg)	Height(Cm)
10	20/4± 1/64	76/9± 5/42	185/5± 2/3

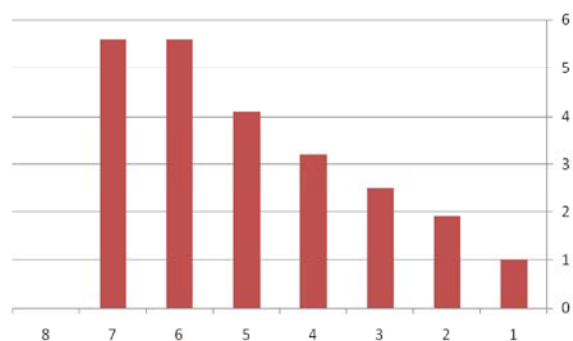


Fig. 1: Changes in service scores.

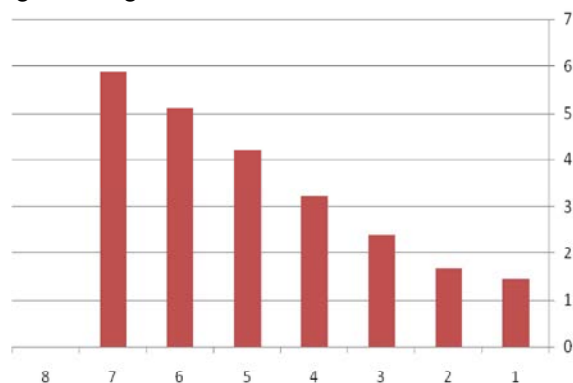


Fig. 2: Changes of spike scores.

with inactive female 4.active male and female with inactive male and female 5 inactive male and female with active and inactive male 6.inactive female with active and inactive male 7 active male with inactive male.

Volleyball spike 1. Active female with inactive male and female and inactive and active male 2. Active male and female with inactive male and female and active and inactive male 3. Active female with active and inactive male 4 Inactive female with inactive female and male Discussion and concluding:

Correct study aired at considering effect of presence of active and inactive male and female in spectators in service and spike. Results of current study are consistent with finding of Butki [4] which indicates significant effect of spectator presence on athletes performance. Also results of this research are consistent with Worring and Messick [7] theory that conceived spectator presence both constructive and destructive. And it shows that spectator presence a with different activity level and sex has different effects on attentive (service) and powerful skills (spike) presence of spectators specially female spectator improved powerful skills and on the contrary decreased and shortened spike skill

Regarding effect of spectator presence following issues could be pointed out:

Best services of athletes were served in situation with no spectator and least score was obtained in presence of active male and female spectator.

This can be explained by reverse U theory: since performing complex tasks needs low level and of motivation and service is a fine and complex skill, in isolated situation level of motivation is low, athletes have better performance than situations in which level of arousal was high because of presence of spectators (especially active male and female).

According to results of previous studies fine and complex skills should be performed when level of motivation is low and concentration is high. Given to that presence of active spectators decreases athletes concentration as level of activity increases, so this factor can explain reason of higher negative effect of spectator in active mode than in inactive mode.

For explaining results of spike reverse V theory and higher motivation of athletes in presence of spectators could be used. In presence of in spectator specially active male and female spectators level of motivation increases and since performing simple and powerful tasks needs high level of motivation it could be predicted that for better performance of such skills presence of active spectators specially opposite sex has positive effect. Results of current study are consistent with this hypothesis.

Results of the current study supported most of approaches in theatrical context. As example turbulence – contrast of Cox [8] over loud hypothesis of Baron [9] could be mentioned. These hypotheses believe that by increment of recognition loud and lack of attention and focus on performance or sear ding for a standard for decreasing difference of performance in presence of spectators, decreases performance of testees in performing complex tasks. As mentioned before testes had problem in performing fine motor tasks in presence of active spectators. And absence of spectator facilitates these tasks. Finally it could be said that as Bernd Strauss [10] reported by publishing a paper in 2005 and performing Meta analysis, tasks which require physical fitness, presence of others improves performance and on the contrary tasks which require coordination, presence. Of spectator worsens performance and in tasks that require combination of physical fitness and coordination presence of spectator shouldn't have noticeable effect. Current research approved his findings.

CONCLUSION

Results indicated that tastes had best performance in fallowing situations, spectator, inactive male spectator, active male spectator, inactive male and female spectator inactive female spectator active female spectator and finally active male and female spectator. However, for spike highest scores was obtained by presence of active male and female spectators and followed by active female, inactive female, inactive male and female, active male and inactive male and finally lowest score was obtained in the situation in which no spectator participated. Given to finding of research we can result. That in accurate tasks presence of separator, especially active ones, results in destruction of performance and vice versa. In simple powerful skills performance of player increased through presence of spectators.

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