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# Current Trends In Physical Education and Sports

Edited By  
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## Research In Physical Education & Sports

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### Abstract :

The items of verbal motivation include psychological recognition a feeling of independence, honest appreciation, greater encouragement, social applause and approval a sympathetic attitude and a fine reputation.

Verbal motivation has a great significant impact on the selected introvert personality traits of the basketball players. were anxiety, reliability, activeness, thoughtfulness and controlling.

After application of statistical test the results revealed that activeness reliability and thoughtfulness were significant at 0.01 level of probability whereas anxiety and controlling were non significant.

**Keywords :** Research Paper in Physical Education, Verbal motivation, Introvert

### Introduction :

It is a well known fact that success requires a great deal of patience and hard work. In order to achieve victory a sports person is required to practice and train every day. As such, they need to be suitably motivated lack of motivation may lead to lax in their fitness routine motivation is one of the most fascinating and important area in human psychology. Motivation has immense effect on learning. In the absence of motivation either there will be no learning or very little learning. Appropriate motivation level, however, does facilitate the release of energy in the process of learning. Verbal motivation may encourage athlete with a low motivation for success.

### Methodology :

#### 1) Selection of sample :

One hundred and twenty (120) boys and girls basketball players having urban and rural

background represented the competition under 19, 17 and 14 years of age been selected.

#### 2) Verbal motivation :

Verbal motivational component include psychological recognition, a feeling of importance, a sense of independence, honest appreciation, greater encouragement, social applause and approval, sympathetic attitude and reputation.

#### 3) Introvert personality traits of the basketball players :

Anxiety, reliability, activeness, thoughtfulness and controlling were chosen as introvert personality traits of basketball players.

#### 4) Test application :

Anxiety as a introvert personality, trait have been measured with the help of sports competition anxiety questionnaire. Similarly reliability, activeness, thoughtfulness and controlling have been measured with the support of well structured questionnaires.

#### 5) Research design :

Survey method and experimental research designs have been used.

#### 6) Application of statistical test :

Frequency, percentage, mean values before and after verbal motivation, standard deviation, t-test and level of significance as a statistical test have been applied.

**Analysis and interpretation of data :**

Effect of verbal motivation on the introvert personality traits i.e, anxiety, activeness, reliability, thoughtfulness and controlling have been presented in Table 1.

**Table 1**  
Effect of verbal motivation to achieve introvert personality traits of Basketball Players.

Sr.No	Introvert personality traits of basketball players	Mean		Standard deviation(S.D.)	t-value
		Before verbal motivation	After verbal motivation		
1	Anxiety	14.17	15.13	4.93	1.5 NS
2	Activeness	9.17	12.95	6.39	4.57**
3	Reliability	15.19	18.39	6.91	3.58**
4	Thoughtfulness	4.72	11.34	5.39	5.62**
5	Controlling	6.92	8.34	6.69	1.60 NS

NS: Non significant

Table 1 indicate the effect of verbal motivation to achieve introvert personality traits of basketball players. It has been depicted that before verbal motivation the mean values of anxiety, activeness, reliability, thoughtfulness and controlling were 14.17,9,1715.19,4.72 and 6.92 respectively.

The mean values of the similar introvert personality traits after verbal motivation were 15.13,12.95 18.39, 11.34 and 8.34.

The standard deviations for anxiety were (4.93), activeness (6.39), reliability (6.91), thoughtfulness(5.39)and controlling (6.69).

The calculated value for anxiety and controlling were 1.5 and 1.60 respectively which were non significant. The calculated t values for activeness4.57,reliability 3.58 and thoughtfulness 5.62 were significant at 0.1 level of probability.

**Conclusion :**

1) There is no effect of verbal motivation on anxiety

and controlling introvert Personality traits of basketball players.

2) Activeness, reliability and thought fullness as a introvert personality traits of basketball players has significant impact of verbal motivation should be integrate with training.


**Recommendations :**

To achieve significant impact on anxiety and controlling as a introvert personality of basketball players, verbal motivation Should be integrate with training.

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