



# A Comparative Study of Guidance Needs of Male and Female Volleyball Players of Nagpur City during the Pandemic Period

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## 1.0 Introduction

Currently, the entire humanity is facing tough time due to the unprecedented Covid-19 pandemic related problems. Although the situation is improving but the new variants of the corona virus are not allowing the situation to get to normal levels. Almost all the spheres of society got affected and the sports field is not different. The new guidelines to be followed prevent many sportspersons engaged in the team games like volleyball get frustrated. There are no to very few competitions taking place, in many areas no regular practice is allowed, and basically the elite players are finding it difficult to cope with the many challenges thrown by the pandemic period. Moreover, the things currently are such that the players as well as coaches do not know what to expect in near future. In addition the players when talk with their superiors for getting some help they see a lot of uncertainty. This prevents them from getting proper guidance and for this knowledge of player's guidance needs is very important. Basically, guidance is as old as the civilization.

Even today, in India, guidance, whether in educational, vocational or personal matters, is sought from family elders. Guidance unorganized and informal - in all places and at all levels has been a vital aspect of the educational process. With time, the sportsman's life is getting complex day by day and hence, guidance is needed to help the player for optimum achievement and adequate adjustment in the varied situations they face in competitions and sports. It has been reported that majority of the players lack a sense of direction, a sense of purpose and a sense of fulfilment. Hence, adequate guidance and counseling facilities is the only answer to help and guide the player to worthwhile channels and help them realize the goals of optimum sports, academic, personal and social development. In view of the above, this study was conducted to understand the guidance needs of male and female volleyball players of Nagpur City of central India.

## 2.0 Methodology

### 2.1 Selection of subjects

130 volleyball players, 65 each male and female were selected as subjects for this study. All the subjects belonged to Nagpur city and only those players were selected who had participated in at least inter collegiate level tournaments. In this study the age of subjects i.e. volleyball players ranged between 20 and 25 years.

### 2.2 Design of the Study

To study the guidance needs of the volleyball players, descriptive research design was adopted.

### 2.3 Reliability of the Data

In this research investigation, the reliability of data was checked by determining the subject's reliability, instrument's reliability, the tester competency and reliability of tests. All the standard methods as well as instruments were used for data generation.

### 2.4 Guidance Needs Test

The guidance need of the volleyball players was determined using Guidance Needs Inventory developed by J. S. Grewal and Meena Sharma. This instrument was used to identify the types and strength of guidance needs of an individual volleyball player in five areas namely—physical, social, psychological, educational, and vocational.

### 2.5 Statistical Analysis of the Data and Significance Level

The data characteristics (descriptive statistics) such as Mean, Standard deviation, Range, etc. were determined using SPSS 18.0 Statistical package. To compare the guidance needs of male and female volleyball players, paired 't' test was employed. The significance level was chosen to be 0.05 (or equivalently, 5%) by keeping in view the consequences of such an error.

## 3.0 Results and Discussion

### 3.1 Physical guidance needs

**Table 3.1:** Comparison of physical guidance needs of male and female volleyball players of Nagpur City

Gender	N	Mean	±SD	MD	t	p
Male	65	31.2	±3.2	9.8	3.986	<0.05
Female	65	21.4	±2.8			

N: Number of players; SD: Standard Deviation; MD: Mean Difference;  
t: t Value; p: Probability

Above **Table 3.1** shows results pertaining physical guidance needs of male and female volleyball players of the study area i.e. Nagpur City. On the basis of the information available in the test manual, the scores are interpreted as higher scores indicate lesser guidance needs. The results show that the average score of male volleyball player for physical guidance needs is  $31.2 \pm 3.2$ , whereas for female volleyball players, it is  $21.4 \pm 2.8$ . The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the female volleyball players have more physical guidance needs.

### 3.2 Social guidance needs

**Table 3.2:** Comparison of Social guidance needs of male and female volleyball players of Nagpur City

Gender	N	Mean	±SD	MD	t	p
Male	65	28.7	±4.2	13.6	4.697	<0.05
Female	65	42.3	±3.9			

N: Number of players; SD: Standard Deviation; MD: Mean Difference;  
t: t Value; p: Probability

Above **Table 3.2** shows results pertaining social guidance needs of male and female volleyball players of the study area i.e. Nagpur City. On the basis of the information available in the test manual, the scores are interpreted as higher scores indicate lesser guidance needs. The results show that the average score of male volleyball player for social guidance needs is  $28.7 \pm 4.2$ , whereas for female volleyball players, it is  $42.3 \pm 3.9$ . The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the male volleyball players have more social guidance needs.

### 3.3 Psychological guidance needs

**Table 3.3:** Comparison of Psychological guidance needs of male and female volleyball players of Nagpur City

Gender	N	Mean	±SD	MD	t	p
Male	65	39.4	±3.1	6.3	3.024	<0.05
Female	65	33.1	±2.6			

N: Number of players; SD: Standard Deviation; MD: Mean Difference;  
t: t Value; p: Probability

Above **Table 3.3** shows results pertaining social psychological needs of male and female volleyball players of the study area i.e. Nagpur City. On the basis of the information available in the test manual, the scores are interpreted as higher scores indicate lesser guidance needs. The results show that the average score of male volleyball player for psychological guidance needs is  $39.4 \pm 3.1$ , whereas for female volleyball players, it is  $33.1 \pm 2.6$ . The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the female volleyball players have more psychological guidance needs.

### 3.4 Educational guidance needs

**Table 3.4:** Comparison of Educational guidance needs of male and female volleyball players of Nagpur City

Gender	N	Mean	±SD	MD	t	p
Male	65	22.6	±3.6	-1.8	1.359	NS
Female	65	24.4	±4.1			

N: Number of players; SD: Standard Deviation; MD: Mean Difference;  
t: t Value; p: Probability; NS: Not Significant

Above **Table 3.4** shows results pertaining educational guidance needs of male and female volleyball players of the study area i.e. Nagpur City. On the basis of the information available in the test manual, the scores are interpreted as higher scores indicate lesser guidance needs. The results show that the average score of male volleyball player for educational guidance needs is  $22.6 \pm 3.6$ , whereas for female volleyball players, it is  $24.4 \pm 4.1$ . The comparative assessment showed that there is no difference in the test scores revealing that the male volleyball players have more educational guidance needs.

### 3.5 Vocational guidance needs

**Table 3.5:** Comparison of Vocational guidance needs of male and female volleyball players of Nagpur City

Gender	N	Mean	±SD	MD	t	p
Male	65	29.4	±3.3	7.5	2.989	<0.05
Female	65	21.9	±3.8			

N: Number of players; SD: Standard Deviation; MD: Mean Difference;  
t: t Value; p: Probability

Above **Table 3.5** shows results pertaining vocational guidance needs of male and female volleyball players of the study area i.e. Nagpur City. On the basis of the information available in the test manual, the scores are interpreted as higher scores indicate lesser guidance needs. The results show that the average score of male volleyball player for vocational guidance needs is  $29.4 \pm 3.3$ , whereas for female volleyball players, it is  $21.9 \pm 3.8$ . The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the female volleyball players have more vocational guidance needs.

### 3.6 Sports guidance needs

**Table 3.6:** Comparison of Sports guidance needs of male and female volleyball players of Nagpur City

Gender	N	Mean	±SD	MD	t	p
Male	65	39.5	±3.4	15.2	5.123	<0.05
Female	65	24.3	±4.2			

N: Number of players; SD: Standard Deviation; MD: Mean Difference;  
t: t Value; p: Probability

Above **Table 3.6** shows results pertaining sports guidance needs of male and female volleyball players of the study area i.e. Nagpur City. On the basis of the information available in the test manual, the scores are interpreted as higher scores indicate lesser guidance needs. The results show that the average score of male volleyball player for sports guidance needs is  $39.5 \pm 3.4$ , whereas for female volleyball players, it is  $24.3 \pm 4.2$ . The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the female volleyball players have more sports guidance needs.

### 3.7 Overall guidance needs

**Table 3.7:** Comparison of Overall guidance needs of male and female volleyball players of Nagpur City

Gender	N	Mean	±SD	MD	t	p
Male	65	139.4	±24.3	10.8	3.854	<0.05
Female	65	150.2	±21.9			

N: Number of players; SD: Standard Deviation; MD: Mean Difference;  
t: t Value; p: Probability

Above **Table 3.7** shows results pertaining overall guidance needs of male and female volleyball players of the study area i.e. Nagpur City. On the basis of the information available in the test manual, the scores are interpreted as higher scores indicate lesser guidance needs. The results show that the average score of male volleyball player for overall guidance needs is  $139.4 \pm 24.3$ , whereas for female volleyball players, it is  $150.2 \pm 21.9$ . The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the male volleyball players have more overall guidance needs.

## 4.0 Conclusions

### 4.1 Physical guidance needs

- The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the female volleyball players have more physical guidance needs.

### 4.2 Social guidance needs

- The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the male volleyball players have more social guidance needs.

### 4.3 Psychological guidance needs

- The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the female volleyball players have more psychological guidance needs.

### 4.4 Educational guidance needs

- The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the male volleyball players have more educational guidance needs.

### 4.5 Vocational guidance needs

- The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the female volleyball players have more vocational guidance needs.

### 4.6 Sports guidance needs

- The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the female volleyball players have more sports guidance needs.

### 4.7 Overall guidance needs

- The comparative assessment showed that there is a significant ( $p < 0.05$ ) difference in the test scores revealing that the male volleyball players have more overall guidance needs.

## 5.0 Bibliography

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