

APPENDIX A
CONSENT FORM FOR THE PROPOSED RESEARCH STUDY

Name:

Course:

Mrs. T. Thanemozhi Ph.D., Research scholar in the department of Physical Education, Tamil Nadu Physical Education & Sports University has requested my participation in a research study. The title of the research is “**Comparative Analysis of Psychological Skills, Emotional Intelligence and Team Cohesion of Men and Women Volleyball Players of different states in India**”.

I have informed that the purpose of research is to compare mental abilities of volleyball players from Tamil Nadu, Maharashtra, West Bengal and Delhi. I have been advised that the research in which I will be participating does not involve more than minimal risks. I have been informed that I will not be compensated for my participation.

I have read the above information. The nature, demand, risks and benefits of research have been explained to me. I knowingly assume the risk involved and understand that I could have withdrawn my consent and could have discontinued my participation at any time without penalty. A copy of the consent form has been given to me.

Date:

Participant's Signature

APPENDIX B**(Requisition for permission to undergo tests and data collection)**

From

T. Thanemozhi
Ph.D., Research Scholar
Tamil Nady Physical Education and Sports University

To

The Principal

Respected sir,

In partial fulfillment of my Doctoral Degree, I prepare to undertake a research on the topic “**Comparative Analysis of Psychological Skills, Emotional Intelligence and Team Cohesion of Men and Women Volleyball Players of different states in India**”.

I shall be thankful to you if you could permit me to collect the data in your esteemed institution with the help of players.

Thanking You

Yours Faithfully

(T. Thanemozhi)

TOPS QUESTIONNAIRE

Name:..... **Team:** **Date**
:.....

TOPS: This questionnaire measures performance strategies used by athletes in various sport situations. Because individual athletes are very different in their approach to their sport, we expect the responses to be different. We want to stress, therefore, that there are no right or wrong answers. All that is required is for you to be open and honest in your responses. Each of the following items describes a specific situation that you may encounter in your training and competition. Please rate how frequently these situations apply to you on the following scale:

		Never	Rarely	Sometimes	Often	Alwa ys
1.	I set realistic but challenging goals for practice.	1	2	3	4	5
2.	I say things to myself to help my practice performance.	1	2	3	4	5
3.	During practice I visualize successful past performance.	1	2	3	4	5
4.	My attention wanders while I am training.	1	2	3	4	5
5.	I practice using relaxation techniques at workouts.	1	2	3	4	5
6.	I practice a way to relax.	1	2	3	4	5
7.	During competition I set specific result goals for myself.	1	2	3	4	5
8.	When the pressure is on at competitions, I know how to relax.	1	2	3	4	5
9.	My self-talk during competition is negative.	1	2	3	4	5
10.	During practice, I don't think about performing much – I just let it happen.	1	2	3	4	5
11.	I perform at competitions without consciously thinking about it.	1	2	3	4	5

12.	I rehearse my performance in my mind before practice.	1	2	3	4	5
13.	I can raise my energy level at competitions when necessary.	1	2	3	4	5
14.	During competition I have thoughts of failure.	1	2	3	4	5
15.	I use practice time to work on my relaxation technique.	1	2	3	4	5
16.	I manage my self-talk effectively during practice.	1	2	3	4	5
16.	I am able to relax if I get too nervous at a competition.	1	2	3	4	5
18.	I visualize my competition going exactly the way I want it to go.	1	2	3	4	5
19.	I am able to control distracting thoughts when I am training.	1	2	3	4	5
20.	I get frustrated and emotionally upset when practice does not go well.	1	2	3	4	5
21.	I have specific cue words or phrases that I say to myself to help my performance during competition.	1	2	3	4	5
22.	I evaluate whether I achieve my competition goals.	1	2	3	4	5
23.	During practice, my movements and skills just seem to flow naturally from one to another.	1	2	3	4	5
24.	When I make a mistake in competition, I have trouble getting my concentration back on track.	1	2	3	4	5
25.	When I need to, I can relax myself at competitions to get ready to perform.	1	2	3	4	5

26.	I set very specific goals for competition.	1	2	3	4	5
27.	I relax myself at practice to get ready.	1	2	3	4	5
28.	I psych myself up at competitions to get ready to perform.	1	2	3	4	5
29.	At practice, I can allow the whole skill or movement to happen naturally without concentrating on each part of the skill.	1	2	3	4	5
30.	During competition I perform on “ automatic pilot” .	1	2	3	4	5
31.	When something upsets me during a competition, my performance suffers.	1	2	3	4	5
32.	I keep my thoughts positive during competitions.	1	2	3	4	5
33.	I say things to myself to help my competitive performance.	1	2	3	4	5
34.	At competitions, I rehearse the feel of my performance in my imagination.	1	2	3	4	5
35.	I practice a way to energize myself.	1	2	3	4	5
36.	I manage my self-talk effectively during competition.	1	2	3	4	5
37.	I set goals to help me use practice time effectively.	1	2	3	4	5
38.	I have trouble energizing myself if I feel sluggish during practice.	1	2	3	4	5
39.	When things are going poorly in practice, I stay in control of myself emotionally.	1	2	3	4	5
40.	I do what needs to be done to get psyched up for competitions.	1	2	3	4	5

41.	During competition, I don't think about performing much – I just let it happen.	1	2	3	4	5
42.	At practice, when I visualize my performance, I imagine what it will feel like.	1	2	3	4	5
43.	I find it difficult to relax when I am too tense at competitions.	1	2	3	4	5
44.	I have difficulty increasing my energy level during workouts.	1	2	3	4	5
45.	During practice I focus my attention effectively.	1	2	3	4	5
46.	I set personal performance goals for a competition.	1	2	3	4	5
47.	I motivate myself to train through positive self-talk.	1	2	3	4	5
48.	During practice sessions I just seem to be in a flow.	1	2	3	4	5
49.	I practice energizing myself during training sessions.	1	2	3	4	5
50.	I have trouble maintaining my concentration during long practices.	1	2	3	4	5
51.	I talk positively to myself to get the most out of practice.	1	2	3	4	5
52.	I can increase my energy to just the right level for competitions.	1	2	3	4	5
53.	I have very specific goals for practice.	1	2	3	4	5
54.	During competition, I play/perform instinctively with little conscious effort.	1	2	3	4	5
55.	I imagine my competitive routine before I do it at a competition.	1	2	3	4	5
56.	I imagine screwing up during competition.	1	2	3	4	5

57.	I talk positively to myself to get the most out of competitions.	1	2	3	4	5
58.	I don't set goals for practices, I just go out and do it.	1	2	3	4	5
59.	I rehearse my performance in my mind at competitions.	1	2	3	4	5
60.	I have trouble controlling my emotions when things are not going well at practice.	1	2	3	4	5
61.	When I perform poorly in practice I lose my focus.	1	2	3	4	5
62.	My emotions keep me from performing my best at competitions.	1	2	3	4	5
63.	My emotions get out of control under the pressure of competition.	1	2	3	4	5
64.	At practice, when I visualize my performance, I imagine watching myself as if on a video replay.	1	2	3	4	5

TEI QUESTIONNAIRE

Name:..... **Team:** **Date**
:.....

TEI Questionnaire Instructions: Please answer each statement below by putting a circle around the number that best reflects your degree of agreement or disagreement with that statement. Do not think too long about the exact meaning of the statements. Work quickly and try to answer as accurately as possible. There is no right or wrong answers. There are seven possible responses to each statement ranging from ‘Completely Disagree’ (number 1) to ‘Completely Agree’ (number 7).

1	Expressing my emotions with words is not a problem for me.	1	2	3	4	5	6	7
2	I often find it difficult to see things from another person’s viewpoint.	1	2	3	4	5	6	7
3	On the whole, I’m a highly motivated person.	1	2	3	4	5	6	7
4	I usually find it difficult to regulate my emotions.	1	2	3	4	5	6	7
5	I generally don’t find life enjoyable.	1	2	3	4	5	6	7
6	I can deal effectively with people.	1	2	3	4	5	6	7
7	I tend to change my mind frequently.	1	2	3	4	5	6	7
8	Many times, I can’t figure out what emotion I’m feeling.	1	2	3	4	5	6	7
9	I feel that I have a number of good qualities.	1	2	3	4	5	6	7
10	I often find it difficult to stand up for my rights.	1	2	3	4	5	6	7
11	I’m usually able to influence the way other people feel.	1	2	3	4	5	6	7

12	On the whole, I have a gloomy perspective on most things	1	2	3	4	5	6	7
13	Those close to me often complain that I don't treat them right.	1	2	3	4	5	6	7
14	I often find it difficult to adjust my life according to the circumstances.	1	2	3	4	5	6	7
15	On the whole, I'm able to deal with stress.	1	2	3	4	5	6	7
16	I often find it difficult to show my affection to those close to me.	1	2	3	4	5	6	7
17	I'm normally able to "get into someone's shoes" and experience their emotions.	1	2	3	4	5	6	7
18	I normally find it difficult to keep myself motivated.	1	2	3	4	5	6	7
19	I'm usually able to find ways to control my emotions when I want to.	1	2	3	4	5	6	7
20	On the whole, I'm pleased with my life.	1	2	3	4	5	6	7
21	I would describe myself as a good negotiator.	1	2	3	4	5	6	7
22	I tend to get involved in things I later wish I could get out of.	1	2	3	4	5	6	7
23	I often pause and think about my feelings.	1	2	3	4	5	6	7
24	I believe I'm full of personal strengths.	1	2	3	4	5	6	7
25	I tend to "back down" even if I know I'm right.	1	2	3	4	5	6	7
26	I don't seem to have any power at all over other people's feelings.	1	2	3	4	5	6	7
27	I generally believe that things will work out fine in my life.	1	2	3	4	5	6	7

28	I find it difficult to bond well even with those close to me	1	2	3	4	5	6	7
29	Generally, I'm able to adapt to new environments.	1	2	3	4	5	6	7

Group Environment Questionnaire (GEQ)

Name: _____ Team: _____ Date: _____

This questionnaire is designed to assess your perceptions of your team. There are no wrong or right answers, so please give your immediate reaction. Some of the questions may seem repetitive, but please answer ALL questions. Your personal responses will be kept in strictest confidence.

The following statements are designed to assess your feelings about YOUR PERSONAL INVOLVEMENT with this team. Please CIRCLE a number from 1 to 9 to indicate your level of agreement with each of these statements.

		Strongly Disagree								Strongly Agree
1.	I do not enjoy being a part of the social activities of this team.	1	2	3	4	5	6	7	8	9
2.	I'm not happy with the amount of playing time I get. <input type="checkbox"/>	1	2	3	4	5	6	7	8	9
3.	I am not going to miss the members of this team when the season ends.	1	2	3	4	5	6	7	8	9
4.	I'm unhappy with my team's level of desire to win. <input type="checkbox"/>	1	2	3	4	5	6	7	8	9
5.	Some of my best friends are on this team. <input type="checkbox"/>	1	2	3	4	5	6	7	8	9
6.	This team does not give me enough opportunities to improve my personal performance.	1	2	3	4	5	6	7	8	9
7.	I enjoy other parties rather than team parties. <input type="checkbox"/>	1	2	3	4	5	6	7	8	9
8.	I do not like the style of play on this team. <input type="checkbox"/>	1	2	3	4	5	6	7	8	9

9.	For me, this team is one of the most important social groups to which I belong.	1	2	3	4	5	6	7	8	9
10.	Our team is united in trying to reach its goals for performance.	1	2	3	4	5	6	7	8	9
11.	Members of our team would rather go out on their own than get together as a team.	1	2	3	4	5	6	7	8	9
12.	We all take responsibility for any loss or poor performance by our team.	1	2	3	4	5	6	7	8	9
13.	Our team members rarely party together.	1	2	3	4	5	6	7	8	9
14.	Our team members have conflicting aspirations for the team's performance.	1	2	3	4	5	6	7	8	9
15.	Our team would like to spend time together in the off season.	1	2	3	4	5	6	7	8	9
16.	If members of our team have problems in practice, everyone wants to help them so we can get back together again.	1	2	3	4	5	6	7	8	9
17.	Members of our team do not stick together outside of practice and games.	1	2	3	4	5	6	7	8	9
18.	Our team members do not communicate freely about each athlete's responsibilities during competition or practice. □	1	2	3	4	5	6	7	8	9