

### 3 APPLIED PSYCHOLOGY AND RESEARCH ҚОЛДАНБАЛЫ ПСИХОЛОГИЯ ЖӘНЕ ЗЕРТТЕУЛЕР ПРИКЛАДНАЯ ПСИХОЛОГИЯ И ИССЛЕДОВАНИЯ

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#### RESEARCH ON DIFFERENCES IN PSYCHOLOGICAL FEATURES BETWEEN MALE AND FEMALE AMATEUR VOLLEYBALL TEAMS

##### Abstract

This article presents the results of a study aimed at identifying differences in the psychological characteristics of male and female amateur volleyball teams. The aim of the research is to analyze the basic psychological traits of players, identify differences in motivation and goals in sports participation, assess the level of stress resilience and psychological stability of participants of both genders, and investigate the influence of psychological characteristics on sports achievements. The findings allow for the identification of specific psychological requirements for the training process and the development of individualized approaches to preparing volleyball players of different genders. This study is important for coaches, psychologists, and athletes seeking to optimize the training process and enhance the effectiveness of sports achievements among amateur volleyball players.

**Key words:** volleyball, psychological features, amateur volleyball players, motivation, group cohesion, communication, sport psychology.

##### Introduction

The investigation of differences in psychological features between male and female amateur volleyball teams is a pertinent topic within the realm of sport psychology. Psychological aspects of gameplay are increasingly crucial in understanding the competitive nature of sports. A comparative analysis of psychological traits between genders in sports can reveal significant differences impacting team performance and dynamics of teamwork. Understanding disparities in psychological profiles between male and female volleyball teams can assist coaches and sports psychologists in optimizing training approaches and player preparation across genders. Despite existing research in sports psychology concerning gender differences, little attention has been devoted to the specificity of volleyball sports [1]. Conducting such research can fill this gap in the literature and provide new scientific data contributing to the advancement of sports psychology. This study aims to systematize and analyze psychological characteristics influencing the performance of male and female amateur

volleyball teams. The methodological approach includes the utilization of standardized psychological tests and questionnaires. The research findings may have practical applications in the training process and the development of psychological programs aimed at enhancing the productivity of volleyball teams. Additionally, the analysis of differences between male and female teams can shed light on sociocultural factors influencing sporting behavior and achievements [2].

The examination of psychological distinctions between male and female amateur volleyball teams is enriched by the contributions of various scholars. Mdivani M.O. introduced the development methodology of the «Subjective Unity Index», recognized as an effective tool for assessing cohesion levels in sports collectives. In the article by Devischvili V.M., Mdivani M.O., and Korneev I.S., the utilization of the «Group Environment Questionnaire» is outlined, in sports teams of different professional levels [8]. The study conducted by Klepikova A.V. and Zelyanina A.N. on the emotional sphere characteristics of female students engaged in volleyball complements the analysis of differences between male and female teams [9]. Moreover, the research conducted by Andrushchysyn I.F., Presnyakov I.N., Denisenko Yu.P., and Geras'kin A.A. on the psychological and pedagogical conditions for forming sports motivation among young volleyball players significantly contributes to understanding the psychological dynamics within volleyball teams [10].

### **Materials and methods**

In this article, the following methods were used to analyze personal characteristics and temperament properties. Test – questionnaire «Questionnaire of formal-dynamic properties of individuality», developed by V.M. Rusalov. This tool allows you to assess various aspects of personality and its dynamic characteristics. The «Big Five» test, which is a five-factor personality questionnaire developed by R. McCrae and P. Costa [3]. This test measures basic personality traits according to the Big Five model.

To diagnose intra-group interactions and emotional reactions of amateur volleyball players, the following methods were used: A test questionnaire based on a model for measuring group cohesion, developed by Widmeier V., Brauli L. and Carron A., known as the «Group Environment Questionnaire» (GEQ) [4, 5]. «Mental reliability of athletes» questionnaire method, author V.E. Milman [6]. The «Subjective Unity Index» questionnaire, created by M.O. Mdivani, which is designed to measure the degree of feeling of unity in a group [7].

The study was conducted using a purposive sample, which included amateur volleyball players from various women's and men's teams. The research was carried out in an online format, allowing for a wide range of participants without location restrictions. The total number of participants was 35, with 14 being male and 21 female, aged between 18 and 25, representing various sports clubs and universities, with special attention given to university teams such as the women's and men's teams of Turan University, as well as the «Ak-Bars» (women's) and «Stars» (women's) teams, and «Legion» (men's). The main goal of the study was to identify differences in the psychological characteristics between female and male beginner volleyball teams. During the study, various aspects were analyzed, including personality traits, temperament, motivation, confidence level, stress resistance, communicative skills, and other factors that may influence sports efficiency and overall psychological readiness for competitions. These differences can affect team dynamics, communication style within the team, and methods of player motivation. Understanding these aspects allows coaches and psychologists to effectively adapt training methods and motivational approaches to each gender, leading to more effective preparation and achievement of sports results. The obtained data can help optimize individual training programs and psychological preparation for each player, considering their unique characteristics. Moreover, these methods can be used to identify potential problematic areas in players' psychological preparation and develop special programs to improve them. Such an approach will enhance the effectiveness of the training process, improve team results in competitions, and contribute to the development of volleyball as a sport. The psychological characteristics of amateur volleyball players manifest in their sports efficiency, where the level of motivation, attention concentration, stress resistance, and communicative skills play a significant role. Differences in psychological characteristics between female and male teams can influence their team dynamics and performance in competitive activities.

**Results and discussion**

Within the framework of this study, an analysis of the data provided by respondents who make up a group of amateur volleyball players aged 18 to 25 years was carried out. To process the presented data, a method was used to determine the criterion of differences using the Mann-Whitney statistical test. The total number of participants in the sample was 35 people.

The indicators of volleyball players from the women’s and men’s teams were subjected to a comparative analysis carried out using the previously described techniques. Female amateur volleyball players had a significantly higher expression of the «Expressivity» scale compared to male volleyball players, which indicates a more pronounced tendency of women to express their emotions and feelings (table 1).

This observed trend is presumably due to socio-cultural aspects and the specifics of the sports environment, which can accentuate and maintain emotional expressiveness in women. Such differences in the level of expressiveness can have an impact on the dynamics of intra-team relations, the quality of communication and the general psychological atmosphere in both women’s and men’s volleyball teams.

Table 1 – Expressivity «Big Five»

	Gender	N	Mean Rank	Sum of Ranks	Asymp. Sig.
Expressivity «Big Five»	1 Male	14	12,96	181,50	0,017
	2 Female	21	21,36	448,50	
	Total	35			
Note: Compiled by the authors.					

For a more in-depth analysis of the psychological aspects among amateur volleyball players, a comparison was conducted between individual teams. This comparison revealed additional differences, aiding in a more detailed assessment of their psychological characteristics. The «Mental reliability of athletes» methodology, which includes the sub-component of competitive emotional stability, serves as a tool for measuring readiness for competitions, psychological stability, and the ability to act effectively in stressful situations.

Analysis using this methodology revealed that the level of competitive emotional stability is significantly higher in the male volleyball team «Legion» (Team 5) compared to the female team from Turan University volleyball team (Team 1). These findings indicate a more pronounced ability among players of the male “Legion” team to maintain psychological resilience and sustain effectiveness under competitive pressure (table 2).

Table 2 – Competitive emotional stability «Mental reliability of athletes»

	Gender	N	Mean Rank	Sum of Ranks	Asymp. Sig.
Competitive emotional stability «Mental reliability of athletes»	1 – Female (Turan)	7	4,86	34,00	0,018
	5 – Male (Legion)	7	10,14	71,00	
	Total	14			
Note: Compiled by the authors.					

Furthermore, within the framework of the «Mental reliability of athletes» methodology, differences were found in the «Motivational-Energetic Component». This component characterizes the level of motivation, energy, self-confidence, and ability for self-regulation in stressful situations. According to the research results, this component is significantly more pronounced in the female volleyball team «Ak-Bars» (Team 2) compared to the male team from Turan University volleyball team (Team 4). Thus, players in the «Ak-Bars» volleyball team exhibit a higher level of motivation, energy, self-confidence, and ability for self-regulation in stressful situations compared to the male team from Turan University volleyball team (table 3).

Table 3 – Motivational-Energetic Component «Mental reliability of athletes»

	Gender	N	Mean Rank	Sum of Ranks	Asymp. Sig.
Motivational-Energetic Component «Mental reliability of athletes»	2 – Female (Ak-Bars)	7	10,29	72,00	0,011
	4 – Male (Turan)	7	4,71	33,00	
	Total	14			
Note: Compiled by the authors.					

Upon comparative analysis of the women’s amateur volleyball team «Ak-Bars» (Team 2) and the men’s amateur volleyball team «Legion» (Team 5), the following patterns were discerned.

Members of Team 5 demonstrated a more pronounced extraversion compared to players of Team 2. This observation suggests a more active manifestation of social activity and confidence in communication among the participants of Team 5, likely contributing to more effective on-field interaction within the context of volleyball competitions. The expression of extraversion among participants may have a positive impact on team spirit, enhancing communication and coordination during gameplay, ultimately influencing the overall sporting success of the team (table 4).

Table 4 – Extraversion «Big Five»

	Gender	N	Mean Rank	Sum of Ranks	Asymp. Sig.
Extraversion «Big Five»	2 – Female (Ak-Bars)	7	5,29	37,00	0,047
	5 – Male (Legion)	7	9,71	68,00	
	Total	14			
Note: Compiled by the authors.					

### Conclusion

In the conclusion of the article, it is noted that the research results confirm significant differences in psychological characteristics between female and male amateur volleyball teams.

Firstly, it was found that female amateur volleyball players exhibit a more pronounced expressiveness compared to males, reflecting their active inclination to express emotions and feelings on the court.

Secondly, it is highlighted that female amateur volleyball players show a significantly more pronounced motivational-energetic component compared to males. This indicates a higher level of motivation, energy, confidence, and ability to self-regulate in stressful situations among female teams.

Finally, the study showed that male amateur volleyball players demonstrate a higher level of competitive emotional stability compared to females. This suggests a stronger desire for competition and victory among males, which may influence their sporting strategies and motivation.

Thus, based on the obtained results, it can be concluded that considering gender differences is crucial when developing training programs and motivation strategies for volleyball players. These findings may be valuable for coaches and psychologists working with volleyball teams aiming to enhance sports performance and achieve better results in tournaments and competitions.

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## **ЕРЛЕР МЕН ӘЙЕЛДЕРДІҢ ӘУЕСҚОЙ ВОЛЕЙБОЛ КОМАНДАЛАРЫ АРАСЫНДАҒЫ ПСИХОЛОГИЯЛЫҚ ЕРЕКШЕЛІКТЕРДЕГІ АЙЫРМАШЫЛЫҚТАРДЫ ЗЕРТТЕУ**

### **Андатпа**

Бұл мақала ерлер мен әйелдердің әуесқой волейбол командаларының психологиялық ерекшеліктеріндегі айырмашылықтарды анықтауға бағытталған зерттеу нәтижелерін ұсынады. Зерттеудің негізгі мақсаты ойыншылардың негізгі психологиялық сипаттамаларын талдау, спортқа қатысудың мотивациясы мен мақсаттарындағы айырмашылықтарды анықтау, екі жыныстағы қатысушылардың стресске төзімділігі мен психологиялық тұрақтылық деңгейін бағалау және осы психологиялық ерекшеліктердің спорттық жетістіктерге әсерін зерттеу болып табылады. Алынған нәтижелер оқу процесіне нақты психологиялық талаптарды бөліп көрсетуге және әртүрлі жыныстағы волейболшыларды дайындаудың жеке тәсілдерін жасауға мүмкіндік береді. Бұл зерттеу әуесқой волейболшылардың дайындық процесін оңтайландыруға және спорттық жетістіктерінің тиімділігін арттыруға ұмтылатын жаттықтырушылар, психологтар мен спортшылар үшін өте маңызды.

**Тірек сөздер:** волейбол, психологиялық ерекшеліктер, әуесқой волейболшылар, мотивация, топтық келісім, қарым-қатынас, спорттық психология.

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## **ИССЛЕДОВАНИЕ РАЗЛИЧИЙ В ПСИХОЛОГИЧЕСКИХ ОСОБЕННОСТЯХ МЕЖДУ МУЖСКИМИ И ЖЕНСКИМИ ЛЮБИТЕЛЬСКИМИ ВОЛЕЙБОЛЬНЫМИ КОМАНДАМИ**

### **Аннотация**

Данная статья представляет результаты исследования, нацеленного на выявление различий в психологических особенностях мужских и женских любительских волейбольных команд. Основная цель исследования состоит в анализе ключевых психологических характеристик игроков, выявлении различий в мотивации и целях участия в спорте, оценке уровня стрессоустойчивости и психологической устойчивости участников обоих полов, а также исследовании влияния этих психологических особенностей на спортивные достижения. Полученные результаты позволяют выделить специфические психологические требования для тренировочного процесса и разработать индивидуализированные подходы к подготовке волейболистов разного пола. Это исследование имеет важное значение для тренеров, психологов и спортсменов, стремящихся оптимизировать процесс подготовки и повысить эффективность спортивных достижений волейболистов-любителей.

**Ключевые слова:** волейбол, психологические особенности, волейболисты-любители, мотивация, групповая сплоченность, общение, спортивная психология.