



ASSESSMENT OF PASSION AMONG UNIVERSITY VOLLEYBALL PLAYERS

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Abstract

The purpose of the study was to assess and compare the harmonious passion and obsessive passion among the volleyball players of Himachal Pradesh University and University of Delhi

Method: For the purpose of the study the data was collected from the University Volleyball teams of Himachal Pradesh University and University of Delhi by using Passion Scale developed by Vallerand et.al (2003). It consists of fourteen statements. It consists of two sub-scales, namely, harmonious passion and obsessive passion having seven statements each. All items were rated on a 7-point likert scale ranged from 1 (strongly disagree) to 7 (strongly agree). **Statistical technique:** statistical techniques employed were mean, standard deviation, and t-test. The level of significance chosen was 0.05. **Result:** the result of the study revealed that there was no significant difference in the passion, both harmonious passion and obsessive passion, among the volleyball players of Himachal Pradesh University and University of Delhi.

Keywords: passion, harmonious passion, obsessive passion, psychological well being

Introduction

Passion is a strong feeling about a person or a thing. Passion is an intense emotion, a compelling enthusiasm or desire for something. **Denis Diderot** describes passions as "penchants, inclinations, desires and aversions carried to a certain degree of intensity, combined with an indistinct



sensation of pleasure or pain, occasioned or accompanied by some irregular movement of the blood and animal spirits. Passion is a feeling that motivates a person to achieve what he desire of. Therefore passion acts as a motivational guide also. **Burke et.al** argued that there are different reasons individuals are [motivated](#) for an [occupation](#). One of these includes passion for the occupation. When an individual is passionate about their occupation they tend to be less obsessive about their behavior while on their job, resulting in more work being done and more work satisfaction. These same individuals have higher levels of [psychological](#) well-being.

George Bernard Shaw insists that there are passions far more exciting than the physical ones. While his contemporary, **Sigmund Freud** argued for continuity between the two, physical and intellectual passion, and believed that both are not in contrast.

According to **Vallerand et.al** who developed the dualistic model of passion argued that, "A dualistic model in which passion is defined as a strong inclination or desire toward a self-defining activity that one likes (or even loves), that one finds important (high valuation), and in which one invests time and energy." It is proposed that there exist two types of passion. The first type of passion is harmonious passion. "A harmonious passion refers to a strong desire to engage in the activity that remains under the person's control." This is mostly obtained when the person views their activity as part of their identity. Once an activity is part of the person's identity then the motivation to continue this hobby is even stronger. The harmony obtained with this passion is conceived when the person is able to both, freely engage in or to stop the hobby. It's not so much that the person is forced to continue this hobby, but on his or her own free will is able to engage in it. For example, if a girl loves to play volleyball, but she has a project due the next day and her friends invite her to play, she is able to say no on her own free will. The second kind of passion in the dualistic model is obsessive passion. Being the opposite of harmonious passion, this type has a strong desire to engage in the activity, but it's not under the person's own control and he or she is forced to engage in the hobby. This type of passion has a negative effect on a person where they could feel they need to engage in their hobby to continue interpersonal relationships, or "fit in" with the crowd. To change the above example, if the girl has an obsessive passion towards volleyball and she is asked to play with her friends, she will say yes even though she needs to finish her project.



Dualistic Model of Passion also suggests that the type of passionate activity that underlies activity engagement might influence the extent to which individuals benefit from an active lifestyle and may have an impact on the subjective well-being.

Vallerand et.al (2007) tested this dualistic model of passion in which they reported two studies designed with regard to performance attainment in two fields of expertise. Results from both studies supported the Passion Model and revealed that harmonious passion have a direct positive impact on the performance attainment with deliberate practice and obsessive passion predicted performance avoidance. They concluded that the former having a tendency to facilitate performance whereas the latter to have a direct negative impact on the performance. Finally, harmonious passion was also positively related to subjective well-being in both studies, while obsessive passion was either unrelated (in study 1) or negatively related to SWB (in study 2). The conceptual and applied implications of the differential influences of harmonious and obsessive passion in performance are discussed. The result of the study therefore revealed that to test a performance-attainment model derived from the Dualistic Model of Passion that posits that both harmonious and obsessive passions are positive predictors of deliberate practice that, in turn, is a positive predictor of performance. Later in 2008 **Vallerand** worked with others and tested the basic dualistic model of passion in relation with performance in sports. It appears that there are two paths to high-level performance attainment in sport, depending if harmonious or obsessive passion underlies sport engagement. While the path from harmonious passion is conducive to high levels of performance and living a happy life, that from obsessive passion is less reliably related to performance attainment and is unrelated to happiness.

Passion is not a phenomenon that can be categorized by the age of the individual. A study conducted by **Rousseau, F.L.** in supported this and concluded that engagement in passionate activities might be beneficial for the older adults when the activity is harmonious but detrimental when a passionate activity is obsessive.

Passion may also influence the athlete-coach relationship as stated by **Lafrenière, M. A. K** in 2008. In his study he concluded that harmonious passion positively predicts high quality athlete-coach relationship whereas obsessive passion was largely unrelated to such relationships. Finally, the quality of the coach-athlete relationship positively predicted coaches' subjective well-being.



Method

The subjects were selected from Himachal Pradesh University and University of Delhi. Data was collected by using Passion Scale developed and validated by Robert J. Vallerand (2003). It consists of fourteen statements. It contains two sub-scales, namely, harmonious passion and obsessive passion having seven statements each. Before distribution of questionnaire to the subjects, the subjects were explained the purpose of the study and requested for their full cooperation. They were informed that the information given by them will be kept confidential. They were advised not to think too long and spend extra time in analyzing and responding to the questions. The completed questionnaires with responses were received from the subjects with their demographic details. The responses were rated on the 7-point likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). Statistical technique used to process the data was descriptive statistics and independent t-test. The level of significance was set at 0.05.

Findings

The data collected from the subjects was subjected to descriptive analysis and independent t-test. The data processed is represented in table no. 1

Table 1: significance of difference between Himachal Pradesh University and University of Delhi volleyball players

Variables	Groups	N	Mean	Std. deviation	Std. Error Mean	t	Df	Sig. (2-tailed)
Harmonious Passion	Himachal Pradesh University	12	34.67	6.82	1.97	1.31	22	.20
	University of Delhi	12	38.25	6.52	1.88			
	Himachal Pradesh	12	33.08	5.83	1.68			



Table 1: significance of difference between Himachal Pradesh University and University of Delhi volleyball players

Obsessive Passion	University					.05	22	.95
	University of Delhi	12	32.92	8.79	2.53			

*significant at 0.05 level

The result indicates that there was no significant difference in harmonious passion and obsessive passion between volleyball players of Himachal Pradesh University and University of Delhi. The average score of Himachal Pradesh University (M= 34.67, SD= 6.82) for harmonious passion and (M= 33.08, SD= 5.83) for obsessive passion was not statistically different from that of University of Delhi (M= 38.25, SD= 6.52) for harmonious passion and (M= 32.92, SD= 8.79) for obsessive passion. It is evident from the table that, t value of, 1.31 in harmonious passion and 0.05 in obsessive passion was obtained. The probability in the significance was 0.20 for harmonious and 0.95 for obsessive passion, which is greater than 0.05. Thus, it can be concluded that there was no significant difference in harmonious passion and obsessive passion between volleyball players of Himachal Pradesh University and University of Delhi.

Graphical depiction of mean scores is shown in figure 1.

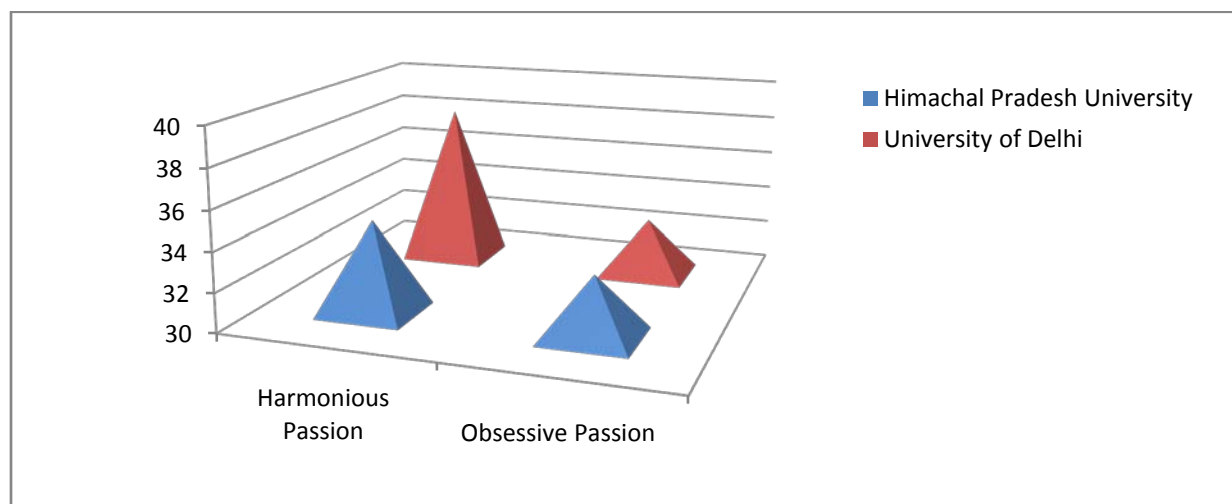




Fig. 1 Graphical representation of mean values of harmonious passion and obsessive passion in volleyball players of Himachal Pradesh University and University of Delhi

Discussion of findings

Analysis of data revealed that there was no significant difference between volleyball players of Himachal Pradesh University and University of Delhi on the subscales of harmonious passion and obsessive passion. The reason behind the revelation of the study might be the level of performance as both the teams had equal level of performance and did not qualify for the higher level of competition as both the teams lost in the quarter-final rounds.

Conclusion

The result of the study indicates that there were no significant differences found in the harmonious passion and obsessive passion of both the university volleyball teams. Further it was concluded that both the teams have equal level of performance in the inter-varsity tournament, Thus equal level of harmonious passion and obsessive passion was found among the team members of Himachal Pradesh University and University of Delhi volleyball teams.

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