



Athletes' Emotional Drive: Impact on the Quality Performance of Student-Athletes in Volleyball Men During Gameplay

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Abstract – Athletes' emotions play a significant role in their performance during gameplay. The influence of emotions on athletes' psychological state, decision-making, and physical execution has been widely recognized in sports psychology research. Understanding how emotions impact athletes' performance quality can provide valuable insights for optimizing athletic abilities and enhancing competitive outcomes. This study sought answers on the issue concerning the emotional state that affects the performance of volleyball men athletes at the Visayas State University. It aims to understand the performance quality impact due to their emotional state during gameplay and how to cope with this drawback within the athletes themselves. A qualitative phenomenological research design was used to distinguish the impact of emotions on the quality of the performance of the men's volleyball player at Visayas State University during gameplay in our study. Emotion plays an important role in the quality of a performance. It serves as their key to success in terms of good emotions, which translate into their body and exhibit their athleticism and high-quality skills. Uncontrolled and bad emotions, such as fear and pressure, affect their quality performance, which usually occurs through game errors and bad decision-making. Focus, team chemistry, and communication also play a vital role in the standard of performance of male student-athletes in the sport of volleyball at Visayas State University. In conclusion, the Men's Volleyball Athlete in Visayas State of University Main Campus shows that athletes react to their gameplay in a high-pressured gameplay. Each athlete shows different emotions, attitudes, and behaviors during a match. Because of this, the athletes tend to have mixed feelings about a partner: excitement, hype, and guilt for making such game errors. They tend to control their anxiety through breathing exercises, which made them steady to get the rhythm of their body regularly from exhaustion. They also focus on the mental aspect of their mental fitness.

Keywords: athletes, emotional drive, quality performance, Volleyball, gameplay.

1. INTRODUCTION

Athletes' emotions play a significant role in their performance during gameplay. The influence of emotions on athletes' psychological state, decision-making, and physical execution has been widely recognized in sports psychology research. Understanding how emotions impact athletes' performance quality can provide valuable insights for optimizing athletic abilities and enhancing competitive outcomes. However, exploring the intricate dynamics of athletes' emotions during gameplay requires careful investigation and analysis. This research aims to delve into athletes' emotions during gameplay, explicitly focusing on the context of men's volleyball. The present study aims to investigate the potential advantages male athletes involved in volleyball can obtain by understanding how their emotional drive impacts their performance. (Laborde et al., 2016)

Tamminen and Dunn (2022) state that emotions can impact physical and mental states. Consider a scenario where you have an upcoming significant sporting event tomorrow, and there exists a sense of pressure to



perform well due to a strong desire to emerge victorious. Suppose you experience this pressure regarding the impending competition. In that case, you may observe bodily changes: a quicker heartbeat, accelerated breathing, fluttering sensations in the stomach, and tenseness in the chest. These physical sensations are direct results of the emotions felt. Concurrently, diverting your thoughts from the competition may prove challenging, making it exceedingly difficult to concentrate on other matters. Sports encounters naturally evoke a range of emotional experiences. Whether it is the thrill of victory or the disappointment of defeat, the satisfaction of surpassing one's performance, or the process of recovering from an injury, each situation elicits distinct emotional responses. Emotions are an integral part of competition and hold substantial sway over an athlete's performance (Laborde et al., 2016), according to the results of Kopp and Jekauc (2018). It seems encouraging regarding the value of Emotional Intelligence as a possible sports performance predictor.

This research study holds considerable significance as it elucidates the connection between athletes' emotional drive and performance quality among student-athletes in men's volleyball during gameplay. By comprehending the influence of dynamic movement on performance, the study can contribute to developing customized strategies to enhance athletic performance and psychological well-being. The findings offer valuable insights that can benefit athletes, coaches, sports psychologists, and organizations by optimizing emotional states, improving training programs, and fostering a supportive environment. Moreover, the study contributes to the research community by expanding understanding of the role played by emotional factors in athlete performance, specifically within the context of men's volleyball. Ultimately, this research has practical implications for maximizing performance, promoting athlete well-being, and advancing the field of sports psychology.

In summary, this research study is a significant endeavor to unravel the connection between athletes' emotional drive and performance quality in men's volleyball during gameplay. Its outcomes offer actionable insights that have the potential to maximize athletic performance, promote athlete well-being, and advance the field of sports psychology. This research endeavor to provide valuable insights and actionable implications that can optimize the performance of male volleyball athletes.

2. METHODOLOGY

2.1 Research Design

A qualitative phenomenological research design was used to distinguish the impact of emotions on the quality of the performance of the men's volleyball player at Visayas State University during gameplay in our study. Phenomenology is an appropriate approach to gain an in-depth understanding of participants' subjective experiences in terms of emotion. Through this design, the researchers explored the different feelings that could affect the quality performance of the student-athletes in Volleyball men during gameplay.

2.2 Research Instrument

This study utilized a face-to-face interview in a dyad form for a more straightforward and effective data gathering and more precise understanding for a better summarization of results. What are the respondents' emotions during gameplay, and how does this occur? The interview only consisted of five open-ended questions for more expressive and sensual responses from the respondents.

2.3 Research Participants



The study's participants were exclusively male volleyball players from Visayas State University. Only men's volleyball team members, estimated to be ten athletes, were allowed to participate. Data collection employed purposive sampling, a non-probability approach where the researcher selected the participants based on their judgment. Purposive sampling is chosen for its efficiency in obtaining a representative sample, considering the limited number of players on the team. Using this method, the study aims to save time and resources while ensuring a focused and relevant participant pool (Black, K., 2010). The final sample consist of 10 informants, matching the size of the men's volleyball team.

3. RESULTS

Theme 1: Coping Strategies and Techniques

It describes the approach to maintaining calmness during intense and aggressive game situations.

1.1. Defense Mechanism

Highlights the reliance on their coach's advice to maintain composure, especially in high-pressure situations.

The key informants stated:

"It's difficult to remain calm when the situation is critical; it's quite nerve-racking, but our coach advised we shouldn't rush, then slow down to avoid injuries." -KI-1

"For me, I simply relax. I don't worry about stress so that I can focus on what I need to do to be more composed during the game." -KI-2.

"To maintain composure during aggressive gameplay, I take deep breaths, stay focused, stay in the present moment, and remind myself that it is just a game." -KI-3.

"I keep my composure during aggressive gameplay by focusing on the game. Then it would help if you did not mind the pressure, because the more you mind the pressure, you cannot perform your best." -KI-4.

"Stay focused on the game and the objectives, and for your objectives, take breaks to reset your mindset and use positive self-talk to stay motivated." -KI-5.

"I keep my composure during game plays by staying focused, especially in the volleyball rally. It would help to stay focused so you don't commit errors." -KI-6.

"By staying focused, we will be able to know our lapses during the gameplay and analyze what must be needed to improve." -KI-7.

"If you are in an aggressive game, as a player, you need to remain focused, and you need to focus on your goal in the game as well." -KI-8

"During my SCUAA, it was pressured on my part, especially since I'm a libero... During aggressive plays, I only have to bring my game, and I will do my best to give the first ball." -KI-9.



"Well, during aggressive gameplay, I remain calm and relaxed even though we are pressured. We were trained and ready for the game. Also, experience does come in handy in a match." –KI-10

Theme 2: Impact of game errors translates into performance

Addresses how game errors affect overall performance and includes strategies to recover from those errors.

2.1. Strategies and approaches during error recovery

Discusses the practice of immediately rectifying game errors as advised by the coach to minimize their impact on performance. Also, the player's perspective on committing errors focuses on the need to recover quickly and use errors as learning opportunities. Lastly, it emphasizes the player's view of using errors as opportunities for learning and improvement.

The key informants stated:

"Yes, but you're going to take back your score since the coach mentioned you should take it back straight away if you commit an error." – KI-1

"Of course, committing errors could affect my performance, but I view them as learning opportunities." – KI-5

"If you make mistakes, it will not damage your overall performance, but it will affect you for a short period because if you affect it for an extended period, you will have problems until the end of the game." – KI-6.

"Yes, because when you commit an error, it feels heavy on you, especially when you think your team... It is okay to commit an error since it is natural because we are not perfect; you need to make up, and we can also learn from errors." – KI-8.

Theme 3: Emotional Regulation

Discusses how to manage their emotions without openly expressing them, particularly in competitive scenarios.

3.1 Strategic Emotional Expression

Describes the ability to manage emotions and expressions strategically, especially in response to opponents' behavior.

The key informants stated:

"I always smile on the court, but I'm competitive, so once the competitor makes swag, I control my expression and don't start a fight." – KI-1

"I control my emotions without expressing it, but if I'm going to perform my best! Maybe like that." – KI-4

"So, controlling emotions like deep breathing, visualizing, and focusing on the present moment." – KI-5

"When the score must be very close, I control my emotions by staying calm and listening to the coach's advice because if you get intense in the game, you will lose focus, then you will lose your composure, and then you will be destroyed the composure of your team." – KI-6.

3.2 Mindset positivity



Discusses the technique of channeling emotional energy into positive actions during gameplay.

The key informants stated:

"Controlling emotions without expressing them can be done by using relaxation techniques such as mindfulness and positive self-talk and generating the energy into positive actions." – KI-3.

Theme 4: Dealing with stress during stressful situations

It focuses on how they handle stress during gameplay and highlights the role of relaxation, avoiding rushing, and communication.

4.1. Stress management strategies

Indicates the interviewee's adherence to the coach's advice on relaxation during stressful moments, focusing on maintaining calmness to perform well.

The key informants stated:

"Our coach always tells us to relax and not rush because if you don't stay calm, you won't score. Also, communication is essential." – KI-1

"I'll just relax so I can think about what I should do as a solution if I ever encounter a stressful situation." – KI-2

"To face a stressful situation during gameplay requires staying composed, analyzing the situation, communicating with teammates, and making strategic decisions calmly." – KI-3.

"How do I face stressful situations during gameplay? If we encounter a stressful situation during gameplay, of course, we'll go to pray for us to perform our best." – KI-4.

"In a stressful situation, first, I will take the situation as a challenge, then break it down into a manageable task, and lastly, I will seek support from your teammates or friends." – KI-5.

"Just stay focused because if you're not focused, you won't be able to execute what you must do on the court." – KI-6.

"Ahm, I practice breathing exercises like inhaling and exhaling because stress is an avoidable factor during gameplay. By staying relaxed and focused." – KI-7

"You just need to enjoy the game as a team because if you keep worrying and get mad, it is one factor that can ruin your play... as a team, maintain positivity and happiness and enjoy the game." – KI-8.

"If what is the advice of my coaches and what are the things that need to be done, I'll take it as motivation... I also relaxed and ignored the pressure because it can ruin the game..." – KI-9.

"When in a close match, this is the time to show your athleticism that will highlight your gameplay and do not forget to always communicate on your team's face and accept the challenge. Stay on your composure to better contribute to the team." – KI-10

Theme 5: Approaches and Strategies During Close Match

Explores the strategic approaches and mindset when faced with closed match, adaptation, and adjustments.

5.1. Relaxation and pressure management



Highlights the player's strategy of relaxation to manage pressure during gameplay, particularly in close matches. It also relates the player's mindset to their overall performance strategy, including peace and focus.

The key informants stated:

"What I usually do is relax and focus... the important thing is not to be pressured." – KI-9

5.2. Focus on close match

It emphasizes focus and performance during close matches, aiming to contribute to the team. Focusing on personal performance during close games is a way to contribute effectively to the team.

The key informants stated:

"When you are in a close match, you need to do your best... in my position, which is middle blocker, the first thing I do is be hardworking in reading the blockings of the opponent so that they will not be able to score... you need to perform what your position is and your purpose as well." – KI-8

5.3. Goal-oriented mindset

Discusses the player's approach to showcasing athleticism and maintaining composure and a fixed mindset to goal during close matches to contribute effectively to the team. Also, the player's method of contributing to the team during close games by staying composed and embracing challenges. Discuss how composure and a goal-oriented mindset impact overall performance during close matches.

The key informants stated:

"When in a close match, this is the time to show your athleticism that will highlight your gameplay and do not forget to always communicate on your team's face and accept the challenge. Stay on your composure to better contribute to the team." – KI-10.

4. CONCLUSIONS

Emotion plays an important role in the quality of a performance. It serves as their key to success in terms of good emotions, which translate into their body and exhibit their athleticism and high-quality skills. Uncontrolled and bad emotions, such as fear and pressure, affect their quality performance, which usually occurs through game errors and bad decision-making. Focus, team chemistry, and communication also play a vital role in the standard of performance of male student-athletes in the sport of volleyball at Visayas State University. In conclusion, the Men's Volleyball Athlete in Visayas State of University Main Campus shows that athletes react to their gameplay in a high-pressured gameplay. Each athlete shows different emotions, attitudes, and behaviors during a match. Because of this, the athletes tend to have mixed feelings about a partner: excitement, hype, and guilt for making such game errors. They tend to control their anxiety through breathing exercises, which made them steady to get the rhythm of their body regularly from exhaustion. They also focus on the mental aspect of their mental fitness. During gameplay, they stated that during a high-pressure game, they feel excitement and guilt for the mistakes they might commit, but it is unavoidable. They said that bursting an emotion or having a mental breakdown during a match lead to game errors such as serving, receiving, blocking, and bad decision-making, which shows the team a chance of losing. From the data we have collected from the respondents, we have found out that their emotional drives significantly affect their overall performance during a match, and it would also reflect on their team chemistry.



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