

The Effect Of Setting Technique On Sports Performance In Volleyball

Saima Parveen¹, Yasmeen Iqbal¹, Muhammad Farhan Tabassum^{*,2}, Tuba Mushtaq¹, Hira Tahir¹

¹Department of Sport Sciences & Physical Education, Faculty of Allied Sciences, University of Lahore, Lahore, Pakistan.

²Department of Mathematics, University of Management and Technology, Lahore, Pakistan.

*Corresponding Author: Muhammad Farhan Tabassum

Abstract: Volleyball is a worldwide famous sport. It is just because of its thrilling and adventurous techniques. Setting technique is important for accurate playing. The goal is to get attackers good consistent sets. Also, to be good at setting, proper positioning is important, the main focus should be on getting in proper position to set. The purpose of this research had to be investigating the improvement in setting technique on sport performance of female volleyball players. A sample of 36 volleyball players was to be selected from three Government Colleges. Convenient sampling technique had been used. American Association for Health Physical Education Recreation (AAPHER) volleyball skill test was conducted to measure the performance on setting skill used in volleyball for the period of eight weeks, a weekly and daily training plan was developed to improve the performance. Player's performance has been recorded; 8-week training plan has been used to enhance the performance of the players. Pre and post test was conducted to check the improvement of volleyball setting skills and evaluate the difference of training on the player. Due to the means of the two performances and the direction of the t-value, 2.42 ± 0.692 to 5.58 ± 1.538 ($p < 0.0005$); an improvement of 3.167 ± 1.521 has been recorded. We can conclude that there was a statistically significant improvement in performance of volleyball players by using the prescribed training plan. The research will be helpful for the new young players of volleyball.

Keywords: Volleyball, Setting technique, Training plan, Sport performance.

INTRODUCTION

In the colder time of the year of 1895 in Holyoke, Massachusetts (United States), William G. Morgan, a YMCA actual exercise dominant, prepared alternative game named Mintonette, a name got from the sport of badminton, as a lateral attention to be joked confidential and by fairly a scarce player. The game took a ration of its potentials from diverse games like tennis and handball. A

different indoor game, b-ball, was getting on close, having been illusory only ten miles absent in the city of Springfield, Massachusetts, just a little time formerly. Mintonette was envisioned to be an interior game, minus disagreeable than b-ball, for more well-known folks from the YMCA organization, while as yet necessitating a touch of sporty effort. The principal guidelines, recorded by William G Morgan, requisite a net 6 ft 6 in (1.98 m) tall, a 25 ft × 50 ft (7.6 m × 15.2 m) court, and fairly a scarce player. A match was made out of nine innings with three serves for both groups in every inning, and no ceiling to the number of ball contacts for each group before carriage of the ball to the opponents' court. If there should ascend an incidence of a serving blooper, a following effort was allowed. Striking the ball into the net was watched as a foul excluding the main effort serves. A volleyball court is 9 m × 18 m (29.5 ft × 59.1 ft), divided into corresponding square shares by a net with a width of one meter (39.4 in). The maximum point of the net is 2.43 m (7 ft 11 11/16 in) over the principal point of the court for men's opposition, and 2.24 m (7 ft 4 3/16 in) for ladies' opposition, varied for veterans and junior rivalries. The base height leeway for indoor volleyball courts is 7 m (23.0 ft), albeit liberty of 8 m (26.2 ft.) is suggested. A line 3m (9.8 ft) from and conforming to the net is measured the "assault line". This "3 meter" (or "10-foot") line separates the court into "back line" and "first line" sections. These are thus divided into 3 regions each: these are totaled as follows, beginning from region "1", which is the position of the serving player: Service A player remains behindhand the inline and serves the ball, in an effort and powers it into the adversary's court. The fundamental goal is to make it land intimate the court agenda; it is additionally amazing to set the ball's way, haste and speed increase with the goal that it turns difficult for the collector to deal with it appropriately. Receiving A serve get is one of the most extreme fundamentals acts in a volleyball match-up and may quick show your adversaries your ability stage on the court agenda. As per "Volleyball Skills and Drills," they serve to get is the most fundamental piece of a hostile arrangement, and becoming more acquainted with an approach to accept and respond to assistance is a vital detail to remaining on the zenith. Blocking Obstructing alludes back to the activities taken via players status at the net to forestall or variation a rival's attack. A square this is designed for completely halting an assault, along these lines making the ball keep on being in the adversary's court, is alluded to as hostile. 4 Digging Burrowing is the aptitude to save the ball from contacting one's court afterward a spike or assault, explicitly a ball this is almost contacting the ground. In a huge number, this expertise is similar to passing, or knocking: overhand burrow and knock are similarly used to identify ensuring developments all for fingertips or with joined arms. It is the explanation of a problem presently prevailing which needs to be spoken. It delivers the background for the research study and makes the questions which the research goals to response. The rationale is the principal point of any research.

Furthermore, William das Neves Salles, Carine Collet, Margareth Porath, Michel Milistetd, Juarez Vieira do Nascimento researched the variables related to the execution adequacy of specialized strategic activities in volleyball. He observed 44.025 match actions performed by male and female athletes. Information was investigated on SPPS 21 programming utilizing the calculated relapse strategy, embracing a 5% noteworthiness level to understand results. The changed model clarified a 51.40% viability difference, and the elements related to this variable were dynamic, change,

productivity, and rivalry level (Salles, Collet, Porath, Milistetd, Nascimento, 2017) As per the discussion conducted by Michelle Hopkinson, Peter Smolianov, Steven Dion, Christopher Schoen, Jaclyn Norberg and Christopher Boucher, the present status of volleyball in the USA against a heuristic model for superior game incorporated with mass support. A survey was used for the accompanying components of the model: ability improvement; progressed competitor uphold; training focuses; rivalries; scholarly administrations; associations with supporting organizations; adjusted and incorporated subsidizing; and structures of mass and tip top game. Twelve worldwide specialists, including heads from sport overseeing bodies, mentors, academicians, and directors, approved review questions. One hundred thirty-one mentors finished the survey to decide the regions for development for US volleyball frameworks. Potential headways were distinguished through semi-organized conversations with seven volleyball executives. Outcomes recommended conceivable improvements at the macro-level (Hopkinson, Smolianov, Dion, Schoen, Norberg, Boucher, 2018). As indicated by Simone Natali, Davide Ferioli, Antonio La Torre and Matteo Bonato in 2017, Beach volleyball is a team activity played by two teams of two players on a sand court separated by a net. Until this point, research has principally centered on male beach volleyball players. Along these lines, the end of this investigation was to evaluate work-rest proportion and actual activities among males and females as per their job. Length of point rallies, work rest proportion, and the quantity of hops and hits done by the players as per their job were recorded. Un-matched t-test didn't show huge contrasts among males and females. Two-route examination of change indicated a massive distinction in the hops completed among blockers and protectors and not among males and females. No strong contrasts in different factors were identified. The current 17 examination gives new intimate into female beach volleyball matches, giving primer standardizing information. Specialized and actual parts of beach volleyball execution seem not to be impacted by sex and only somewhat unique as per playing positions. These outcomes should be measured through the day-by-day training planning (Natali, Ferioli, Torre, Bonato, 2017). SPSS programming variant 23 by utilizing connection and relapse investigations, and the centrality level was set at $P < 0.05$. The outcomes demonstrated that chest pass, overhand toss, one-hand toss, one-hand side toss, support, speed perseverance, response time, and reviewed practice test results affected the players' capacities to assault, serve, and square. Grasp strength, t-test, speed, and nimbleness indicated a measurably massive relationship with the players' ability to safeguard and get. Our outcomes demonstrated that chest pass, overhand toss, one-hand toss, one-hand side toss, speed perseverance, response time, and evaluated practice test results affected volleyball execution (Jeoung, 2017) Positive self-talk is an inside discussion that should be possible uproariously or peacefully through which the individual educates or fortifies themselves (Calvete, Cardeñoso, 2002). Ivaskevych et al. (2019) have noticed an orientation hole in cutthroat nervousness and battle techniques in handball players. Also, unlike females, guys have a more significant level of trust in their abilities and a more elevated level of inspiration in managing distressing circumstances (Ivaskevych, 2019). Feelings can be utilized to orientate the reasoning and practices related to the insight and sensation of viability in professional life, accomplishing professional objectives, arriving at execution, and more effortless adaption to various unpleasant

settings. (Brown, George-Curran, and Smith, 2003; Schutte, Malouff & Bhullar, 2009). To acquire beginning achievement, the individual should separate complex assignments into reachable errands. Each finished task prompts much more perplexing terms. The circumstances should be organized in such a manner to drive achievement and to stay away from progressive disappointments. (Heslin and Klehe, 2006). View of affordances is a cycle wherein competitors pick a method and look for a proper strategic arrangement because of their present game circumstance. The conduct is viewed as a self-coordinated peculiarity that rises out of the ongoing and dynamic collaboration of the singular's prospects of the impression of affordances, in light of his attributes and the climate (Araújo et al., 2006). Some latest studies in the field of physical educations have been reported in (Aamina et al., 2020; Aqsa et al., 2020; Aqsa et al., 2021; Farwa et al., 2021; Javeria et al., 2021; Hira et al., 2021; Iqbal et al., 2019; Rabia et al., 2021; Saadia et al., 2017; Saadia et al., 2021; Saima et al., 2021 Salma et al., 2020; Sana et al., 2021; Threem et al., 2020).

Objective: To measure the difference of setting technique on volleyball player performance.

Hypothesis: There is significance difference of setting technique on volleyball player performance.

MATERIALS AND METHODS

Experimental study design has been used. All three team below mentions colleges are taken in this study; 12 players have been taken from each college. i. Govt. Degree College for women Chiniot ii. Govt. Degree College for women Bhawna iii. Govt, Degree College for women Laliyan.

Sample Size: Total 36 number of players participated in this study. Convenient sampling technique has been used. Only female participants are included in this study. Only focusing on volleyball game. This study has been conducted in college level. Male participants are excluded in this study. All games are excluded expect volleyball. Volleyball, net, floor tape 8-foot pools, two 10-foot pools, 20-foot rope.

Data have been collected pre and post-test training. The researcher accessed the training area for recruitment and assessment of the players. Study information has been be given to all players and informed consent will be signed by players who agreed to participate. After singing the informed consent, each participant has been asked to attend the training session of 8 weeks. Data will be collected from all 36 participants from 3 colleges. Setting technique is independent variable and performance of volleyball players is dependent variables. Statistical analysis has been performed by using SPSS version 23.0. Qualitative variables are reported in frequency distribution and percentage, quantitative variables are reported in mean value \pm standard deviation with graphs. To perform the pre and post analysis using paired sample T Test.

RESULT

Chiniot is a big city having a wide range of sports activities. In all sports volleyball is a game which is gaining popularity in sports lovers. Government colleges are taking sound part to promote this game at high level. There are some factors which are affecting the players' performance which can be sort out. Therefore, a sample of size 36 female students of Intermediate and bachelor from

3 Government colleges is selected to execute the result of setting technique on female volleyball players' performance, in Chiniot city.

Table 1 Government Degree College for Women Bhowana

Participant	Age	Height	weight	BMI	Status	Pretest	Posttest	Improvement
1	20	5.6	55	19	Normal	3	7	20%
2	22	5.3	70	27	Over weight	3	6	15%
3	20	5.2	50	20	Normal	4	7	15%
4	19	5.0	47	20.3	Normal	2	7	25%
5	21	5.8	65	21	Normal	3	7	20%
6	20	5.2	53	21.2	Normal	3	4	5%
7	19	5.7	62	20.7	Normal	2	6	20%
8	20	5.3	53	20.4	Normal	2	5	15%
9	18	5.1	50	20.8	Normal	3	8	25%
10	22	5.10	70	29.1	Over weight	2	7	25%
11	19	5.9	70	21.8	Normal	2	6	20%
12	19	6.0	72	21.7	Normal	3	6	15%

Total 20 tries have been given to each participant. In the form of two sets of 10 tries after the brake of 30 minutes. The individual and total score has been reported in Table 1 with age, height, weight and BMI. Training of setting skill has been conducted for 8 weeks in each college individually. After 8 weeks training the performance of participants has been reported in above Table 1-3 and Figure 1-3.

Figure 1 Comparison of pre- and post-performance of Bhowana College

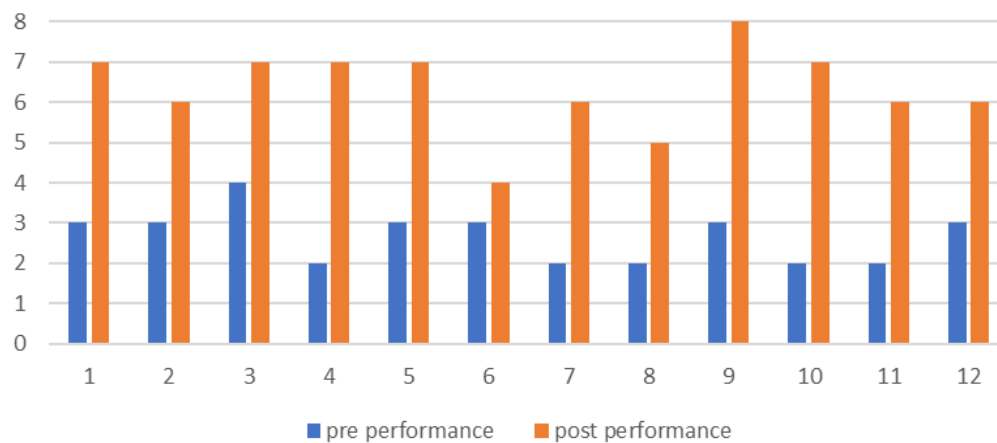


Table 2 Government Degree College for Women Laliyan

Participant	Age	Height	weight	BMI	Status	Pretest	Posttest	Improvement
1	24	5.6	70	24.2	Normal	2	7	25%
2	23	5.5	65	23.3	Normal	1	8	35%
3	24	5.3	60	23.1	Normal	3	7	20%
4	24	5.0	70	30.3	Over weight	3	7	20%
5	23	5.2	55	22	Normal	2	3	5%
6	23	5.8	60	19.4	Normal	2	3	5%
7	25	5.3	50	19.3	Normal	1	5	20%
8	21	5.9	75	23.4	Normal	3	4	5%
9	22	5.7	70	23.4	Normal	2	3	5%
10	21	5.3	65	25.1	Over weight	2	8	30%
11	24	5.2	60	24	Normal	2	4	10%
12	24	5.6	65	22.5	Normal	3	7	20%

Figure 2 Comparison of pre- and post-performance of Laliyan College

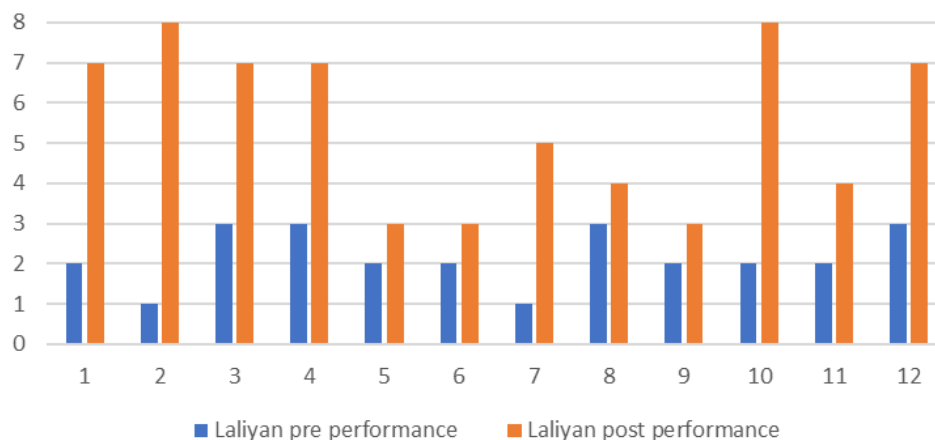
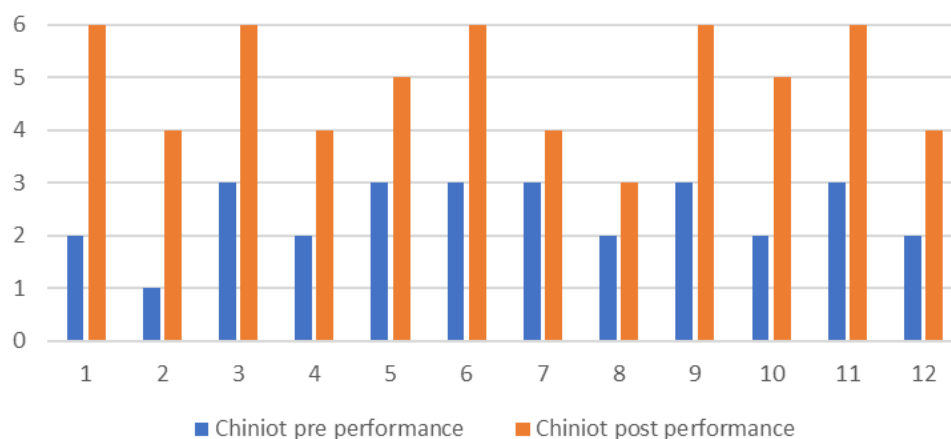


Table 3 Government Degree College for Women Chiniot

Participant	Age	Height	weight	BMI	Status	Pretest	Posttest	Improvement
1	20	5.11	74	22.5	Normal	2	6	20%
2	20	5.10	64	20.1	Normal	1	4	15%
3	20	6.2	70	21.8	Normal	3	6	15%
4	19	5.8	54	20.7	Normal	2	4	10%
5	18	5.6	55	20.8	Normal	3	5	10%
6	19	6.0	52	22.0	Normal	3	6	15%
7	20	5.12	53	21.1	Normal	3	4	5%
8	18	6.0	55	20.9	Normal	2	3	5%

9	20	5.5	67	20.1	Normal	3	6	15%
10	20	6.1	62	21.5	Normal	2	5	15%
11	19	5.0	54	20.3	Normal	3	6	15%
12	19	6.0	56	22.5	Normal	2	4	10%

Figure 3 Government Degree College for Women Chiniot



DISCUSSIONS

As indicated by Simone Natali in 2017, Beach volleyball is a team activity played by two teams of two players on a sand court separated by a net. Until this point, research has principally centered on male beach volleyball players. Along these lines, the end of this investigation was to evaluate work-rest proportion and actual activities among males and females as per their job. Length of point rallies, work rest proportion, and the quantity of hops and hits done by the players as per their job were recorded. Un-matched t-test didn't show huge contrasts among males and females. Two-route examination of change indicated a massive distinction in the hops completed among blockers and protectors and not among males and females. No strong contrasts in different factors were identified. The current examination gives new intimate into female beach volleyball matches, giving primer standardizing information. Specialized and actual parts of beach volleyball execution seem not to be impacted by sex and only somewhat unique as per playing positions. These outcomes should be measured through the day-by-day training planning (Natali, 2017). The set also resolved setting viability: earlier hopping stages expanded surveying adequacy, diminishing suitable setting activities compared with unique setting activities. These outcomes are predictable, which displayed that the utilization of bounce sets by groups of a global level expanded setting viability. The more significant level of play in these classifications takes leap sets standard. With this activity, the setters attempt to misdirect their adversaries by diminishing the prompts that the setter provides for the opponents, lessening the flight season of the ball and giving better circumstances to the assault. This suggests that hop sets speed up and the assault viability, and the adequacy of the activity. At long last, regarding the set's area and set the rhythm, unique settings were related to quicker beat and more balls being shipped off zones three and line

than non-exact and decent-sized. Assaults in these zones and fast occasions increment focus and restrict acquiring priorities and restrict the safeguard. Subsequently, it is fitting that, in preparing, setters gain the capacity to play rapidly and with inconstancy concerning the set's area. Along these lines, it is desirable to perform bounce sets at whatever point conditions license, which speed up play. Moreover, it is fitting to make the settings rapidly. The increment in the 79 game's rate will permit the aggressors to do their assaults against fewer adversary significant parts in the bar, accordingly preferring acquiring a point. According to José M Palao, the motivations behind this investigation were to decide reference esteems for the methods utilized and evaluate the viability of these procedures according to sex in volleyball. A distinct, correlational, and cross-over plan was finished. The factors that broke down were sexual orientation, kind of strategy, and adequacy of the procedure. The standard assault method was the most utilized assault. Assault viability was comparative for the two sexual orientations. The burrow procedure is regularly utilized as the lower arm contact. Burrow adequacy was comparable for the two sexual orientations. The information discovered shows that utilization of the methods and their viability is distinctive for males and females; accordingly, training techniques should likewise be extraordinary (Palao, 2009). In the research conducted by Jose Afonso, he talked about the collaborations between two rival teams that induced the rise of notable game examples. In volleyball, assault viability arose as the most grounded indicator of the eventual outcome. Accordingly, it happened to premier significance to comprehend which game examples bear the cost of achieving higher assault efficacies. These depended on the nature of the setting activity. Like this, the serve and the serve gathering compelled the setter's activities and the assailant's viability. In this manner, his examination's motivation was to look at the setting neighborhood indicators in world-class level men's volleyball. The reliant variant was the setting precinct, and the free factors were the worker player, serve type, serves heading, serve profundity, gathering zone, collector player, and gathering type. Multinomial calculated relapse was pragmatic to acquire the assessed probability of an event of the needy variable, in light of the autonomous factors' estimations. Just the serve heading indicated not to be prescient of the setting zone. Concerning the leftover aspects, the tennis hop serves, serves from the center player, profound serves, gathering close to the end line or sidelines, gathering by the zone 4 assailants when in the cautious zone, and low gathering all demonstrated to hinder the nature of the group, requesting the setter to play all the more regularly in the not adequate setting zone. Results recommended that serve-gathering ought to ideally cover the profound tennis bounce serve and endeavored to bear the libero more occasions to get. By zeroing in on the factors with the most proactive force, entertainers may better assign their consideration towards the most relevant signals at every second. Information on these intelligent models gave significant bits of knowledge into the activity groupings' elements, managing the cost of mentors' meaningful data and direction (Afonso, 2012).

CONCLUSION

The aim of study was to analyze the performance of a group of players in volleyball setting. Different colleges of district Chiniot was used as workplace, 36 female students have been selected

in beginner level. Their pretest was conducted to check their performance level. AAPHER volleyball skill test was conducted to measure the performance on setting skill used in volleyball for the period of eight weeks. Posttest was conducted to check the improvement of volleyball setting skills and evaluate the difference of training on the player. Due to the means of the two performances and the direction of the t-value, we can conclude that there was a statistically significant improvement in performance in following the training program from 2.42 ± 0.692 to 5.58 ± 1.538 ($p < 0.0005$); an improvement of 3.167 ± 1.521 . The research will be helpful for the new young players of volleyball. We are thankful of over teachers and the students of government colleges of district Chiniot.

Recommendations: The proposed research will be helpful for the researchers, students, teachers and colleges sports departments to improve the performance of volleyball players. Further study may be carried out in all-over Punjab and in universities as well. The study will also be helpful for sports boards and associations to make national level teams. This study suggests that college should have more infrastructure to promote this game in female athletes. The results show that the setting technique and team performance have important impact on volleyball players' performance, therefore this is time to think about the implementations and gain some fruitful benefits of it. The study indicates that every female student should be engage at least in one game. Government and Sports Federations should arrange the psychological training session as well as physical.

Limitations: The sample size was not large enough. The performance has been examined on female volleyball players only it can also be investigated on male volleyball players performance.

REFERENCES

- Aamina Bibi, M. Farhan Tabassum Saadia Hassan, Aqsa Ahmad, Rabia Karim, Saman (2020) Effect of sleep loss and mood on the performance of athletes, *Elementary Education Online*, 19 (3): 3617-3624.
- Afonso, J., Esteves, F., Araújo, R., Thomas, L., & Mesquita, I. (2012). Tactical determinants of setting zone in elite men's volleyball. *Journal of sports science & medicine*, 11(1), 64.
- Aqsa Shamim Ahmed, Muhammad Farhan Tabassum, Gul-E-Sehar, Maryam Iqbal, Sana Ullah Khan, Rabia Karim, Saadia Mahmood-ul-Hassan (2021) Determinants of Depression in Epileptic Patients in Pakistan, *Turkish Online Journal of Qualitative Inquiry*, 12 (9): 7514-7523.
- Aqsa S. A., S., Sadeea, H., & Saadia, H. M. (2020) The Relationship of Sports and Physical Activity to the Academic Achievement-A Case of Hearing-Impaired Children. *THE SKY-International Journal of Physical Education and Sports Sciences*, 4(1), 170-182.
- Araújo, D., Davids, K., & Hristovski, R. (2006). The ecological dynamics of decision making in sport. *Psychology of Sport and Exercise*, 7(6), 653-676. <https://doi.org/10.1016/j.psychsport.2006.07.002>

- Brown, C., George-Curran, R. & Smith, M. L. (2003). The role of emotional intelligence in the career commitment and decision-making process. *Journal of Career Assessment*, 11(4), 379–392.
- Calvete, E., & Cardeñoso, O. (2002). Self-talk in adolescents: Dimensions, states of mind, and psychological maladjustment. *Cognitive Therapy and Research*, 26(4), 473-485.
- Farwa Babar, Saadia Hassan, M. Farhan Tabassum, Sumera Sattar, Noor ul An Babar, Rabia Karim, Saman (2021) Analysis of table tennis skills: an assessment of shadow practice in learning forehand and backhand drive, *PalArch's Journal of Archaeology of Egypt/ Egyptology*, 18 (8): 4488-4502.
- Heslin, P.A., & Klehe, U.C. (2006). Self-efficacy. In S. G. Rogelberg (Eds.), *Encyclopedia of Industrial/Organizational Psychology*, 2, 705-708. Thousand Oaks: Sage.
- Hira Tahir, M. Farhan Tabassum, Saba Arshad, Hummaira Farah, Syeda Maryam Zahra, Aamir Nawaz, Fehmida Ayub, Saadia Hassan (2021) Progressive Muscle Relaxation Training Acting as a Mediator between Anxiety and Performance of Taekwondo Athlete, *Linguistica Antverpiensia*, 20 (4): 7669-7678.
- Hopkinson, M., Smolianov, P., Dion, S., Schoen, C., Norberg, J., & Boucher, C. (2018). Comparing Practices of US Volleyball Systems against a Global Model for Integrated Development of Mass and High Performance Sport. *ICHPER-SD Journal of Research*, 9(2), 9-19.
- Iqbal, Y., Aslam, S., & Ashfaq, M. (2019) THE IMPACTS OF CO-CURRICULAR ACTIVITIES ON PHYSICAL AND MENTAL HEALTH OF SECONDARY SCHOOL STUDENTS IN FATA. *THE SKY-International Journal of Physical Education and Sports Sciences (IJPESS)*, 3, 12-27. <https://doi.org/10.51846/the-sky.v3i0.232>
- Ivaskevya, D., Borysova, O., Fedorchuk, S., Tukaiev, S., Kohut, I., Marynych, V., Petrushevski, Y., Ivaskevych, O., & Mihăilă, I. (2019). Gender differences in competitive anxiety and coping strategies within junior handball national team. *Journal of Physical Education and Sport*, vol.19, art.180: 1242-1246.
- Javeria Iman Ullah, Yasmin Iqbal, M. Farhan Tabassum, Abdul Fahim, Sadaf Hussain, (2021) Effects Of Covid-19 Pandemic On Physical Activity Of University Athletes, *Webology*, 18 (6): 6686-6698.
- Jeoung, B. (2017). Relationship between sitting volleyball performance and field fitness of sitting volleyball players in Korea. *Journal of Exercise Rehabilitation*, 13(6), 647.
- Natali, S., Ferioli, D., La Torre, A., & Bonato, M. (2017). Physical and technical demands of elite beach volleyball according to playing position and gender. *The Journal of sports medicine and physical fitness*, 59(1), 6-9.
- Palao, J. M., Santos, J. A., & Ureña, A. (2004). Effect of team level on skill performance in volleyball. *International Journal of Performance Analysis in Sport*, 4(2), 50-60.
- Rabia Asghar, Saadia Hassan, M. Farhan Tabassum, Yasmeen Tabassum, Rabia Karim, Saman, Ayesha Qudus (2021) Impact of passion and emotional reactions to success and failure among athletes, *PalArch's Journal of Archaeology of Egypt/ Egyptology*, 18 (10): 7-16.

- Saadia Hassan., M. Farhan Tabassum Jamshaid Ahmad (2021a) A Critical Discourse Analysis of Editorial Cartoons, in the Context of India-Pakistan Relationship, Biannual Research Journal Grassroots, 55 (2): 177-197.
- Saadia Mahmood-ul-Hassan, Sana Ullah Khan, Rabia Karim, Aqsa Ahmad, Saima Rasheed, Muhammad Farhan Tabassum, (2021b) Hero And Antihero: An Ethic And Aesthetic Reflection Of The Sports, Webology, 18 (6): 6699-6709.
- Salles, W. D. N., Collet, C., Porath, M., Milistetd, M., & Nascimento, J. V. D. (2017). Factors associated to performance efficacy of technical-tactical actions in volleyball. *Revista Brasileira de Cineantropometria & Desempenho Humano*, 19(1), 74-83.
- Saima Rasheed, Akhtar Nawaz Ganjera, Muhammad Farhan Tabassum, (2021) Impact Of Transformational Leadership On Sports Practice Strategies Of Female Rugby Players, Webology, 18 (6): 6673-6685.
- Salma Sajid, M. Farhan Tabassum Sana Ullah Khan, Saadia Hassan, Rabia Karim, Ayesha Qudus (2020) Impact of group cohesion and team efficacy on the performance of school volleyball players, *Elementary Education Online*, 19 (3): 3355-3364.
- Sana Mazhar, Muhammad Farhan Tabassum, Saadia Mahmood-ul-Hassan, Sana Ullah Khan, Rabia Karim, Aqsa Shamim Ahmed (2021) Impact of Emotional Intelligence and Motivation on Sport Performance of Female Athletes, *Turkish Online Journal of Qualitative Inquiry*, 12 (10): 4916-4933.
- Schutte, N. S., Malouff, J. M., & Bhullar, N. (2009). The Assessing Emotions Scale. In C. Stough, D., Saklofske D & Perker J. (Eds.). *The assessment of emotional intelligence* (pp.119-135). New York: Springer Publishing.
- Threem Fatima, M. Farhan Tabassum Sana Ullah Khan, Saadia Hassan, Rabia Karim, Saman (2020) Wellness impact on the performance of young female athletes, *Elementary Education Online*, 19 (4): 5462-5470.