

## STUDY ON THE STYLE OF SPORTS COMMUNICATIONS CUSTOM FOR VOLLEYBALL TEAM MEDICINE CSU TÂRGU-MUREȘ

**Florin Țurcanu, Assoc. Prof., PhD and Dana Simona Țurcanu, Assist. Prof., PhD  
Candidate, University of Medicine and Pharmacy, Tîrgu-Mureș**

*Abstract: Style, styles: Specific way of expressing in a particular area of human activity for certain purposes of communication. Based on this definition and relating to the performance context of volleyball, we decided to conduct a study on the communication style between female volleyball players during an official game. This style of communication, in the sport environment, is called nonverbal communication. The target group consisted of the female players from CSU Medicina Tîrgu Mureș. The team plays in the first volleyball division from the Romanian National Championship and participated in the last 5 seasons of the Challenge Cup. The study was conducted in the 2013-2014 competitive season and consisted in exemplifying the ways of communication between players and between the game coordinator and the other teammates. This study aims to highlight the existence of a different style of communication, especially nonverbal communication that represents a starting point for all those involved in sports life and beyond.*

*Keywords: nonverbal communication, game coordinator, hitter, volleyball, second line attack.*

### **Introduction:**

Communication is a process of interaction between individuals, groups, the relationship mediated by spoken word, image, gesture, symbol or sign. Through it, individuals share their knowledge, experiences, interests, attitudes, feelings, opinions, ideas [4].

Viewed as a process, communication consists of transmitting and exchanging information (messages) between people. Communication means to tell those around you who you are, what you want, why you want one thing and what means will you use to achieve your goals. In this way, to communicate means also to be silent, to wait for the answer and the other person's reaction after letting him know that you exist and want to communicate something [1].

Communication is defined (by most specialists) *as a process by which a transmitter shares information to the receiver via a channel in order to produce certain effects on the receiver* [5].

According to estimates of recent studies, from the total number of messages shared, belonging to human communication, about 7% are verbal (words), 38% vocal, including voice tone, inflection, voice quality, rhythm, intensity, onomatopoeia, guttural sounds, sighing, sobbing, accent, intonation, etc., the remaining 55% representing nonverbal messages [6].

In conversation, the verbal component is less than 35% and nonverbal communication is 65%. Researchers agree that verbal language is predominantly used for sharing information, while body language expresses interpersonal attitudes, mental states, emotions and so on, although they are sometimes used to replace verbal messages [3].

Starting from the principle that communication is inevitable [2], everybody communicates, any behavior has communicative value, regardless of the presence or absence of indexes, signs or signals. In our case, the athletes rely exclusively on nonverbal communication and signs used for the transmission of information (technical-tactical)

between players. Through the nonverbal communication process, the athletes are always pursuing three main goals:

- The message to be understood;
- The message to be accepted;
- To provoke a reaction, a change of behavior or attitude after transmitting the message.

The channels transmitting information using nonverbal communication between athletes are:

- The body, through the head movement;
- The look, through expressive eyes;
- The face, through mimicry;
- Arms and legs, through the symbols previously established.

### Material and method:

In the game of volleyball, nonverbal communication is frequent. It is used on one side by the coach, to convey certain technical-tactical information to the players and on the other hand used by the players, especially by the game coordinator to send the *team combination* on different phases of the game to her colleagues.

This style of communication has the fundament in issuing messages with the main purpose to avoid interception by opponents.

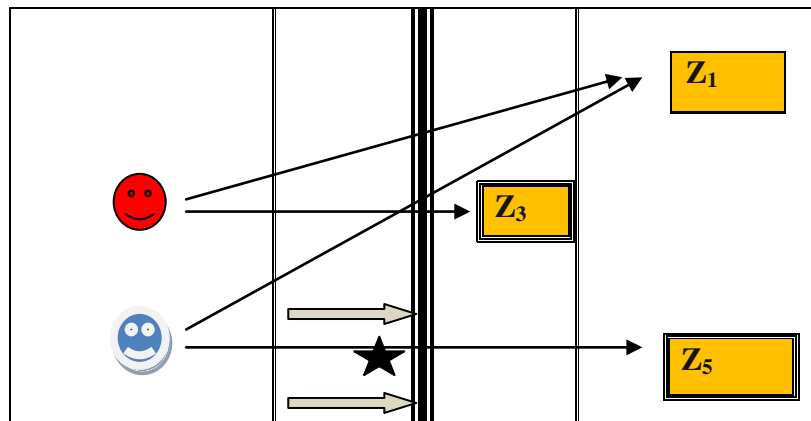
This study was conducted on CSU Medicina Tîrgu Mureş volleyball team, a participant in the Challenge Cup, 2013-2014 competitive season (Table 1):

Players from CSU Medicina Tîrgu Mureş

**Table 1**

No.	Name and surname	Field position	Age (years)
1.	S.K.	Player Z <sub>4</sub>	22
2.	S.A.	Player Z <sub>4</sub>	22
3.	N.R.	Libero	21
4.	C.B.	Player Z <sub>3</sub>	20
5.	F.M.	Libero	21
6.	C.L.	Setter	20
7.	I.R.	Player Z <sub>3</sub>	20
8.	T.A.	Player Z <sub>4</sub>	23
9.	C.D.	Player Z <sub>2</sub>	30
10.	P.A.	Setter	24
11.	T.G.	Player Z <sub>2</sub>	23
12.	I.R.	Player Z <sub>3</sub>	26

Next, we illustrate two game situations in which nonverbal communication can be found in different moments of the game (figure 1):



**Figure 1** Game moment – the setter in  $Z_2$

Legend:




-  the setter in passing position (after receiving the serve);
-  player  $Z_2$  /  player  $Z_4$

Illustration - Interpretation:

When playing with the setter in  $Z_2$  (Figure 1), we find the following elements in nonverbal communication:

1. **The transmitter**, is the game setter in passing position, which has a well-structured message (strategy combination) which is to be sent to the receiver.
2. **The receiver**, is represented by the other five players, to whom the message is addressed.
3. **The message**, is the set of information (tactical combinations) to be transmitted by symbols.
4. **The symbols**, are different signs that female players (specifically setter) use. The symbols are:
  - Closed back fist, thumb pointing up is combination 1: the player  $Z_4$  will do a second line of attack in  $Z_1$  or  $Z_5$  and the attack on the net is made during the 1 time.
  - Closed back fist, with the index and middle finger apart and upward is combination 2: the player  $Z_2$  will do a second line of attack in  $Z_1$  or  $Z_5$  and the attack on the net is made during the 1 time.
  - Closed back fist with little finger pointing up is combination 3: the player  $Z_4$  will do a second line of attack in  $Z_5$ , the player  $Z_2$  will do a second line of attack in  $Z_1$  and attacking the net will be done in the 1 time from  $Z_2$  or  $Z_3$ .
5. **Decoding**, involves deciphering the meaning of the received message, being the corresponding operation to encoding for the receiver at this time. This element is actually perceived by the female players who are in attack position as the tactical content appropriate to the combination to be performed on that moment of the game.
6. **The feedback**, is an important element of nonverbal communication. It shows the extent to which the message was understood, believed and accepted. The feedback, as information sent back to the source, can be positive (if it fulfills the role of motivation), negative (when following a corrective role), immediate or delayed. In a

game of volleyball, feedback, as a nonverbal communication element is identified with the understanding and especially by successfully transmitting the tactical combination immediately from the setter to their team colleagues.

- 7. The context of nonverbal communication**, represents the physical and psychosocial frame in which communication occurs. The context of nonverbal communication is influenced by factors such as physical context; psychosocial context; proximity (distance between transmitter and receiver). For the game of volleyball, the context of nonverbal communication is the playing field, the area of the field where the combination is executed and where the setter is, as the transmitter, when they deliver the message to their colleagues, as receivers.

### **Conclusions:**

This study has shown a pattern of tactical training for senior volleyball team, in relation to nonverbal means of communication between the players with the main purpose to avoid direct eye contact with the opponents.

The situations presented in this paper represents a starting point for volleyball coaches and others who have the obligation to surprise the opponent in order to achieve proposed performance goals and who are required to use tactics of nonverbal communication during game moments.

The diversity of nonverbal communication between female volleyball players and the complexity of its symbols is left to coach, at his ingenuity to adapt his knowledge to current performance values in the game of volleyball.

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