



ISSN: 2456-0057
IJPNE 2018; 3(1): 145-146
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www.journalofsports.com
Received: 25-11-2017
Accepted: 27-12-2017

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A comparative study of sports competitive anxiety between male and female volleyball players of Jammu and Kashmir

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Abstract

Purpose: The objective of present study was to compare the Sports Competitive Anxiety between the male and female volleyball player in Jammu District, (Jammu and Kashmir).

Methodology: Total (N=60) volleyball male and female players, male (30) and Female (30), belonging from the Jammu District, (Jammu and Kashmir) State were selected. The variable selected for the study was Sports Competitive Anxiety. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used as criterion measure. 't' test was used for comparing Sports Competitive Anxiety between the male and female players level of significance set at 0.05.

Results: The results show that no significant difference with the Male and Female volleyball players Sports Competitive Anxiety have of Jammu District.

Conclusion: On the basis of the results it was concluded that some other factors may be responsible for the results like: Small Sample Size and insincere response, mental set of the subjects.

Keywords: Anxiety, competitive anxiety, questionnaire, psychological variable

Introduction

Human beings are competitive by nature and passionate for the excellence in all athletic performances. Not only every man but every nation wants to show their supremacy by challenging other Individual, state, group or nation. This challenge stimulates, inspires and motivates the entire nation to strive for faster, higher, and further. It compels to exaggerate, strength, endurance and skills in the present competitive sports world. A highly competitive sport environment leads to anxiety among players. Competitive anxiety is one of the factors to decrease athlete's performance (Esfahani & Soflu., 2010) [3]. Sports is littered with broken dreams of those whose performance collapsed when they are most needed to be in control of themselves and focus on the task at hand. It is not uncommon to see athletes "freeze" in big games or moments or commit unexplainable error in the course of their performance. When athletes do not perform well in relation to their abilities, nervousness in anticipation of the sporting challenges could be the root cause of anxiety. Deba Prasad (2016) [1]. Anxiety refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self-confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles (Akbar *et al.*, 2011). Anxiety as a negative emotional state, can affect athletes performance by display cognitive and physiological symptoms (Weinberg & Gould, 2011; Anshel 2003) [4]. Anxiety play important role in sports performance. The present study revealed that individual sports players have more pre competitive anxiety than team game players. The success of athlete depends upon how he is able to control his anxiety during competition and keep it at optimum level. Psychological training should aim at mental stability, a coach should expose the athlete to competition situation repeatedly so that the athlete could accustomed with new situations and circumstances arises during competition as new situations arises anxiety. In team sports the accountability of a player is less than an individual sports because spectators will evaluate the performance of a team not a single player and consequently individual athletes as well as their coaches are much more worried about their mistakes than team athletes. Singh Amandeep and Kumar Vikesh (2016) [2].

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“Sports psychologist has long believed that high levels of anxiety during competition are harmful, worsening performance and even leading to dropout.” Anxiety may be reduced or it may be increased with circumstances. Athletes can manage anxiety using techniques such as relaxation, hypnotherapy, cognitive behavior therapy and positive thinking. Khushdil Muhammad (2017) [5].

Materials and Methods

Subjects for the Study

For the present study (N=60) volleyball players from (30) male and (30) female were taken. Age ranged of the players between 18-25 years. The Groups belongs to Jammu District, (Jammu and Kashmir)

Variables

The variable selected for the present study was Sports Competitive Anxiety.

Criterion Measures

For the purpose of the this study was Score obtained in the sports competition anxiety test questionnaire In this study Sports Competition Anxiety Test (SCAT Martens, 1990) was used to measure Sports Competition Anxiety. score sequence was 1, 2, 3, for ten test items which were taken for the scoring purpose were 2, 3, 5, 6, 8, 9, 11, 12, 14, and 15 6 and 11 score reverse was carried according to the following key score (1) Response hardly ever (2) sometime (3) often however Spurring questions e.g. 1, 4, 7, 10 and 13, were not scored out as suggested by Rainer Marten. Was criterion measure of the study Sports competition anxiety Test (SCAT) constructed by was used for the collection of data for this study.

Scoring of SCAT

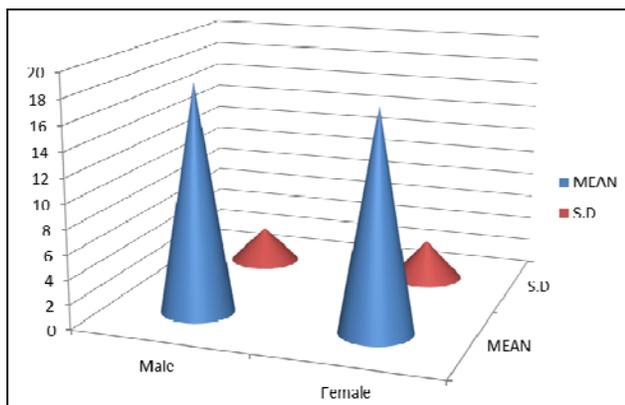
Sports Competition Anxiety Test (SCAT) by consists of total 15 statements. Scores obtained for each statement was added up which represent an individual's total score on Sports Competition Anxiety (SCAT Score). Then the SCAT score was analyzed.

Result & Discussion

Table 1: Mean and standard deviation of sports anxiety test of volleyball Male and Female Players. Descriptive Statistics

Groups	N	M	SD	t-Value
Male	30	18.53	2.88	1.1786
Female	30	17.61	3.16	

Significant at 0.05 level



Graph 1: Graphical representation Mean and SD of sports competition anxiety of male and female Volleyball players.

After the administration of questionnaire the Sports Competition Anxiety data was collected on total (N=60) (sixty) volleyball Players, (30) Male and (30) Female were selected as subjects from District Jammu, Jammu and Kashmir. To characterize and compare the sports competition anxiety test (SCAT) of male and female volleyball players. It is found that 't' value (1.1786) from table 1 there is no significant difference between male and female volleyball players of Jammu District, Jammu and Kashmir.

Conclusion

After the analysis of the data, researcher found that no significant difference between the female and male volleyball players in the Jammu and Kashmir State in relation to Sports Competitive Anxiety. On the basis of mean scores it can be seen the female volleyball players were having less Sports Competitive Anxiety level than male volleyball players. During the study researcher was realize that the Competitive Anxiety depends upon player's experience and level of anxiety reduce with number of participation in the different tournaments.

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