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## Comparative study on sports anxiety level among men volleyball and basketball players of Chennai

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### Abstract

The purpose of the study was to compare the sports anxiety level among men volleyball and basketball players of Chennai. A sample of 20 volleyball and 20 basketball collegiate players were selected from Chennai. Sample age between 17 and 21 years were selected for this study. The Sport Anxiety Scale-2 by Smith *et al.*, questionnaire was used to assesses the competitive trait anxiety. The scale measures responses for three factors: somatic anxiety, worry and concentration disruption. Data were collected before the first round of the intercollegiate tournament. Descriptive statistic (Mean, Standard Deviation), Independent t- test was applied to analyze and compare the degree of sports anxiety between the volleyball and basketball players. The level of significance was set at 0.05. Results indicated that there are significant difference found between the players in sports anxiety.

**Keywords:** Sports anxiety, volleyball, basketball players

### Introduction

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. APA defines anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure". But if your feelings of anxiety are extreme, last for longer than six months, and are interfering with your life, you may have an anxiety disorder. Anxiety feels different depending on the person experiencing it. Feelings can range from butterflies in your stomach to a racing heart. You might feel out of control, like there's a disconnection between the mind and body (Rebar *et al.*, 2019) [8].

Anxiety in sport is most common in competitive sports environments and could also be termed as competitive stress. A lack of consensus makes it difficult to clearly define anxiety and stress in sport, but one definition, proposed by sport psychology consultant Dr. Graham Jones in the book "Sport Psychology: A Self-Help Guide," is that it's "the result of an interaction between the individual and the environment an emotional response to the demands placed upon the individual by the environment."

Anxiety has two main types: State anxiety is transient and specific only to the particular situation an athlete finds himself/herself in. Trait anxiety is more general and enduring, suggesting a predisposition to anxiety in all areas of life, not just in sport. Other ways people experience anxiety include nightmares, panic attacks, and painful thoughts or memories that cannot be controlled. You may have a general feeling of fear and worry, or you may fear a specific place or event (Athar & Sampson, 2013) [2].

Cognitive is the mental component, characterized by negative expectation about success or self- evaluation, negative self-talk, inability to cope, worry about performance, fear of failure, inability to concentrate and attentional narrowing (Jervis, 2002) [4]. Worry is identified as a defining characteristic of trait anxiety (e.g., Eysenck & Van Berkum, 1992; Schwarzer, 1996) [3, 9]. That is, players who are prone to experiencing anxiety have a tendency to worry because they have an attentional disposition to observe situational threats (e.g., Mathews, 1990) [5].

Symptoms of anxiety are varied and individual to each athlete, but they can generally be recognized on three levels: Cognitive symptoms relate to thought processes, including fear, indecision, poor concentration, loss of confidence and defeatist self-talk. Somatic (physical) symptoms include muscular tension, clammy hands and feet, increased heart rate, sweating and butterflies in the stomach.

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Behavioral symptoms relate to patterns of behavior, including inhibited posture, fingernail biting, avoidance of eye contact and uncharacteristic displays of introverted or extroverted behavior.

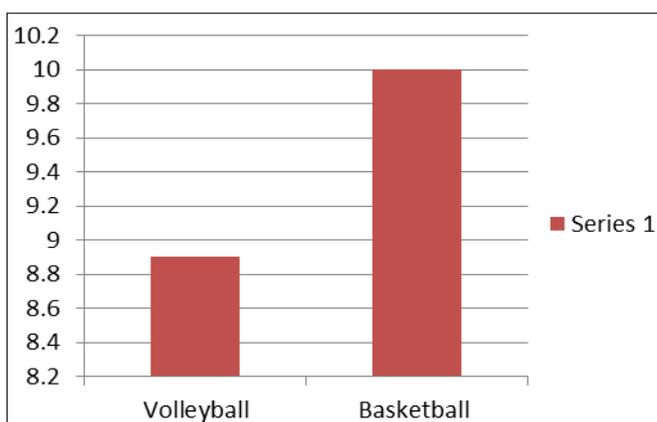
**Methodology**

For the purpose of the study, 20 volleyball and 20 basketball collegiate players were selected from Chennai. Sample age between 17 and 21 years were selected for this study. The Sport Anxiety Scale-2 by Smith *et al.*, questionnaire was used to assesses the competitive trait anxiety. Before administering the test, the procedure of the questionnaire and the purpose of the test were briefly explained to all the subjects for better understanding and to increase the motivation level. Sport Anxiety Scale – 2 has 21 questions. The athlete answers the 21 questions, with no time limit for completion. The scale uses a four-point Likert scale for the responses, ranging from one (not at all) to four (very much). The scale measures responses for three factors: somatic anxiety, worry and concentration disruption. The subjects were asked to respond to each question honestly how they generally feel at the time of competition. Scores obtained for each question was calculated and added which represent an individual's total score on Sports Anxiety Scale - 2. Then the score was analyzed. Descriptive Statistic (Mean, Standard Deviation), Independent t-test was applied to analyze and compare the degree of Sports Anxiety between Volleyball Players and Basketball Players. The level of Significance was set at 0.05.

**Results**

**Table 1:** Descriptive table of Somatic Trait Anxiety Score in relation to Sports Anxiety between Volleyball and Basketball Players

Somatic Trait Anxiety Score					
Group	N	Mean	S.D.	't' value	Level of Significance
Volleyball	20	18.9	3.63	0.491	<0.05
Basketball	20	18.3	3.45		

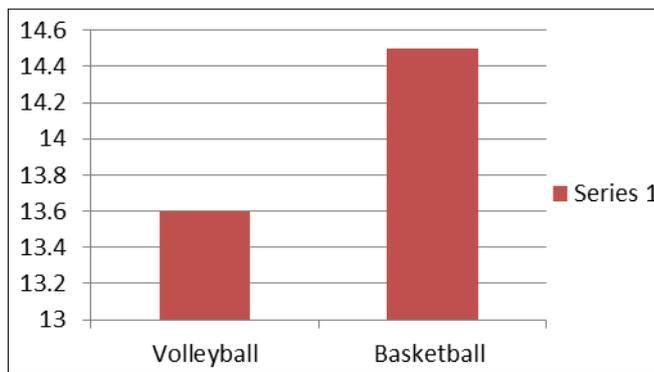


**Fig 1:** Somatic trait anxiety

Table 1 reveals the mean and standard deviation of somatic trait anxiety in relation to Sports Anxiety of volleyball players: 18.9±3.63, Basketball players: 18.3±3.45, t value of 0.491 with a table value of 2.024

**Table 2:** Descriptive table of Worry Score in relation to Sports Anxiety between Volleyball and Basketball Players

Worry Score					
Group	N	Mean	S.D.	't' value	Level of Significance
Volleyball	20	13.6	2.7	0.835	<0.05
Basketball	20	14.5	3.97		

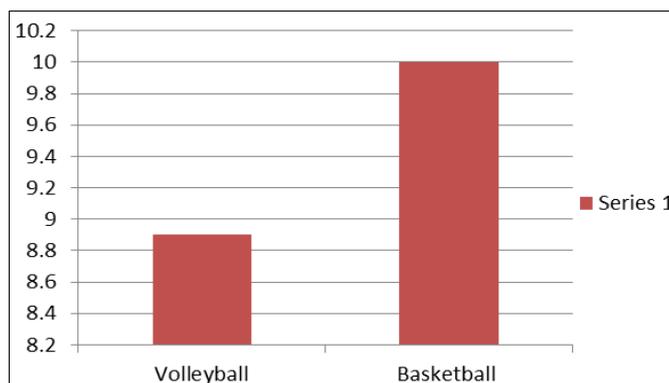


**Fig 2:** Worry score

Table 2 reveals the mean and standard deviation of Worry Score in relation to Sports Anxiety of volleyball players: 13.6±2.7, Basketball players: 14.5±3.97, t value of 0.835 with a table value of 2.024

**Table 3:** Descriptive table of Concentration Disruption Score in relation to Sports Anxiety between Volleyball and Basketball Players

Concentration Disruption Score					
Group	N	Mean	S.D.	't' value	Level of Significance
Volleyball	20	8.9	1.82	0.951	<0.05
Basketball	20	10.0	4.59		



**Fig 3:** Concentration disruption

Table 3 reveals the mean and standard deviation of somatic trait anxiety in relation to Sports Anxiety of volleyball players: 8.9±1.82, Basketball players: 10.0±4.59, t value of 0.951 with a table value of 2.024

**Discussion**

In sports, Anxiety assumes a significant role. It is a challenge in sports contribution which produces anxiety. How a player handles the Anxiety decides how successful the player would be. Anxiety might be a positive persuading power or it might discourage with effective execution in games. The degree of tension likewise shifts with various conditions. Anxiety is probably going to be more noteworthy in competitive sports than non-competitive sports because players are required to win an extraordinary interest are made up on them to progress.

It is revealed from the above findings showed by t test, there was no significant differences between the players of volleyball and basketball in relation to somatic anxiety, worry and concentration disruption. Our findings are supported by the other research study by Khan, 2015, has a contradictory result shows that there was no significant difference between the Competitive Anxiety of university players of different sports.

While, another study by Dabir, 2015, indicates that there was a significant difference between the means of Table Tennis players and Volleyball players on scores of sports competition anxiety test score.

### Conclusion

On the basis of the findings, it was conclude that there was no significant differences in Sports Anxiety between Volleyball players and basketball players.

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