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## Comparative study of the anxiety and aggression among district level, state level and national level female volleyball players

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### Abstract

The purpose of this study was to compare the anxiety and aggression among district level, state level and National level Female Volleyball players.

For the purpose of this study two hundred fifty and twenty different levels of Volleyball players were selected as subjects. The subjects were of three levels i.e. district level, state level and national level. Equal numbers of subjects were randomly selected for this study. For each level seventy five male Volleyball players were selected. The ages of the subjects were between seventeen and twenty five years. On the basis of available literature and discussion with experts following variables were selected for the purpose of this study: Anxiety and Aggression.

Aggression was measured by using Sports Aggression Inventory, developed by Anand Kumar and Prem Shankar Shukla.

For the assessment of Sports Competition Anxiety questionnaire developed by Reiner Martin was used. The data collected were analyzed with the help of Analysis of Variance (ANOVA) at 0.05 level of significance. There was no significant difference among different levels of Volleyball players in relation to aggression because the calculated value of Tab. F .05 (2,222) = 1.114 was lower than the tabulated value of Tab. F .05 (2,222) = 3.04. There was no significant difference among different levels of volleyball players in relation to Anxiety as obtained F-ratio 1.16 was lower than the tabulated value of Tab. F .05 (2,222) = 3.04. There was no significant difference among different levels of volleyball players in relation to Anxiety. There was no significant difference among different levels of Volleyball players in relation to aggression.

**Keywords:** Anxiety, aggression, female volleyball players, sports competition

### Introduction

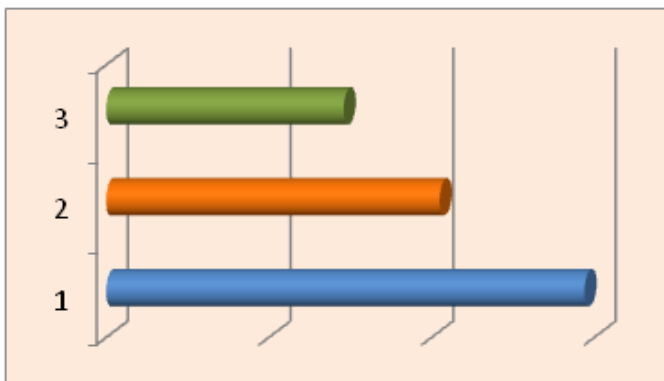
Volleyball has become very popular all over the world. Almost all the nations play this game for enjoyment and competitions. The volleyball game was invented more as a recreational game rather than anything else involving more people. At first, volleyball was used without a net throwing the ball from one group to another. During the past couple of decades the game has drastically changed in its nature and it has taken a different shape as we see today. At present volleyball has also got its modified/changed version which is more popularly known as Beach Volleyball. Both the version of game requires high demands of physical, physiological and psychological qualities to compete and excel at the national and international level. However, the modern volleyball is the game which calls for strenuous continuous thrilling action. The skill involved in the game are of simple, natural and highly stimulating and satisfying to any one who participates in the game. The skill includes diving, spiking, blocking etc. which are demands of modern volleyball. Aggression and aggressiveness have several different meanings in everyday speech - the actions of a brutal slayer or a successful salesperson - are we talking about the same thing? Aggression (psy defn) any form of behavior directed toward the goal of harming or injuring another living being who is motivated to avoid such harm. Anxiety is a natural human reaction that involves mind and body. It serves an important basic survival function: Anxiety is an alarm system that is activated whenever a person perceives danger or threat. When the body and mind react to danger or threat, a person feels physical sensations of anxiety - things like a faster heartbeat and breathing, tense

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muscles, sweaty palms, a queasy stomach, and trembling hands or legs. These sensations are part of the body's fight-flight response. They are caused by a rush of adrenaline and other chemicals that prepare the body to make a quick getaway from danger. The fight-flight response happens instantly when a person senses a threat. It takes a few seconds longer for the thinking part of the brain (the cortex) to process the situation and evaluate whether the threat is real, and if so, how to handle it. If the cortex sends the all-clear signal, the fight-flight response is deactivated and the nervous system can relax.

The purpose of this study was to compare the anxiety and aggression among district level, state level National level Female Volleyball players.

For the purpose of this study two hundred fifty and twenty different levels of Volleyball players were selected as subjects. The subjects were of three levels i.e. district level, state level and National level. Equal numbers of subjects were randomly



### Conclusions

There was no significant difference among different levels of volleyball players in relation to Anxiety. There was no significant difference among different levels of Volleyball players in relation to aggression.

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