



ISSN: 2456-0057
IJPNPE 2018; 3(1): 1119-1121
© 2018 IJPNPE
www.journalofsports.com
Received: 21-11-2017
Accepted: 23-12-2017

Satyanarayana LH
Guest Faculty, Department of
P G Studies & Research in
Physical Education and Sports
Sciences University of Mysore,
Karnataka, India

Pooja M
Physical Education Director,
University College of Arts &
Commerce, Jnana Sahyadri,
Shankaraghatta, Bhadravathi,
Shimoga, Karnataka, India

Nagraja Y
Research Scholar Department of
P G Studies & Research in
Physical Education Kuvempu
University, Shanakaraghatta,
Shivamogga, Karnataka, India

Correspondence
Satyanarayana LH
Guest Faculty, Department of
P G Studies & Research in
Physical Education and Sports
Sciences University of Mysore,
Karnataka, India

Compare the competitive state anxiety of handball and volleyball Kuvempu University inter-collegiate men players

Satyanarayana LH, Pooja M and Nagraja Y

Abstract

Introduction: In modern competitive sports, the anxiety in sportsmen has affected their performance. As the physical load during the training of sportsman for international competition is also intensified, the sportsmen like other athletes are anxiety prone while participating in competitive sports. Modern sports training gives greater emphasis on preparing the athletes psychologically than physically, though both play a significant role. Physical educators and coaches believe that without psychological preparation, there is little chance of success at the higher level of competitions. Several investigations have revealed that apart from somatic and psychological variables, higher level of performance depends upon an athlete's psychological makeup. The Psychological preparation of athlete is an important aspect of the total preparation of the athlete for better performance.

Purpose: The purpose of the present study was to compare the competitive state anxiety of Handball and Volleyball Kuvempu University Inter-collegiate men players.

Methodology: The subjects for the present study were sportsmen who participated from their respective colleges in Handball and Volleyball Kuvempu university Inter-collegiate tournament during the year 2017. The subjects had represented their respective colleges in the Kuvempu University Inter-collegiate competitions in Handball and Volleyball games. Sample for the present study consist of one hundred and sixty (N=80), subjects who were in the age group of 18-28 years. Out of 80 subjects serving as sample for the present study, 40 subjects (N=40) belongs to Handball and 40 subjects (N=40) belongs to Volleyball.

Hypothesis: There may not be any significant difference in competitive state anxiety between Handball and Volleyball Kuvempu University Inter-collegiate men players.

Keywords: competition, anxiety, volleyball, handball

1. Introduction

An individual feels mentally disturbed, he is said to be an anxious mood. As for as anxiety in the field of physical education and sports activities are concerned, it is said that anxiety is most common in competitive sports environment (Feldman G *et al.* 2007) ^[1]. Anxiety and sports are deeply related with each other. He further stated that anxiety is not always bad but it can help the players in focusing and alerting in performing their actions. While participating in various sports activities, it is observed that the participants get anxious (Robinson E *et al.* 2015) ^[2]. A great deal of research has been devoted to the effect of anxiety on sports performance. Researchers have found that competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens, 1977) ^[3]. Anxiety, as negative emotional, affect perceptions in sport competitions, where a large majority of athletes consider anxiety to be debilitating towards performance, which may result in decreases in performance (Weinberg *et al.* 2011) ^[4]. Performance indicator most consistently affected by anxiety, reading significant level in the following situations (1) players who participated over 20 minutes, (2) in the relationship between the length of time played, number of personal fouls and turnovers (3) game starter with anxiety represented by one test item and non-starters by seven test items, (4) all players with anxiety represented by five different test items). Recent investigation found that male and female athletes suffering stresses resulted pressure to win, excessive anxiety, frustration conflict, irritation and fear, which significantly affected their mental or emotional health (Humphrey, Yow & Bow 2000) ^[5].

2. Methodology

The subjects for the present study were sportsmen who participated from their respective colleges in Handball and Volleyball Kuvempu university Inter-collegiate tournament during the year 2017. The subjects had represented their respective colleges in the Kuvempu University Inter-collegiate competitions in Handball and Volleyball games. Sample for the present study consist of one hundred and sixty (N=80), subjects who were in the age group of 18-28 years. Out of 80 subjects serving as sample for the present study, 40 subjects (N=40) belongs to Handball and 40 subjects (N=40) belongs to Volleyball. Sample for the present study consist of one hundred and sixty (N=80), subjects who were in the age group of 18-28 years. Out of 80 subjects serving as sample for the present study, 40 subjects (N=40) belongs to Handball and 40 subjects (N=40) belongs to Volleyball.

2.1 Criterion Measure

The criterion measure selected was Competitive state Anxiety.

2.2 Selection of the Tool

In order to collect data necessary for the present study there was a need for an objective psychological tool that would measure Anxiety. The (CSAI- 2) developed and standardized by Martens, Vealey and Burton 1992 was used because of the following reasons.

- It was simple enough and economical
- It has been widely and extensively used in the field of psychological testing, and could be conveniently adopted for the purpose of the study
- It is an objectively score able test
- The items and questions in the test could be easily understood by the responders.

2.3 Description of the Tool

The competitive state anxiety inventory 2 (CSAI-2) tests was designed and standardized by Martens, Vealey and Burton 1992 consists of a series of questions numbering 27. Each item or question in the questionnaire has got four answers.

Each subject will have to tick for 1, 2, 3,4, subject has to put a tick mark against any of the four answers that would reveal the response of competitive state anxiety of each subject. All instructions in the questionnaire are very clearly stated and responses were assessed based on the scoring keys given by the authors.

3. Statistical Analysis

To test the research hypothesis, 't' test for difference of means was used with the level of significance being set at 0.05 percent The statistical package for social science was used to calculate 't' value.

4. The Analysis, Interpretation and Results of Study

To achieve the purpose of present investigation the investigator administered Martens, Vealey and Burton 1992 inventory to one hundred and sixty subjects (N=80) in the age group of 18-28 years who had participated in the Kuvempu University intercollegiate tournaments during the year 2014 - 2015. The sample included 40 students (N=40) participating in Handball and eighty Volleyball men players (N=40). Necessary data relevant to the present study were collected through the responses of the selected subjects to the competitive state anxiety inventory administered to them. Statistical analysis of data revealed the following findings which have been presented in table 1.

Table 1: Showing the Mean Value, Standard Deviation and 't' Value Of the Cognitive State Anxiety

S. No.	Players	N	Mean	S.D.	't' value
1	Handball	40	20.99	3.87	2.44
2	Volleyball	40	19.57	3.28	

The mean difference in cognitive state anxiety was analyzed by 't' test for statistical significance of inter collegiate Handball and Volleyball men players. It is evident from the table 1 that there is significant difference exists between the inter collegiate Handball and Volleyball men players in cognitive state anxiety. Since the calculated 't' value 2.44 was found to be greater than tabulated 't' value 2.00 required to be significant at 0.05 level. Therefore there is significant difference exist in cognitive state anxiety of inter collegiate Handball and Volleyball men players.

Table 2: showing the mean value, standard deviation and 't' Score of The Somatic State Anxiety

S. No.	Players	N	Mean	S.D.	't' value
1	Handball	40	21.04	4.35	1.76
2	Volleyball	40	19.91	3.82	

The mean difference in Somatic State Anxiety was analyzed by 't' test for statistical significance of inter collegiate Handball and Volleyball men players. It is evident from the table 2 that there is no significant difference exists between the inter collegiate Handball and Volleyball men players in. Somatic State Anxiety Since the calculated 't' value 1.76 was found to be lesser than tabulated 't' value required to be significant at 0.05 level. Therefore there is no significant difference exist in Somatic State Anxiety of inter collegiate Handball and Volleyball men players.

Table 3: showing the mean value, standard deviation and 'T' score of the self confidence

S. No.	Players	N	Mean	S.D.	't' value
1	Handball	40	18.89	5.47	2.16
2	Volleyball	40	20.71	5.47	

The mean difference in Self Confidence was analyzed by 't' test for statistical significance of inter collegiate Handball and Volleyball men players. It is evident from the table 3 that there is significant difference exists between the inter collegiate Handball and Volleyball men players in. Self Confidence Since the calculated t value - 2.16 was found to be greater than tabulated 't' value required to be significant at 0.05 level. Therefore there is significant difference exist in Self Confidence of inter collegiate Handball and Volleyball men players.

5. Conclusion

1. Handball men players were having more cognitive state anxiety than the Volleyball men players. The calculated 't' value showed a significant difference between them since the calculated 't' value is greater than the critical 't' value.
2. In somatic state anxiety there is no significant difference between Handball and Volleyball intercollegiate men player. But when the mean scores of both the players were compared Handball players better than Volleyball players in somatic state anxiety.
3. Volleyball men players were having more self-confidence than the Handball men players. The calculated 't' value showed a significant difference between them since the calculated 't' value is greater than the critical 't' value.

6. Reference

1. Feldman G, Hayes A, Greeson J, Kumar S, Laurenceau JP. Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R). *Journal of Psychopathology and Behavioral Assessment*. 2007; 29:177-190.
2. Robinson E, Smith E. *Biblical Researches in Palestine and the adjacent regions*. Cambridge University Press, New York, USA. 2015, 2.
3. Simon JA, Martens R.S.C.A.T. as a predictor of A-states in varying competitive situations. In D. M. Landers & R. W. Christina (Eds.), *Psychology of Motor Behavior and Sport, Human Kinetics, Champaign, IL*. 1977; 2:146-156.
4. Weinberg RS, Gould D. *Foundations of Sport and Exercise Psychology*, 2nd ed. Champaign, IL: Human Kinetics, 2011.
5. Humphrey JH, Yow DA, Bowden WW. *Stress in college athletics: Causes, consequences, coping*. Binghamton, NY: The Haworth Half-Court Press, 2000.