A comparative study of sports anxiety among netball and volleyball players

Pramod Subhas Gangoudhar
Guest Faculty, P G Department of Studies in Physical Education, Karnataka University, Dharwad, Karnataka, India

Abstract
“Competition is a social process that occurs when reward are given to people on the basis of how their performance compare with the performance of other doing the same task or participating on the same event” (Coakley, 1994). “Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension is associated with activation or arousal of the body.” (Robert S Weinberg & Daniel Gould, 2007). The purpose of the study was comparing the Sports Competition Anxiety between Volleyball and Netball male players. The subjects for this study were (N=70) male were 35 each from Volleyball and Netball male players and age ranged from 18 to 25 years. The sample was selected through Purposive Random Sampling from the pool of players playing Volleyball and Netball under Karnataka University Dharwad. For the Acquisition of Sports Competitive Anxiety Questionnaire developed by Martin (1990) was used to collect the data of the study. The independent ‘t’ test was used to analyze data. The findings of the study revealed that there is no significant difference was found between Volleyball male players and Netball male players in their Sports Competition Anxiety.

Keywords: Competition, anxiety, volleyball and netball

Introduction
“Competition is a social process that occurs when reward are given to people on the basis of how their performance compare with the performance of other doing the same task or participating on the same event” (Coakley, 1994). “Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension is associated with activation or arousal of the body.” (Robert S Weinberg & Daniel Gould, 2007). State anxiety on be considered to be more situational in nature and is often associated with arousal of the autonomic nervous system that anxiety can be thought of as a world view that an individual uses when coping with situation in his or her environment (Spielberger, 1966). Researchers based found that, Competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens. 1977). Studied the anxiety and performance in selected non-professional athletes and result suggest that there was a significantly negative correlation between anxiety scores and performance on the irritability, depression & anxiety questionnaire Hannon, B. & Fitzgerald, P. (2006). Our ability to obtain independent measure of cognitive and somatic state anxiety has greatly enhanced our knowledge about the athletic situation. One of the factors that are believed to significantly influence the qualities of the athletic experience is the level of state anxiety during the time leading up to competition. Pre competitive anxiety starts relatively high and remains high and stable as the time of the event approaches. (Richard H. Cox -2007). Sometimes, anxiety may be helpful in tasks that require strength or powers but in some other events, a high level of anxiety may be injurious. Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. Volleyball is a complex game of simple skills. Volleyball game requires comprehensive ability including physical, technical, mental and tactical abilities. Among them sports anxiety of players exert marked effects on the skills of the players themselves and the tactics of the team. Netball, as it is seen today has undergone a tremendous improvement since its birth. The game of Netball is one of the most popular games in the world. The most popular of these sports worldwide is association Netball, more commonly known as just ”Netball.”
All sports involve physical and mental activities that are pursued for more than simply useful reasons. For instance, running, when done as a sport, occurs for reasons beyond simply moving from one place to another. Value is gained from this activity when it is conducted simply for its own sake. Sports make people mentally strong. Success and failure are both parts of sports as well as life. A sportsman knows that there will be times when he will win matches, there will also be times when he will lose them. A sportsperson knows how to handle defeat and thus, treats success and failure equally. This is an important lesson too, which sports can teach a person. Besides this, another importance of sports for children or for adults is that it teaches them how to handle competition.

Objectives of the study
1. The study may help to find out the level of competition anxiety among Netball and Volleyball Players.
2. A Study on Psychological aspects of Netball and Volleyball players is essential on assess their quality of mental fitness.
3. The result of the study be useful to physical education direction, coacher and authorities of physical education to formulate practical programme to give special psychological training regarding anxiety.

Hypothesis of the study
It was hypothesized that sports competition anxiety level be differ among Netball and Volleyball players.

Tools used for the study
Sports Competition Anxiety Test (SCT)
As the investigation of anxiety in sports psychological progressed, Martons expressed the need for sport specific measures of anxiety and developed the sport anxiety test (SCAT) to measure competition train anxiety, Competition trait anxiety. Competitive trait anxiety was defined as the “Tendency to perceive sports situation as their training and to respond to these situation as apprehension and tension.” Martens also noted the need for a sport specific measure of state anxiety. Questions 1, 4, 7, 10 and 11 scores zero regardless of the response.

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<th>Interpretation of scat scores</th>
<th>Less than 17</th>
<th>17 to 24</th>
<th>More than 24</th>
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<td>you have low level of anxiety</td>
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<td>you have an average of anxiety</td>
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<tr>
<td>you have a high level of anxiety</td>
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Scoring of scat sports competition anxiety
Scoring of SCAT Sports Competition Anxiety Test (SCAT) by Martens et al. 1990 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.

Statistical analysis
Descriptive Statistic, Mean, Standard Deviation and Independent t-test was applied to compare the degree of Sports Competitive Anxiety between Volleyball and Volleyball male players. The level of Significance was set at 0.05. 3. Results The scores were obtained by using the key as suggested by Martens et al. 1990. All the individual SCAT Score was used to judge the level of anxiety.

Conclusion
The following conclusions were drawn on the basis of the analysis of the present data:
1. No significant difference was found between the Volleyball and Netball ball players in relation to Sports Competitive Anxiety.
2. Volleyball male players have greater Sports Competitive Anxiety level than Netball male players.

References