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## A comparative study of sports anxiety among netball and volleyball players

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### 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 Radom Sampling from the pool of players playing Volleyball and Netball under Karnatak 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".

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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 sports man 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.

Interpretation of scat scores

Less than 17	you have low level of anxiety
17 to 24	you have an average of anxiety
More than 24	you have a high level of anxiety

**Sample of the study**

**Methodology**

For the present study 35 Volleyball male players and 35 Netball male players were randomly selected to serve as subjects of the study. Those who had participated in Karnatak University Inter Collegiate Competition. Age of the subjects ranged between 18-25 years. In this study Sports Competition Anxiety Test (SCAT Martens *et al.*, 1990) was used to measure Sports Competition Anxiety.

**Administration of the test**

Based on expert opinion and by personal understanding the Sports Competition Anxiety Test (SCAT) by Martens *et al.*, 1990 was used. 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

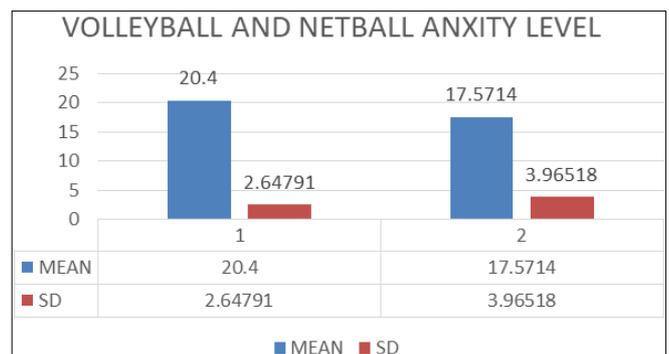
increase the motivation level. SCAT had fifteen items out which five were spurious questions which was added to the questionnaire to diminish response bias towards actual test items these five questions were not scored. The subjects were instructed to respond to each item according to how he generally felt at the time of competition. Every player had three possible responses i.e. (a) Rarely (b) Sometimes (c) Often The 15 test items which were taken for scoring purpose were 2, 3, 5, 6, 8, 9, 12, 13, 14, 15, the remaining items which was not scored out were, 1, 4, 7, 10, 11.

**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.

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