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## An analysis of self-concept and anxiety among Volleyball and Handball players

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### Abstract

The Purpose of the present study is to find out the Self-concept and anxiety among Volleyball and Handball of Faculty of Physical Education and Sports Science, AT. Sadra, Ta. Dist. Gandhinagar. (Gujarat), Gujarat Vidyapith, Ahmedabad, India. The sample for the present study is Thirty Male Volleyball and Thirty Male Handball those who have participated in the Faculty of Physical Education and Sports Science, intramural competition during the year 2017-18. R.K. Saraswath Self-concept Questionnaire and Sinha's Comprehensive Anxiety Test are used in the study. Each of the two instruments was administered individuals as well as a small group. Prior to administration of test through informal talk was explained the subjects procedures of the tests. This study shows that Sprinters are having high self-concept and low anxiety compare to Volleyball. It is concluded that that Handball are having the good self-concept and less anxiety to achieve the high level of performance.

**Keywords:** Self-concept, anxiety, Volleyball and Handball players

### Introduction

Currently, the performance is the most predominant value in the vast majority of athletes. The importance of the issues put under pressure. Whatever level of performance, anxiety is omnipresent. It is part of the competition, training and everyday life [1]. In addition, the concerns of coaches are attached to results. Most of the time, coaches set victory as the main objective of training sessions, rather than helping the athlete to take advantage of the qualities that predispose him/her to give a better performance. It teaches him/her to win against his opponent to be better in every way. This deviation from the basic sense of the training can be a source of anxiety and bad stress. It is noted that the stress episode has three facets: self-confidence, anxiety, cognitive and somatic anxiety [2]. However, some situations can be stressful for athletes. Stress arises from the interaction of the complex transaction between the individual and the situations as well as issues that result, particularly related to new social assessments.

Thus, self-esteem will be called and threatened by the stressful situations encountered. This is why it seems particularly relevant to consider self-esteem in the model of anxiety and stress. However, self-esteem is defined as an individual's assessment and which he/she usually maintains of him/herself, this expresses an attitude of approval or disapproval, and indicates how the individual feels capable, significant, successful and honorable [3]. It is therefore of value, either positive or negative, a person is given, in relation to a sense of competence or social approval. If this concept has become so important in recent decades, it's probably also because of its impact on the psychological well-being and mental health [4, 5]. In addition, high self-esteem can help athletes to withstand negative pressure and maintain good relationships [6]. It also allows them to have better performance [7] and be less anxious. In addition, certain situations, including difficult and threatening ones, could have an impact on the level of self-esteem [8]. In contrast, anxiety and stress may influence self-esteem [9]. It seems, therefore, that anxiety can have a short term impact on self-esteem, causing the individual to experience, positive or negative states of self-esteem. On an emotional level, sport and competition in particular, seems to have a strong impact, allowing people to talk about of passion and strong emotions. Likewise, Gould *et al.* [10] showed that one of the causes of giving up sport was perceived stress and difficulty to cope with it.

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Indeed, it is also to improve, maintain or protect the self-esteem that the individual needs to deal effectively with certain episodes of anxiety and stress [11]. Thus, subjects with high levels of anxiety also tend to have low self-esteem [12, 13, 14]. Therefore, self-esteem also appears to be a better predictor of anxiety than the specific perceived ability. Anxiety generally seems to be due to a lack of confidence in its own resources. However, the reduction of anxiety seems significantly related to the increasing perceived physical condition [15, 16]. It has been shown that the perceived physical condition and especially the evaluation of physical abilities (strength or endurance) like power or endurance make up a specification in the field of body esteem [17, 18].

The present study is to find out the Self-concept and anxiety among Volleyball and Handball of Faculty of Physical Education and Sports Science, AT. Sadra, Ta. Dist. Gandhinagar. (Gujarat), Gujarat Vidyapith, Ahmedabad, India.

**Research Methodology**

Experimental design the sample for the present study is 30 Male Volleyball and 30 Male Handball player those who have participated in the Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Ahmedabad intramural competition during the year 2017-18. R.K. saraswath Self-concept Questionnaire and Sinha's Comprehensive Anxiety Test are used in the study. Each of the two instruments was administered individuals as well as a small group. Prior to administration of test through informal talk was explained the subjects procedures of the tests.

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well as a small group. Prior to administration of test through informal talk was explained the subjects procedures of the tests.

Sinha's Comprehensive anxiety test Contain 90 items of manifest anxiety. It is highly reliable and valid in time 15 to 20 minutes. Scoring is simple. Percentile norms are available on college students. Level Of anxiety may be classified in five categories, highly reliable and valid in this test.

Self-concept Questionnaire R.K. Saraswat, This 48 items measures self-concept in six areas - physical, social, temperamental, educational, moral and intellectual. Highly reliable and valid is in this test.

Procedures of data collection Each of the two instruments was administered individuals as well as a small group. While collecting the data for the study the later approaches were adopted. The subjects were called in a small group of subjects and taken after the competition during the intramural competition for the year 2017-18. Prior to administration of test through informal talk and instructions was given to the subjects, the tests were administered and a copy of each test were collected.

**Results and Discussion**

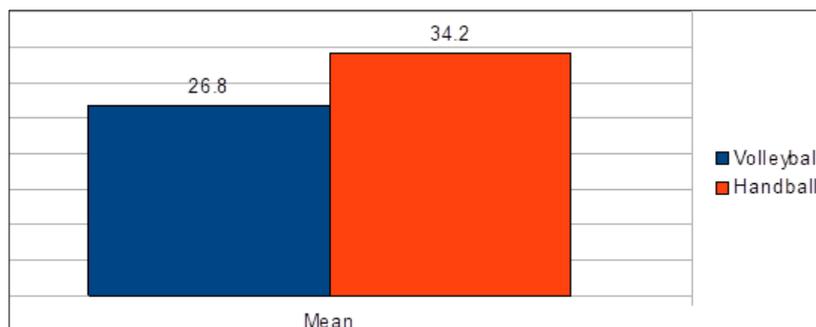
This study shows that Volleyball are having high self-concept and low anxiety compare to Handball.

**Table 1:** Anxiety of Intramural competition Volleyball and Handball player

Players	N	Mean	SD	t- Value
Volleyball	30	26.80	2.70	5.33
Handball	30	34.20	4.01	

Significance level of 0.05

In Table – 1, the Mean of anxiety score of Volleyball is 26.80 and Handball is 34.20. Thus Volleyball are having the less Anxiety compare to the Handball.



**Table 2:** Self-concept of Intramural competition Volleyball and Handball player

Players	N	Mean	SD	t- Value
Volleyball	30	56.00	3.80	8.75
Handball	30	51.20	4.90	

Significance level of 0.05

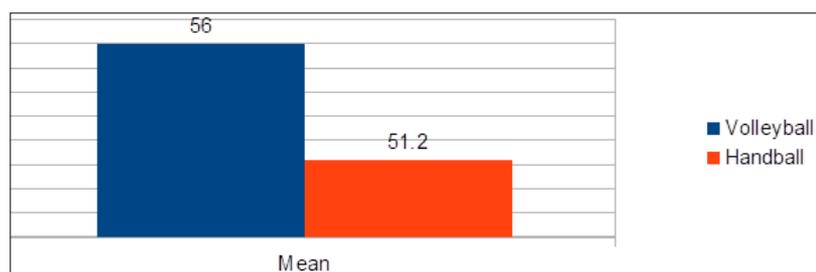


Table - 2 shows the mean of self-concept score of the Volleyball is 56.00 and Handball is 51.20. Thus the Volleyball are having more self-concept than Handball.

### Conclusions

It is concluded that Volleyball are having more Self-concept and less Anxiety compare to the Handball. The Volleyball are extravert t's and they are having the desire to excel in the competition compare to the Handball.

It is suggested that Volleyball and handball must be given Psychological training to improve their psychological variables to excel in the competition.

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