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Analysis of sports anxiety and aggression among volleyball and basketball players

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Abstract

The aim of this study was to analysis of sports anxiety and aggression among volleyball and basketball players. One hundred players selected randomly for the collection of data. Players were selected from the intercollegiate competitions. Selected participants were classified into two categories volleyball ($n= 50$) and basketball ($n= 50$) players, between the ages of 18 to 23 years. The collected data were analysed by the statistical treatments "T" test. The result showed that there was a significant difference between Volleyball and Basketball players on sports anxiety and aggression.

Keywords: Sports anxiety and aggression, volleyball and basketball players

Introduction

Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. It is the subjectively unpleasant feelings of dread over something unlikely to happen, such as the feeling of imminent death (Davison, 2008). Anxiety is not the same as fear, which is a response to a real or perceived immediate threat; whereas anxiety is the expectation of future threat. Anxiety is a feeling of fear, worry, and uneasiness, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue, and problems in concentration. Anxiety can be appropriate, but when it is too much and continues too long, the individual may suffer from an anxiety disorder (American Psychiatric Association, 2013)^[2].

Aggression, in its broadest sense, is behavior, or a disposition, that is forceful, hostile or attacking. It may occur either in retaliation or without provocation. In narrower definitions that are used in social sciences and behavioral sciences, aggression is an intention to cause harm or an act intended to increase relative social dominance. Predatory or defensive behavior between members of different species may not be considered aggression in the same sense. Aggression can take a variety of forms and can be physical or be communicated verbally or non-verbally. Aggression differs from what is commonly called assertiveness, although the terms are often used interchangeably among laypeople (Akert and others, 2010)^[1].

Methods

The aim of this study was to analysis of sports anxiety and aggression among volleyball and basketball players. One hundred players selected randomly for the collection of data. Players were selected from the intercollegiate competitions. Selected participants were classified into two categories volleyball ($n= 50$) and basketball ($n= 50$) players, between the ages of 18 to 23 years. The sport anxiety assessed by the standardized sports competition anxiety test (SCAT) before the competition. The test consisted of fifteen statements. It is based on Likert's method and each statement considered of three responses, such as rarely, sometimes and often. Points for the positive statements, one point was given to the response "rarely", 2 points for "sometimes" and 3 points for "often", and for the negative statements 3 was given to the response "rarely", 2 for "sometimes", 1 for "often". The Aggression was assessed by the Tiwari and Chauhan standardized test. The Aggression test has 10 statements each of the item has five answers from very much to not at all. A score of 5 was given to the response very much, 4 for much, 3 for ordinary, 2 for less, 1 for very less and 0 for not at all. The high score

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indicate the more aggression and low score indicate the less aggression. The collected data were analysed by the statistical treatments "T" test.

Results

Table 1: Analysis of 'T' Test on Sports Anxiety among Volleyball and Basketball Players

Games	N	Mean	SD	DM	T – Ratio
Volleyball	50	24.52	2.71	2.50	4.93*
Basketball	50	27.02	2.53		

(The required table value for significance at 0.05 level of confidence 2.02 with df 49) Table – 1 presents the mean and standard deviation (SD) values of sports anxiety are 24.52 ± 2.71 and 27.02 ± 2.53 for Volleyball and Basketball player respectively. Also mean difference and the 't' values are 2.50 and 4.93 respectively presented in the table. Since the obtained 't' value 4.93 is higher than the required table value of 2.02 with df 49 at 0.05 the level of confidence. It was concluded that their significance difference exists on sports anxiety between Volleyball and Basketball player. The result stated that the basketball players had higher sports anxiety than the volleyball players.

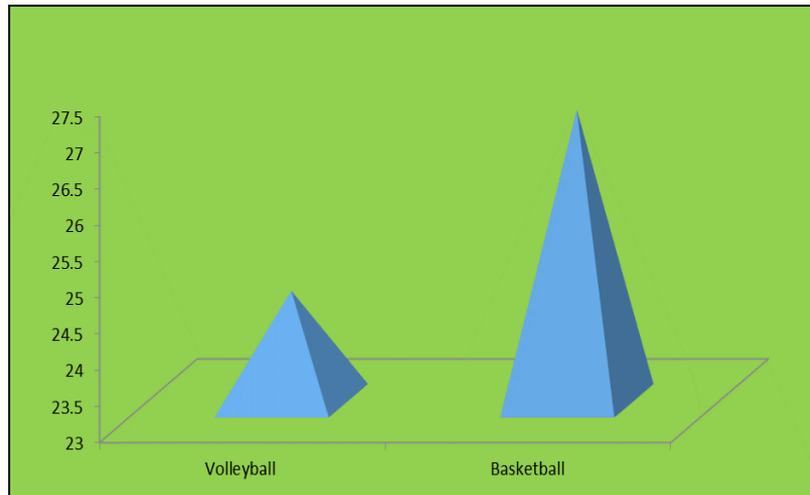


Fig 1: Diagram of the Data on Sports Anxiety among Volleyball and Basketball Players

Table 2: Analysis of 't' test on aggression among volleyball and basketball players

Games	N	Mean	SD	DM	T – Ratio
Volleyball	50	14.84	3.95	6.52	6.44*
Basketball	50	21.36	4.84		

(The required table value for significance at 0.05 level of confidence 2.02 with df 49)

Table – 2 presents the mean and standard deviation (SD) values of aggression are 14.84 ± 3.95 and 21.36 ± 4.84 for Volleyball and Basketball player respectively. Also mean difference and the 't' values are 6.52 and 6.44 respectively presented in the table. Since the obtained 't' value 6.44 is higher than the required table value of 2.02 with df 49 at 0.05 the level of confidence. It was concluded that their significance difference exists on aggression between Volleyball and Basketball player. The result stated that the basketball players had higher aggression than the volleyball players.

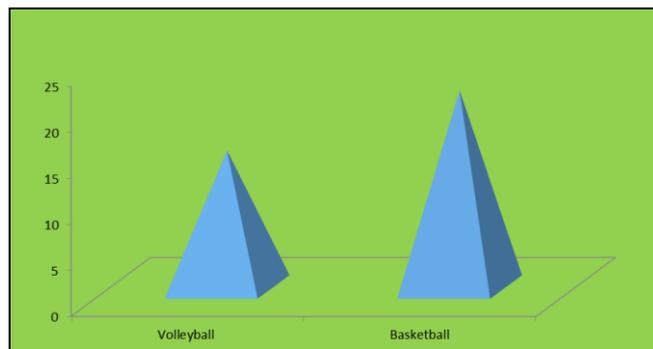


Fig 2: Diagram of the Data on Aggression among Volleyball and Basketball Players

Discussion on Findings

Sports Anxiety

The study result stated that their significance difference exists on sports anxiety between Volleyball and Basketball player. The result also stated that the basketball players had higher sports anxiety than the volleyball players. The following studies are supporting our findings. Muthuraj and Wise blessed singh (2012) [8] analysed on pre-competition sports anxiety among basketball and volleyball players. The result showed that there was a significant difference between Basketball and Volleyball players on pre-competitive sports anxiety. Patel and others (2010) [9] conducted on sport-related performance anxiety in young female athletes. Study results stated that extreme anxiety in athletes can be detrimental in the performance situations. Pre-competitive sports anxiety may depend on the level and the rank at which the competitions are held. Most psychologists believe that the highest level of competitive anxiety will deteriorate athletes' performance in sport Martens, *et al.*, (1990) [7]. In sports, higher levels of anxiety before any competition can deteriorate performance. In male inter college Basketball players the pre competitive level of anxiety was higher than post competitive anxiety Boutin, 1983 [3]; Singh, (1986) [11]. Volleyball players had an average level of competitive anxiety Esfahani and Gheze Soflu, (2010) [5].

Aggression

The study result stated that their significance difference exists on aggression between Volleyball and Basketball player. The result also stated that the basketball players had higher aggression than the volleyball players. The following studies are supporting our findings. Ibrahim and Mohamed (2010) [6] studied the relationship between sport aggression and years of

practice to Egyptian wrestlers. Study result shows that significant differences between ranking of advanced wrestlers and ranking of less advanced wrestlers in sport aggression Peter and Elena (2009)^[10] analyzed the sex differences in the use of indirect aggression in adult Canadians. These results suggest that there are cultural differences in adults' frequency of use of indirect aggression. Sunil and Jaswant (2008)^[12] examined the gender differences in relational aggression and psychosocial problems in romantic relationships among youths. Finding of the study shows that males and females reported significant gender differences in romantic relational aggression.

Conclusion

The conclusion of the study showed that there was a significant difference among Volleyball and Basketball players on sports anxiety and aggression.

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