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Comparative study of state anxiety level between male and female volley ball players

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Abstract

The purpose of the present study was to compare the state anxiety level of Inter University Male and Female Volley ball Players from Rani Channamma University, Belagavi. It was hypothesized that there would not be significant difference among male and female Volley ball Players. For this study 20 male and 20 female Volley ball Players were selected by random sampling method. The age of the subject was 18 to 25 years. In order to collect the data with the help of general anxiety scale developed by Dr. Anil Kumar. All the questions were clearly explained to the subjects there was no time limit to fill up the questionnaire. The data was analyzed and compared with the help of statically procedure in which mean standard deviation and t-test were employed on the basis of finding of the study the conclusion was drawn that there was no significant difference between male and female Volley ball Players.

Keywords: Volley ball, anxiety, male, female

Introduction

Sports and games became a focal point to establishing a strong relationship wherever we lived. It is a familiar and comfortable venue for connection with each other because sport is a complex activity, which become a sort of war on human muscles and mind. We have witnessed a revolution in the wide arena of sports. Now a day's one of the most challenging tasks for Volley ball Players is how they improve psychological behavior and performance in competitive sports. It has been previously conceded that psycho physiological conditioning programs and traditionally skill spectacles are of crucial importance in high-level competitive sports.

Historically, sport psychology emerged as discipline from physical education. In recent years, however, a significant interest in the discipline has developed among individuals prepared in psychology and counseling. This has raised the issue among practicing sport psychologists as to which people are qualified to call themselves "sport psychologists and to provide services to Volley ball Players.

The word psychology refers to the study of human behavior and sports psychology notes a sub category of psychology that deals with the behavior of Volley ball Players and teams engaged in competitive sports. Sports psychology is that play field both under practice and competitive situations with a view to bring about qualitative improvement in performance and maintain the same even during the stresses of competition. It is the study of human behavior in sports settings with an emphasis on mental aspects of human behavior.

Sports psychology is the study of how psychology influences sports, sports performance, exercise, and physical activity. Some sports psychologists work with professional Volley ball Players and coaches to improve performance and increase motivation.

Methodology

Research is pursuit of new knowledge, it increases the existing knowledge. Research in general term known as Re-search means searching anything which is already existing but adding something valuable in that and also establish facts and reach new conclusions for the study purpose of the present study 40 male and 40 female Volley ball Players were selected from the Rani Channamma University, Belagavi as subject who have attended the camp of the inter university.

The age of the players was between 18 to 25 years. For the study the data was collected through the questionnaire method. The questionnaire used was the standardize questionnaire. The name of the tool was “state Anxiety” developed by Dr. Anil Kumar, before filling up the questionnaire the Volley ball Players were told how to fill it, there was no time limit to fill up. Questionnaire but they respond quickly, for the study purpose mean, standard deviation and test was used for the calculation of data to see the state anxiety level between male and female Volley ball Players.

Analysis of data

The data was collated 20 male and 20 female Volley ball Players were taken as Subject which were selected for Inter University Camp. The age group of the subjects was between 18 to 25 years. For finding the results General anxiety scale developed by Dr. Anil Kumar tool have been used to see if there is any significant difference among the choose Volley ball players. Data were being collected through the questionnaire method.

Table 1: Comparison of state anxiety between male and female Volley ball players

Gender	No. of Student	Mean	S.D	Level of State Anxiety	S.E.D	T-test Score	Significant
Male	20	18.60	5.95	Average	2.03	0.34	No
Female	20	17.90	6.25	Low			

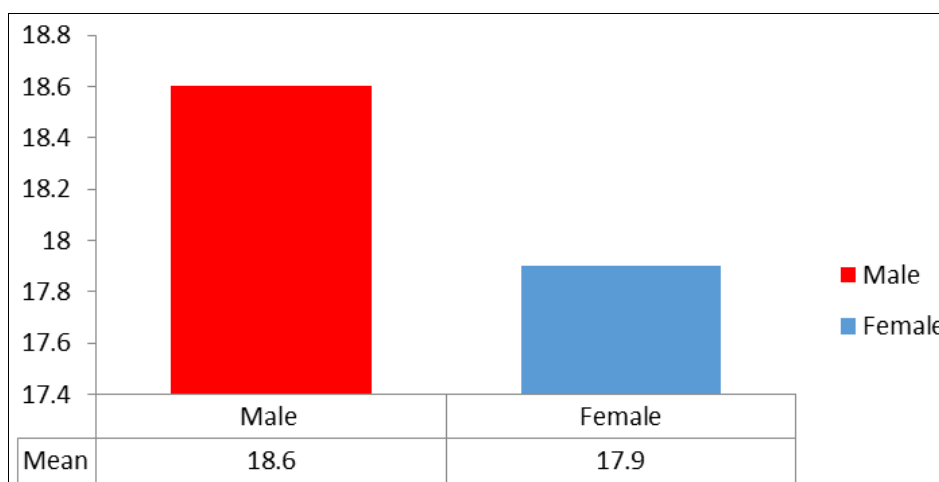


Fig 1: Comparison of state anxiety between male and female

The result shows there is no significant difference between state anxiety among male and female Volley ball players. Level dopiest that the mean of male athletic was founded 18.60 and female Volley ball players were 17.90 respectively. It shows that the state anxiety level of male Volley ball Players is more than the female Volley ball Players. The t-test was applied and presented in the table. The calculate value was found 0.34 which is less than table value 2.10 at 0.05 level of significance this way it shows that there was no significant difference between state anxiety among male and female Volley ball players.

Discussion and finding

The aim of this study was to compare the state anxiety level among the male and female Volley ball players. The findings revels no significance. Difference between male and female inter university Volley ball Players. Both gender were having anxiety level but male Volley ball players is more than female because it is psychological factor in every Volley ball players were. Found in which some less or more.

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