

## Comparative study of Pre competitive anxiety of state level

### Volley ball players

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#### Abstract

Sports psychology in many ways is a scientific field of enquiry. Researchers are afforded with ample opportunity to observe, describe and explain the various psychological factors that influence diverse aspects of sports and physical activities. The purpose of the study was to measure and compare pre competitive anxiety of state level volleyball players on gender basis. All the male and female state level volley ball players between 18-21 years of age from different zones of Maharashtra state was the population for the stud. Total sixteen teams were participated. Therefore total population was all the participants who were present (N=192). The State Anxiety scale Test, constructed and standardized by Martens et al. 1990, was used to measure the pre competitive anxiety. After data collection, data will be analyzed by using Independent 't' test. It was observed from the findings that there was statistically significant difference in pre competitive anxiety of state level volley ball players on gender basis and girls have more precompetitive anxiety than boys.

**KEYWORDS:** Pre competitive Anxiety and volley ball players.

**Introduction:** In sport psychology, pre-competitive anxiety refers to an unpleasant emotion which is characterized by vague but persistent feeling of apprehension and dread before an event. Anxiety is a reaction to impending danger: real or imaginary. It consists of two sub-components, namely cognitive and somatic, which influence performance before and during competitions. Sports is littered with broken dreams of those whose performance collapsed when they are most needed to be in control of themselves and focus on the task at hand. It is not uncommon to see athletes "freeze" in big games or moments or commit unexplainable error in the course of their performance. When athletes do not perform well in relation to their abilities, nervousness in anticipation of the sporting challenges could be the root cause of anxiety.

Anxiety in sports is such a huge issue for many athletes. The logic is that, the better you become, the higher the level of competition, the more anxiety you experience. Anxiety can have a devastating effect on the performance of an athlete. No matter how much talent or skill one may have, he will never perform at his or her best if he or she lives in fear before every event. The precise impact of anxiety on sporting performance depends on how you interpret your world. In the world today, nearly every concern of human endeavor is thought to be affected by anxiety. A number of theories exist concerning the effect of anxiety on performance, and while there seems to be an interaction effect between the amounts of anxiety necessary to maximally perform certain specific task, all theories seems to agree that maximum performance is reduced by too much anxiety.

**Methods and Materials:** All the male and female state level volley ball players between 18-21 years of age from different zones of Maharashtra state was the

population for the study. There were two teams from each zone one of boys and one of girls who participated in state level championship at Dhule. Total sixteen teams were participated. Therefore total population was all the participants who were present (N=192). As per the objective researcher wanted to check and compare the pre competitive anxiety of the subjects, researcher herself is a national level players and knows that each player is important and got chance to play, therefore researcher selected all the population as samples for the study purposively. The State Anxiety scale Test, constructed and standardized by Martens et al. 1990, was used to measure the pre competitive anxiety. The researcher took the permission from secretary of Maharashtra volley ball committee and from coaches for data collection from the subjects. By which they cooperated the researcher scholar for her research work. The research scholar distributed the questionnaire to all the subjects and explained about answering the question of pre competitive anxiety and questionnaire was given to the subjects one hour prior to the competition. After data collection, data was analyzed by using Independent 't' test. The level of significance was kept at 0.05 to test the hypothesis.

**Results and Discussion:** The obtained results were presents in the following tables which represents the result of descriptive analysis and comparison.

**Table no.1**  
**Descriptive statistics of pre competitive anxiety of volley ball players**

	Mean	N	Std. Deviation	Std. Error Mean
Boys	14.9792	96	3.72751	0.38044
Girls	24.1146	96	4.12915	0.42143

There were 192 subjects. The mean gain in pre competitive anxiety of boys was 14.9792 with standard deviation of 3.72751 and mean gain in pre competitive anxiety of girls was 24.1146 with standard deviation 4.12915.

**Table no. 2**  
**Independent Sample 't' test of Pre Competitive Anxiety**

t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference
16.091	190	0.001	9.13542	0.56775

In the table no 2, mean differences for pre competitive anxiety of male volley ball and female volleyball players was 9.13542. This difference when tested by Independent 't' test. 't' value was found 6.091. Which was significant at 0.05 (p=0.001) significance level for 190 degree of freedom.

**Discussion:** It was observed from the findings that there was statistically significant difference in pre competitive anxiety of state level volley ball players on gender basis and girls have more precompetitive anxiety than boys. These findings were supported by Esfahani,N., Soflu,H.(2010) they Compared the Pre-Competition Anxiety and State Anger between Female and Male Volleyball Players. The main purpose of this study was to compare pre-competition anxiety and state anger between female and

male volleyball players (university students). They conclude that there significant difference in all pre-competition anxiety subscales: cognitive state anxiety ( $t=3.62$ ), somatic state anxiety ( $t=4.76$ ) and self-confidence ( $t=3.06$ ) ( $P=0.05$ ). Although there was no significant difference in trait anger ( $t=1.41$ ,  $\text{sig}>0.05$ ), there was a significant difference in state anger ( $t=2.15$ ) and the expression of anger ( $3.67$ ) ( $P=0.05$ ). These findings were supported by Singh, A., and Vishaw G. (September 9, 2010). They studied the Pre-Competitive and Post-Competitive Anxiety Level of Inter- collegiate Volleyball Players. The main purpose of this study was to compare pre-competitive anxiety and post-competitive anxiety in inter- collegiate volleyball players. They conclude that that there was significant difference in 0.01 levels of pre-competitive anxiety and post-competitive anxiety among the male and female inter-collegiate volleyball players.

Similar results were found by Koche.V., Dachen, J. (2011) Compared the study of sports competitive anxiety among state level baseball players. The purpose of this study was to compare sports competitive anxiety among male and female state level baseball players, who participated in 3<sup>rd</sup> senior state level Maharashtra baseball champion. They conclude that there was significant difference ( $P0.05$ ) in sports competitive anxiety between male and female state level baseball players. Ujwala and Jigmat (2011) studied competitive anxiety among male and female state level baseball players, who participated in 3<sup>rd</sup> senior state level Maharashtra baseball champion. In this study Sports Competitive Anxiety Test (SCAT Martin et al., 1990) was used to measure sports competitive anxiety. Questionnaire was distributed among 40 (20 each) male and female players 30 minutes before the warm-up session. Descriptive statistics (mean and standard deviation) and t- test were used to analysis the data. The results showed significant difference ( $p>0.05$ ) in sports competitive anxiety between male and female state level baseball players

**Conclusion:** It was observed from the findings that girls have more precompetitive anxiety than boys. Therefore steps should be taken for female volleyball players, so that they will perform better in sports as pre competitive anxiety have direct relation with sports performance.

#### References

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