

Comparative Study of Competitive Anxiety of Water Polo Players at Different Levels of Achievement

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Abstract

The primary aim of the study was to determine the comparison of level of competitive anxiety of water polo players at different levels of achievement. For the study 30 male inter-collegiate water polo players of S.G.B. Amravati University and 30 inter university players were selected as the subjects.

The data were collected by administrating (SCAT) Sports Competitive Anxiety Test Questionnaire. T-test was employed to find out the mean difference between the two groups and the level of confidence was set at 0.05 level. The findings of the study revealed that there was no significant difference in competitive anxiety among water polo players at different levels of achievement i.e., inter-collegiate and inter-university. As the obtained T-value (0.72) was less than the tabulated T-value (2.0021).

INTRODUCTION

Within the past few years, interested encompasses both, some degree of activation and an unpleasant emotional state. Anxiety is recognized as one of the main factors that reduces athlete's performance in sports. It is a negative emotion that affects perception in sports competitions and this leads to majority of athletes to consider anxiety as debilitating towards performance, which may result in a decrease in a performance and even drop out athletes from sports.

STATEMENT OF THE PROBLEM

The research scholar undertaken the study stated as, Comparative study of Competitive Anxiety of water polo players at different levels of achievement.

HYPOTHESIS

On the basis of literature, discussion with experts and the research scholar's own understanding it was hypothesized that there would be significant difference in competitive anxiety level among the selected water polo players at different levels of achievement.

DELIMITATIONS

The present study was delimited to the following aspects

- i) Only male water polo players who represented intercollegiate tournament of SGB Amravati University inter-university tournament were selected as the subjects.
- ii) The age of the subjects was ranged from 18 to 28 years.
- iii) 30 players from each group were selected for the study.
- iv) Appropriate as well as feasible e-questionnaire (SCAT) was used to collect data.

SIGNIFICANCE OF THE STUDY

- i) The concept of studying different anxiety levels among players indicates the cause of the build-up of mixed emotions in the organism before the start of competition. The results of the study would have highlighted the anxiety levels of the selected players and if needed proper counselling programmed may be devised to release or reduce anxiety levels, which may work not only as a preventive measure but also as a curative measure.
- ii) Findings of this study would be helpful to the coaches, trainers, physical education teachers and players or athletes to know the level of competitive anxiety at different levels achievement, also to develop the optimum level for competitive anxiety for the best performance.

ANALYSIS AND INTERPRETATION OF DATA

The statistical analysis of data pertaining to the study on two levels of inter-collegiate and inter-university players' i.e., 30 players from each group has been presented in this chapter. The data were collected by administrating (SCAT) Sports Competitive Anxiety Test Questionnaire. The statistical analysis on competitive anxiety of water polo players at different levels of achievement has been illustrated in the following table:

TABLE-1

COMPARISON OF MEANS OF COMPETITIVE ANXIETY BETWEEN THE INTER-COLLEGIATE AND INTER-UNIVERSITY LEVEL OF WATER POLO PLAYERS

Levels of achievements	Mean	Standard Deviation	Mean Difference	Standard Error	't' Ratio
Inter-Collegiate	20.366	2.455	0.536	0.74	0.72 [@]
Inter-University	19.82	3.306			

@Not Significant at .05 level

Tabulated $t_{.05(58)}=2.0021$

DISCUSSION OF FINDINGS

From the findings of statistical analysis, it is clearly understood that there is no significant difference in the level of competitive anxiety among the players. at different levels of achievements. The insignificant difference reason of may be attributed to the fact that anxiety level during pre-competition is found high may be because of mental stress, environmental stress and demanding for good performance. It may be possessed by both the levels of players hence, such results occurred in this study. The results of this study are in agreement with the findings of Debnath and Bawa.

CONCLUSION

On the basis of statistical findings, the following conclusion is drawn:

The result of the study indicated that there was insignificant difference in the anxiety levels of water polo players at different levels of achievements.

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