

A Study of Sports Competition Anxiety on National Level Netball Players of Delhi

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Abstract

Sports competition Anxiety test (SCAT) constructed and standardized by Martens was administered on 30 National level 15 male, 15 female Netball players of Delhi. The age of subjects ranged between 19 to 23 years. The purpose of the study was to compare the level of Anxiety between male and female National level Netball players of Delhi. Statistical analysis has been done by T-test and the significance of the result was seen on 0.05 level. The t-test showed that there was no significant difference found in mean difference among the male and female National level Netball players in relation to sports competition anxiety.

KEYWORDS: Competition, Anxiety, Netball players (male & female)

INTRODUCTION : One of the most popular issues in sports psychology concern the relationship between male players, female players and sports competition Anxiety. Certain components of Anxiety are most important to achieve success in sports. Anxiety is a Psychological and Physiological state characterized by somatic, emotional, cognitive and behavioral components. The root meaning of the word anxiety is “to vex or trouble”; in either the absence or presence of psychological stress, anxiety can create feeling of fear, worry, uneasiness and dread. Anxiety is considered to be normal reaction to stressor. It may help a person to deal with a difficult situation by promoting one to cope with it.

A competition is often called an open conflict in which an individual or a group may produce challenge or threat to others; they may also challenge their own existing status, performance or standard in area of interaction. A moderate level of Anxiety is necessary to activate the human organism for some physical activity to cope-up with the existing environmental situation with excellence. The study would help to prepare and modify psychological training programmers to competitions Anxiety level of a player. Also it may help to promotion of sports coaching and educational efforts.

STATEMENT OF THE PROBLEM: A study of sports competition Anxiety among male and female Netball players of Delhi.

OBJECTIVE: The Objectives of the study were to find differences in sports competition Anxiety among Male and Female National Level Netball players of Delhi.

SAMPLE: A total number of thirty (n=30) subjects belonging to single (youth) age group ranging 19-23 years were selected. 15 male and 15 female National level Netball players were selected as a subject for the said study.

METHODOLOGY: The data was collected from 15 male & 15 female National level Netball players of Delhi. The questionnaire constructed and developed by Martens (1977) was employed to collect the data from the subjects. All the necessary instructions were given to the subjects before the subjects was requested to respond the statement in the questionnaire. The Questionnaire was administered on the subjects during the pre-national coaching. Camp held at Delhi(Laxmi public school),2013, organized by Delhi netball Association.

DATA ANALYSIS AND DISCUSSION: The collected data were analyzed statistically computing Mean, S. D. and t-ratio to find out significant difference if any between two experienced groups on the psychological parameter considered for the study. The results have been depicted in following table.

Table

Significance Differences of Mean score at competition Anxiety among Male & Female National Netball Players of Delhi.

Variable	Group Compared	Mean	Standard Deviation	Significant "t" (0.05)	"t" Ratio
Sports competition anxiety	Male	16.6	2.75	2.04	0.22
	Female	18.2	4.14		

*Significant at 0.05 level.

The t-test showed that there were no significant difference in the "t" value exists between male and female netball players on their level of competition anxiety. As the calculated "t" (0.22) value is much lower than tabulated "t" value (2.04) at 0.05 level.

Discussion of findings and conclusions:

Within the limitation of the study the following conclusions may drawn.

- (1) The t-test showed that there were no significant difference in the "t" value exists between male and female netball players on their level of competition.
- (2) As per the scoring Manual, the subjects who scores less than 17 indicates low level of Anxiety whereas scores lies in between 17 to 24, It indicated low level of Anxiety and the score more than 24 predicts high level of Anxiety.
- (3) On the basis of result, it may be concluded that National level male and female netball players of Delhi did not significantly differ on their of competition anxiety.
- (4) The findings also suggest that the level of competition anxiety of these male and female volleyball seemed to be necessary for being assertive to excel at the highest level of the competitive sporting spirit.

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