A Comparative Study of Sports Competition Anxiety between Basketball and Volleyball Players

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Abstract

Objective: The purpose of the study was to compare the level of sports competition anxiety between basketball and volleyball players of Banaras Hindu University (B.H.U.) Varanasi. Methodology: To achieve these purpose 24 male (basketball N-12 & volleyball N-12) players were selected during the Inter-University camp practice from B.H.U Varanasi. The age level of the subjects ranged between 20-25 years. For the above study subjects were measured through standardized test of sports competition anxiety test (STAT) questionnaire constructed and developed by Renier Martin (1990) was used. Statistical Technique: For the purpose of the study employed independent t-test was used to analyze data in order to determine the sports competition Anxiety difference between basketball and volleyball players. Result: As obtained result t-value-0.533 was found to be insignificant at 0.05 level, since this value was found lower than the tabulated value-2.073 at 22 df. Conclusion: That’s why the study was concluded that there was no significant difference found between basketball and volleyball players in comparison of sports competition anxiety.

Key Words: Sports Competition Anxiety, STAT, Male, Basketball and Volleyball.

1. Introduction:

Sport psychology is the study of a person's behavior in sport. It is also a specialization within the brain Psychology and Kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, and periodization. Sports psychology in general would benefit from determining what forms of mental practice are appropriate for particular purposes and activities. Anxiety is one of the most common deterrents to good performance. At best anxiety subtly impairs performance by distracting the attention.

The purpose of the study was to compare the anxiety levels of individual athlete and team game players. Anxiety has been divided into two broad categories: trait anxiety and state anxiety. Trait anxiety could be defined as a feature of personality. It is a relatively stable predisposition to perceive many situations as threatening and to respond to these situations with increased state anxiety. State anxiety is defined as an immediate emotional state that is characterized by apprehension, fear, and tension. Anxiety plays an important role in sports. It is the challenge in sports participation, which produces anxiety. How an athlete handle, the anxiety determines how successful he would be. Sports Anxiety may be a positive motivating force or it may interfere with successful performances in sports events. Sport psychology is concerned with the psychological foundations, processes, and consequences of the psychological regulation of sport-related activities of one or several persons acting as the subject(s) of the activity. The focus may be on the behaviour or on different psychological dimensions of human behaviour (i.e., affective, cognitive, motivational, or sensorimotor dimensions). Sportsman cannot perform at their best like they usually do because of anxiety. Consequently, their performance is affected during the competition and they seldom achieve victory. (Papanikolaou, et al. 2008) Therefore, there is a need to give a positive thinking and better mental skills to solve the problems that may arise because of anxiety. If it is not handled well or misinterpreted, the athlete will lose control and their performance will decrease. (Hardy & Fazey, 1987; Martens, et. al. 1990; Gualberto & Wiggins, 2008). Several researchers including Singer (1980),
Cratty (1979) examine the relationship between anxieties and learning states that “performance improves with increasing levels”.

Further these are some related study to directly support to my present study, Kerketta, I. (2015) compared to the study of sports competition Anxiety between district levels male Volleyball and soccer players. Results indicated that there is no significant difference between volleyball and soccer players in relation to sports competition Anxiety at 0.05 level of significance. Dubey, S. et al. (2015) conduct a study on Comparative study of sports competition anxiety between kabaddi male players and Kho-Kho male players. Result was found no significant difference between the Kabaddi male players and Kho-Kho male player of Bilaspur Chhattisgarh in relation to Sports Competitive Anxiety. Khan, Nijmuddin et al. (2015) conduct a study on Comparative study of sports competition anxiety and sports achievement motivation between basketball players and all India interuniversity running events athletes. The study also revealed that there were no significant different found between basketball players and track running athletes of their sports Competition anxiety. Thus the purpose of the present study was to compare the psychological variable of Sports Achievement Motivation between male Kabaddi and Kho-Kho inter-university players. The subject’s age ranged between 20-25 years of Banaras Hindu University Varanasi uttar pradesh India.

2. Materials & Methods:

2.1 Sample of the Study:

The purpose of the study 24 male (Basketball N-12 & Volleyball N-12) Players were selected during the Inter-University practice camp from B.H.U Varanasi. The subject’s age ranged between 20-25 years.

2.2 Selection of Variable:

Sports competition anxiety was the psychological variable of the present study.

2.3 Criterion Measures:

Sports Competition Anxiety Test (SCAT) was constructed by Renier Martin. The scale consists of 15 questions. It has fifteen items out of which five items were spurious. Every statement has their three possible answers i.e. Rarely, Some-time and Often. Ten test items which were taken for scoring purpose were - 2,3,5,6,8,9,11,12,14 and 15. The remaining five items i.e. spurious items 1,4,7,10 and 13 were not scored.

2.4 Statistical Technique:

For the above study the sports competition Anxiety Test (SCAT) was developed by Renier Martin was used to measure level of sports competition Anxiety of subjects (basketball and volleyball players). During distributing the questionnaire necessary instruction was given to the subjects before the administration of the test. The subjects were asked to respond as soon as possible without stopping over any statements, once the instructions were understood clearly. The Obtain data have been compared through given below norms.

3. Results of the Study:

<table>
<thead>
<tr>
<th>Table-1</th>
<th>Mean Score of SCAT Test</th>
<th>Level of Sports Competitive Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Less than 17</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>17 to 24</td>
<td>Average</td>
</tr>
<tr>
<td></td>
<td>More than 24</td>
<td>High</td>
</tr>
</tbody>
</table>

For the purpose of the present study Descriptive Statistic, Mean, Standard Deviation and Independent t-test was applied to compare the Sports Competitive Anxiety between Basketball and Volleyball male players. The level of Significance was set at 0.05.
Table-2
Descriptive statistics of sports competition anxiety of basketball and volleyball players

<table>
<thead>
<tr>
<th>Variable</th>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Std. Error Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports competition Anxiety</td>
<td>Basketball Players</td>
<td>12</td>
<td>19.58</td>
<td>2.998</td>
<td>0.865</td>
</tr>
<tr>
<td></td>
<td>Volleyball Players</td>
<td>12</td>
<td>18.75</td>
<td>4.515</td>
<td>1.303</td>
</tr>
</tbody>
</table>

It is evident from the table-2 that Mean and Standard Deviation score of Basketball and volleyball Players in comparison to sports competition Anxiety has been found that 19.58 & 18.75 and 2.998 & 4.515 respectively where as standard deviation error was found 0.865 & 1.303 respectively.

Table -3
Comparison of Sports competition Anxiety between Basketball and Volleyball Players

<table>
<thead>
<tr>
<th>Group</th>
<th>t-ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball Player</td>
<td>Volleyball Player</td>
</tr>
<tr>
<td>Mean</td>
<td>S.D</td>
</tr>
<tr>
<td>19.58</td>
<td>2.998</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level of significance

The above table -3 reveled that no significant difference was found between Basketball and volleyball Players in comparison to sports competition Anxiety, since t-value of 0.533 lower than the tabulated value of 2.073 with 22 df at 0.05 level of significant. Basketball player has greater sports competition Anxiety in comparison to Volleyball Players.

Figure-1
Graphical presentation of mean and Std. Deviation between Basketball and Volleyball players in relation to sports competition anxiety.

As the figure 1, shows that the mean score of Basketball players (19.58) was greater than the mean score of Volleyball players (18.75) and Std. deviation score of basketball is lower than volleyball players. So on the basic of mean score study revealed that the Basketball male players have more Competition Anxiety level than the Volleyball male players.
4. Discussion:

The present study was conducted to compare the sports competition anxiety between male basketball and volleyball players. Results of the present study showed that there was no significant different found between basketball players and volleyball players of sports competition anxiety. While comparing the obtained means score with table-1 than researcher found under average sports competition anxiety between both game players, But While comparing the obtained means score of basketball players show more sports competition anxiety in comparison to volleyball players.

Further these are some related study to directly support to my study. Kerketta, I. (2015) compared to the study of sports competition Anxiety between district levels male Volleyball and soccer players. Results indicated that there is no significant difference between volleyball and soccer players in relation to sports competition Anxiety at 0.05 level of significance. Dubey, S. et al. (2015) conduct a study on Comparative study of sports competition anxiety between kabaddi male players and Kho-Kho male players. Result was found no significant difference between the Kabaddi male players and Kho-Kho male player of Bilaspur Chhattisgarh in relation to Sports Competitive Anxiety. Khan, N. et al. (2015) also revealed that there were no significant different found between basketball players and track running athletes of their sports Competition anxiety.

5. Conclusion:

The present study there was no significant different found between basketball and volleyball male players in comparison to sports competition anxiety. While comparing the obtained means score with table-1 than average sports competition anxiety found between basketball and volleyball players.

6. References:

[8]. Singh, Pukhraj (2018). Aggression and sports competition anxiety between university level male badminton and basketball players. IJYPPE online, Volume 3; Issue 1; January 2018; Pp- 137-139

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