

A STUDY OF SPORT COMPETITION ANXIETY OF VOLLEYBALL PLAYERS OF SAI CENTRES

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ABSTRACT

The purpose of the study was to analyze the sport competition anxiety of volleyball players. For the purpose of this study fifty male Volleyball players were randomly selected. Subjects were selected from SAI Training in Rae Bareilly, Lucknow and Banda established by Sport Authority of India, New Delhi. The Sport Competition Anxiety Test (SCAT) by Marten (1987) contains 15 items and .85 reliability was used to measure the Sport competition anxiety of male Volleyball players. Means, Standard Deviations and Analysis of Variance were computed for the collected data from volleyball players. The level of significance sets at 0.05 level. Results of study revealed the statistically insignificant difference in sport competition anxiety among Volleyball players of different SAI centers of Uttar Pradesh

Keywords: Competition Anxiety, SAI Training Centers, Volleyball Players

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INTRODUCTION

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, fear, or worry (Seligman, Walker, & Rosenhan, 2001).

Anxiety is a generalized mood state that occurs without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an external threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable (Ohman, 2000).

Anxiety plays a paramount role in sport. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be positive motivating force or it may interfere with successful performance in sport events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports, because in the competitive sports, participants are expected to win and great demand are made upon them to succeed. The study of the effect of anxiety on sports performance has become a major topic of interest in sports psychologists, in recent years. The degree of perceived anxiety is an important variable to be considered in the performance of an individual (Singh, 1992).

A few sport psychologists have also attended an assessment of situational anxiety before, during and even after sports competition and termed it as pre-competition, in competition and mid post competition anxiety. In order to have a holistic view of anxiety level in an athlete, it is but natural and appropriate to assess all the three types of anxiety and not one alone. Interestingly, it is still not very clear despite extensive studies as to how trait anxiety interacts with situational and competitive anxiety. Any study on psychological make-up at an athlete is likely to remain incomplete if (he level of anxiety is not given due place in the scheme of psychological parameters related to excellence in sports).

Simon & Martens (1977) investigated the effect of anxiety on sports performance. Researchers have found that competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports.

Lowe & McGrath (1971) indicated that participants in individual non-contact sports have been found to report lower levels of state anxiety than participants in individual contact sports.

Jones, Hanton, & Swain (1994) have found that athletes that are successful interpret arousal to be facilitative. Research conducted with an elite group of swimmers found that anxiety intensity levels were higher in subjects who interpreted their anxiety as debilitating than those who reported it as being facilitative.

Kirby & Liu (1999) conducted research comparing athletes competing in team sports (basketball) with those competing in individual sports (track and field) has found that subjects competing in individual sports report significantly lower self-confidence and higher somatic anxiety than team sport athletes. This is supported by research that has been conducted with figure skaters as well.

Amu (2005) described that there was no gender difference in pre-competitive somatic anxiety among University Badminton Players, however, gender difference was found with male players experienced higher than female players in pre-competitive cognitive anxiety. Bridges & Knight(2005) told that there is actually a significant positive linear relationship between cognitive anxiety and performance for basketball players, Kais & Raudsepp (2005) demonstrated a moderate level of state anxiety and very high self-confidence of the players before the matches. Humara (1999) .indicates that Although anxiety has a considerable impact on performance, it is important to consider other components of an athlete's functioning as well. Bekiari et. al (2006) described that male volleyball players rated somatic anxiety higher and were more affected by the verbal aggressiveness of their coaches than female volleyball players. Russell, Robb, & Cox(1998) revealed a significant interaction of sport by sex and a significant main effect for sport. The basketball players scored higher somatic and cognitive state anxiety than volleyball players. .Raglin & Morris (1994) summarized that athletes in the team sport of volleyball exhibit considerable variation in optimal pre-competition anxiety. Wilson & Steinke (2002) suggested that anxiety is the result of complex interactions between multiple cognitive and somatic components, and cognitive orientation styles may exert a strong influence on the way individual female athletes perceive pre-competition anxiety. Wilson & Raglin (2007) described that predicted and actual pre-competition anxiety values did not differ for either age or gender for the more important meets. The correlations between predicted and actual pre-competition anxiety occurred in all groups for both the less important and more important meets.

METHODOLOGY

Selection of Subject:

For the purpose of this study, fifty male volleyball players from three different SAI Training Centers established by Sport Authority of India in Uttar Pradesh were selected. The data were collected by personal contact from the subjects at SAI Training centre of volleyball in U.P. i.e. Riaibarely, Lucknow and Banda. All players were in the age group of 16 to 25 years.

Instrumentation:

The Sport Competition Anxiety Test (SCAT) by Marten(1987) contains 15 items and .85 reliability was used to measure the Sport competition anxiety of male Volleyball players. Subjects were asked to indicate how they (generally feel when they compete in the concerned game, and respond to each item using a three point ordinal scale (Hardly ever, Sometimes, or often). Ten of the items assess individual differences in competitive trait anxiety proneness, five spurious items are also included to reduce possible responses bias. Total scores of the SCAT range from 10 (low competitive trait anxiety) to 30 (high competitive trait anxiety).

Statistical Technique:

Means, Standard Deviations and Analysis of Variance were computed for the collected data from volleyball players. The level of significance sets at 0.05 level.

RESULTS AND DISCUSSION

To assess the sports competition anxiety of male Volleyball players of three SAI Training centers of Uttar Pradesh, Analysis of Variance was computed and data pertaining to this have been presented in table 1

TABLE 1
ANALYSIS OF VARIANCE OF SPORTS COMPETITIVE ANXIETY TEST
AMONG VOLLEYBALL PLAYERS OF THREE
SAI TRAINING CENTERS

Source of Variance	Sum of squares	df	Mean square	F-Value
Between the Groups	2	4.210	2.105	0.357
Within the Groups	47	276.51	5.88	

It is clearly evident from Table1 that statistically significant difference was not found among male volleyball players of three different SAI training center in their Sports Competition Anxiety, as obtained F-value of 0.357 was much lesser than the require value of $F_{0.05}(2, 47) = 3.18$

DISCUSSION

The results of one way analysis of variance (ANOVA) with male volleyball players belong to three different SAI training centers showed insignificant differences in their sport competition anxiety. This may be attribute to the similarity in competitive experiences, coaching pattern and level of participation..

There would be no significant differences in sport competition anxiety among male Volleyball players belong to different SAI Training centers of Sports Authority of India is clearly accepted.

CONCLUSION

There were no significant difference in Sports Competition Anxiety among volleyball players of different SAI centers of Uttar Pradesh.

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