A Comparative Study of Competitive Anxiety between Basketball and Volleyball Players

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Abstract

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. The objective of this paper is to compare the competitive anxiety between basketball and volleyball players. For this purpose 40 Male intercollegiate players from Basketball (20) and Volleyball (20) were taken as sample. For the purpose of this study the standardized Rainer Marten (SCAT, 1990) Scale was used. The Questionnaire was administers in small groups during the intercollegiate Basketball and Volleyball tournament. The results of the study have revealed that there is no significant difference between the competitive anxiety of Basketball and Volleyball players of intercollegiate, as no significant difference has seen in the mean score at the Basketball and Volleyball players on competitive anxiety. Therefore it may be said that there is no influence of competitive anxiety at the Basketball and Volleyball players of inter-college level.

Keywords: Anxiety, psychological, physiological state, somatic, emotional, cognitive and behavioral components.

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I. Introduction

In the games and sports, psychological and physiological factors play an important role in determining the performance level (Grange & Kerr, 2010; Schilling & Hyashi, 2001). Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002). Anxiety have been one of those factors under consideration, but its depend on the nature of anxiety. So many psychological studies and lot of researchers and their research evidences support that high levels of anxiety can have a deteriorating effect on an individual athlete or team performance.

Sports competitive Anxiety: A tendency to perceive competitive situation as threatening and to respond to these situation with feelings of apprehension or tension in sports competition anxiety. (Martin’s et al. 1982) Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioural 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 feelings of fear, worry, uneasiness and dread. Anxiety is considered to be a normal reaction to a stressor. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder. The intensity and reasoning behind anxiety determines whether it is considered a normal or abnormal reaction. Standardized screening tools such as Zung Self-Rating Anxiety Scale can be used detect anxiety symptoms, and suggest the need for formal diagnostic assessment of anxiety disorder. Physical effects of anxiety may include heart palpitation, muscles weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, or headaches and immune and digestive system function are inhibited (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling and papillary dilation. Someone who has anxiety might also experience it as a sense of dread or panic. Anxiety does not only physical effects; there are many emotional ones as well. They include “feelings of apprehension or dread, trouble concentrating, feeling tens or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) of danger and feeling like mind’s gone blank “as well as” nightmares/bad
dreams, obsessions about sensations. Anxiety can be described as the tension and worry that results from distress. Anxiety is a negatively charged emotional state characterized by discomfort and nervousness. Generally speaking, there are two forms of anxiety trait and state. Trait anxiety is a personality characteristic that is relatively stable over time, predisposing the individual to be anxious across a wide variety of situations. State anxiety, on the other hand, refers to a “right now” kind of anxiety that is situation-specific. One of the factors that are believed to have a significant effect on athletic performance is the level of state anxiety experienced prior to an athletic contest. This is referred to in the literature as pre-competitive anxiety. Athletes 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” where upon further increase in arousal cause performance impairment.

One of the most important issues which has attracted the attention of sports scientist and psychologist are to identify the factors affecting sports performance, and it has been recognized that psychological factors, in particular anxiety play an important role in competition. Researchers have found that high level of anxiety can have deteriorating effects on athlete’s performance (Parnabas, 2010). Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension are associated with activation or arousal of the body (Weinberg, 1999). Anxiety is multidimensional in two different ways. Like all other emotions, anxiety has both a trait component and a state component. The trait component is like a personality disposition, whereas the state component is a situation specific response, characterized by apprehension, fear tension and an increase in psychological arousal (Cox, 2002).
Statement of the Problem

To compare the competitive anxiety between basketball and volleyball players.

II. Material and Method

The data was collected during national sports meet of Kendriya Vidyalaya Sangathan 201213, held at Kanpur and Lucknow. For the purpose of the study sports competition anxiety test (SCAT) by Rainer Marten (1990) was used. In this questionnaire total 15 questions were there in which 5 lie questions were present. Each question has 3 options like rarely, sometimes and often. For the scoring of each subject we applied the answer key of Rainer Marten (SCAT, 1990). For comparing sports competitive anxiety between basketball and volleyball male players, descriptive analysis and independent `t` test were applied at 0.05 level of significance.

2.1 Sample Size

For the present study 40 Male intercollegiate players from Basketball (20) and Volleyball (20) were taken as sample. Tool For the purpose of this study the standardized Rainer Marten (SCAT, 1990) Scale was used.

III. Results and Discussion

The Questionnaire was administers in small groups during the intercollegiate Basketball and Volleyball tournament.

<table>
<thead>
<tr>
<th>Players</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>20</td>
<td>17.45</td>
<td>3.63</td>
<td>1.52</td>
</tr>
<tr>
<td>Volleyball</td>
<td>20</td>
<td>19.05</td>
<td>2.96</td>
<td></td>
</tr>
</tbody>
</table>

* Significant at 05 level

Tabulated t-value required to be significant at (38) = 2.04 It is evident from table-1 that no significant difference was between the mean scores of Basketball players and Volleyball players scores in relation to competitive anxiety since t-ratio was found 1.52 which was lowest value than the required t value at .05 level of significance.
IV. Discussion

The results of the study have revealed no significant differences between the competitive anxiety of Basketball and Volleyball players of intercollegiate, as no significant difference has seen in the mean score at the Basketball and Volleyball players on competitive anxiety. Therefore it may be said that there is no influence of competitive anxiety at the Basketball and Volleyball players of intercollege level.

V. Conclusion

On the basis of the above findings, it may be concluded that the level of competitive anxiety of basketball and volleyball players was same. It can also be concluded that some other factors may be responsible for the results like: Small Sample Size and Insincere Response of the subjects.

References