



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
IJPESH 2015; 1(3): 53-55  
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www.kheljournal.com  
Received: 10-11-2014  
Accepted: 09-12-2014

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## A comparative study of sports competition Anxiety between district levels male Volleyball and soccer players

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### Abstract

The purpose of the study was comparing the Sports Competition Anxiety between Volleyball and Soccer male players. The subjects for this study were (N=60) male were 30 each from Volleyball and Soccer male players and age ranged from 18 to 25 years were purposive selected from Bilaspur district (C.G.). For the Acquisition of Sports Competitive Anxiety questionnaire developed by Martin (1990) was used. The independent 't' test was used to analyze data. Results indicated that there is no significant difference was found between Volleyball male players and Soccer male players in their Sports Competition Anxiety.

**Keywords:** Competition, Anxiety, Volleyball and Soccer.

### 1. Introduction

"Competition is a social process that occurs when reward are given to people on the basis of how their performance compare with the performance of other doing the same task or participating on the same event" (Coakley, 1994).

"Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension is associated with activation or arousal of the body." (Robert S Weinberg & Daniel Gould, 2007). State anxiety on be considered to be more situational in nature and is often associated with arousal of the autonomic nervous system that anxiety can be thought of as a world view that an individual uses when coping with situation in his or her environment (Spielberger, 1966). Researchers based found that, Competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens, 1977). Studied the anxiety and performance in selected non-professional athletes and result suggest that there was a significantly negative correlation between anxiety scores and performance on the irritability, depression & anxiety questionnaire Hannon, B. & Fitzgerald, P. (2006). Our ability to obtain independent measure of cognitive and somatic state anxiety has greatly enhanced our knowledge about the athletic situation. One of the factors that are believed to significantly influence the qualities of the athletic experience is the level of state anxiety during the time leading up to competition. Pre competitive anxiety starts relatively high and remains high and stable as the time of the event approaches. (Richard H. Cox -2007). Sometimes, anxiety may be helpful in tasks that require strength or powers but in some other events, a high level of anxiety may be injurious. Several researchers including Singer (1972) & Tutko (1977) have found supporting evidence for the inverted 'U' hypothesis, measuring the effect of anxiety on the performance of athletes. The inverted 'U' hypothesis states that an athlete will perform best when anxiety is moderate. Performance tends to deteriorate when anxiety is either too low or too high (Burton, 1988. Weinberg & Genuchi, 1980 as cited in Caruso et al, 1990).

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. Volleyball is a complex game of simple skills. Volleyball game requires comprehensive ability including physical, technical, mental and tactical abilities. Among them sports anxiety of players exert marked effects on the skills of the players themselves and the tactics of the team. Football, as it is seen today has undergone a tremendous improvement since its birth. The game of football is one of the most popular games in the world.

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The game began in England in the 12th century. Soccer refers to a number of sports that involve, to varying degrees, kicking a ball with the foot to score a goal. The most popular of these sports worldwide is association football, more commonly known as just "football" or "soccer".

All sports involve physical and mental activities that are pursued for more than simply useful reasons. For instance, running, when done as a sport, occurs for reasons beyond simply moving from one place to another. Value is gained from this activity when it is conducted simply for its own sake. Sports make people mentally strong. Success and failure are both parts of sports as well as life. A sports man knows that there will be times when he will win matches, there will also be times when he will lose them. A sportsperson knows how to handle defeat and thus, treats success and failure equally. This is an important lesson too, which sports can teach a person. Besides this, another importance of sports for children or for adults is that it teaches them how to handle competition.

## 2. Methodology

For the present study 30 Volleyball male players and 30 Soccer male players were randomly selected to serve as subjects of the study. Those who had participated in Bilaspur district level competition. Age of the subjects ranged between 18-25 years. In this study Sports Competition Anxiety Test (SCAT Martens *et al.*, 1990) was used to measure Sports Competition Anxiety.

### 2.1 Administration of the Test

Based on expert opinion and by personal understanding the Sports Competition Anxiety Test (SCAT) by Martens *et al.*, 1990 was used. Before administering the test, the procedure of the questionnaire and the purpose of the test were briefly explained to all the subjects for better understanding and to increase the motivation level. SCAT had fifteen items out of which five were spurious questions which were added to the questionnaire to diminish response bias towards actual test items these five questions were not scored. The subjects were instructed to respond to each item according to how he generally felt at the time of competition.

Every player had three possible responses i.e.

- (a) Rarely (b) Sometimes (c) Often

The ten test items which were taken for scoring purpose were 2,3,5,6,8,9,11,12,14,15, the remaining items which were not scored out were, 1,4,7,10,13.

### 2.2 Scoring of SCAT

Sports Competition Anxiety Test (SCAT) by Martens *et al.*, 1990 consists of total 15 statements. Scores obtained for each statement were added up which represent an individual's total score on Sports Competition Anxiety (SCAT Score). Then the SCAT score was analyzed.

### 2.3 Statistical Analysis

Descriptive Statistic, Mean, Standard Deviation and Independent t-test was applied to compare the degree of Sports Competition Anxiety between Volleyball and Soccer male players. The level of Significance was set at 0.05.

## 3. Results

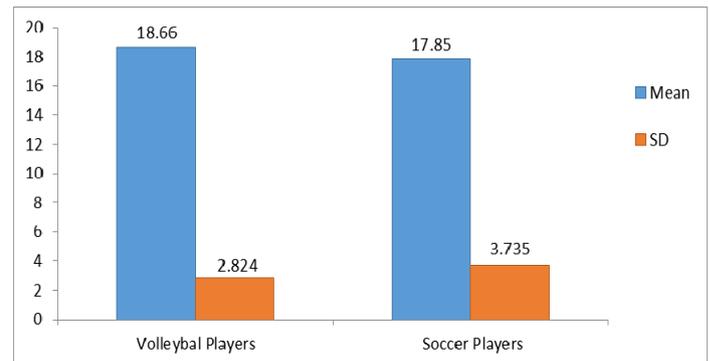
The scores were obtained by using the key as suggested by Martens *et al.* 1990. All the individual SCAT Score was used to judge the level of anxiety.

**Table 1:** Comparative and descriptive table of District level male Volleyball and Soccer players in relation Competitive Anxiety.

Game	N	M	SD	t-value
Volleyball	30	18.66	2.824	.812*
Soccer	30	17.85	3.735	

\*significant at 0.05 level (df58=2.00)

From table 1 it was revealed that the calculated t-value (0.812) was less than the tabulated t-value (2.00), so there was no significant difference between the Competitive Anxiety of the two groups of District level Volleyball and Soccer players of Bilaspur (C.G).



**Fig 1:** Graphical representation of Mean and SD of District level Volleyball and Soccer players in relation to Competitive Anxiety.

As the fig. 1, shows that the mean score of Volleyball players (18.66) was greater than the mean score of Soccer players (17.85). So it revealed that the Volleyball male players have more Competitive Anxiety level than the Soccer male players.

## 4. Conclusion

The following conclusions were drawn on the basis of the analysis of the present data:

1. No significant difference was found between the Volleyball male players and Soccer male players of District (Bilaspur, C.G) in relation to Sports Competitive Anxiety.
2. Volleyball male players were having greater Sports Competitive Anxiety level than Soccer male players.

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