



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 4.69  
IJPESH 2016; 3(2): 263-265  
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www.kheljournal.com  
Received: 23-01-2016  
Accepted: 26-02-2016

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# International Journal of Physical Education, Sports and Health

## A comparative study on pre-competition anxiety between male handball and volleyball players of GGV Bilaspur

**Dr. Ratnesh Singh, Inder Kerketta**

### Abstract

The purpose of the present study was to find out the pre-competition anxiety between handball and volleyball players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G). Anxiety refers to a sort of nervous and fear emotion formed by frustration or increasing the sense of failure and guilty, which results the players unable to achieve their goals. For the present study the researcher selected 24 male (12 handball and 12 volleyball players) from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G), as a subjects and the age ranged from 18-27 years. The variables selected for the present study were Sports Competitive Anxiety Test (SCAT) developed by Rainer Marten, 1990 (independent variable) and handball and volleyball players (dependent variables). For comparing the means of selected variables, descriptive analysis and independent t-test were applied at 0.05 level of significant. The result of the present study showed that there was significant difference found in pre-competition anxiety (SCAT) between handball players and volleyball players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G). On the basis of the results it was concluded that the male volleyball players have more anxiety level than the male handball players.

**Keywords:** Pre-Competition Anxiety, Handball and Volleyball

### Introduction

Handball is one of the world's oldest sports. The Romans are known to have played 'Harpaston' (130-200 AD) which resembled handball. "Cath Ball games" played in the middle age Europe by maids of honour and knights, seems to be forerunner to the modern handball. The Danish gymnastic supervisor, Holger Nielsen, allowed a "Haanbold-spiel" (handball games) to be played in his gymnasium at Ortrup in 1848. The danes eventually developed the sport and finalized the rules governing it in 1897 on which the present form of Indoor handball or Olympic handball is based. Today, handball is included in the Olympic sport programme. Handball is an athletic, high-scoring, spectacular, dynamic and exciting sport that requires teamwork, patience, fitness. M. L. Kamlesh (2007) [4]

Volleyball is very popular game in the youth generation which not need so many players or equipment for playing. Volleyball is a team sport in which two teams of six players are separated by net and each team tries to score maximum points by grounding a ball on the opponent's court under organized rules. Today, volleyball is included in the Olympic sports programme. Biswajit Malakar (2014) [5]

Pre-Competition anxiety is one of the most pressing problems in modern sports psychology. Psychology plays an important role in competition and every players experience anxiety before, during and after the competition. 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 of presence of psychological stress, anxiety can create feeling of fear, worry, uneasiness and dread. N. Bouras and G. Holt (2007) [3]

Researcher selected this study to compare the pre-competitive anxiety between the male handball and volleyball players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) who represented the university in East Zone Interuniversity tournament during 2015-16.

**Methodology**

**Selection of Subjects**

For the present study the researcher selected 24 male (12 handball and 12 volleyball players) from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G), as subjects and the age ranged from 18-27 years.

In this study Sports Competitive Anxiety Test (SCAT Rainer Martens, 1990) was used to measure the Sports Competitive Anxiety.

**Selection of Variables**

Independent Variable	Dependent Variable
Sports Competitive Anxiety Test (SCAT)	Handball players
	Volleyball players

**Administration of Test**

Based on the expert opinion and by personal understanding the study Sports Competitive Anxiety Test (SCAT Rainer Martens, 1990) was used to measure the Sports Competitive Anxiety. 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 was 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) Never
- B) Sometimes

C) Always

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

**Scoring of SCAT**

After collecting test sheet, test sheet was scored with the help of scoring instructions as per questionnaire value which are as follows: For each item, the responses were possible. The ten test items were 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15. The spurious item 1, 4, 7, 10 and 13 were not scored.

Items 2, 3, 5, 8, 9, 12, 14 and 15 were worded so that they are according to the following key:

Never = 1                      Sometimes =2                      Always = 3

Scoring for 6<sup>th</sup> and 11<sup>th</sup> items were reserved and they were scored according to the following keys:

Never = 3                      Sometimes =2                      Always = 1

**Statistical Analysis**

To find out the significance difference the pre-competition anxiety between handball and volleyball players were analyzed by applying descriptive statistics and independent t-test. The level of significance was set at 0.05. All the statistical analysed was carried out using SPSS version 16.0.

**Result of the study**

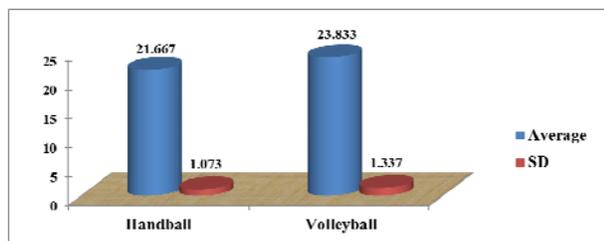
The scores were obtained by applying the Sports Competition Anxiety Test (SCAT) by Rainer Martens, 1990. The obtained scores used to judge the level of pre-competition anxiety.

**Table 1:** Comparative and descriptive table of pre-competition anxiety between male handball and volleyball players

Game	N	Mean	Std. Deviation	Mean Difference	Std. Error Difference	t-value
Handball	12	21.666	1.073	2.166	.494	4.378*
Volleyball	12	23.833	1.337			

\*Significant at 0.05 level (df 22 = 2.07)

Table 1 indicates that the calculated t-value 4.378 on pre-competition anxiety observed “t” value is compared with the critical value 2.07, 22 degree of freedom. It was observed that the value 4.378 was found as higher than the table value 2.07. This confirms that significant difference exists between the means of male handball and volleyball players in relation to pre-competition anxiety.



**Fig 1:** Graphical representation of Mean and SD of pre-competition anxiety between male handball and volleyball players

**Discussion of Finding**

The results of the study show that there was significant difference between the male handball and volleyball players in the mean scores of pre-competition anxiety test. The degree of anxiety also varies with a number of different conditions such as greater anxiety in higher competition than lower competition. The male volleyball players having high level of

anxiety due to long journey (at Tripura University, Tripura), tiredness, stress and other psychological parameters which was highly influences the game of volleyball players. The above results are supported by (Hilal Ahmad, Hartej Singh and Abida Nazir Khan, 2012; Deba Prasad Sahu, 2016) [1, 6].

**Conclusion**

On the basis of result following conclusions have been made -

1. Significant difference was found between the male handball and volleyball players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) in relation to pre-competition anxiety.
2. The male handball players were having less pre-competition anxiety level than the male volleyball players.

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