



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2021; 8(4): 33-36
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www.kheljournal.com
Received: 25-05-2021
Accepted: 27-06-2021

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A study of sports competition anxiety of national level female volleyball players

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Abstract

Profiling is a valuable technique in sports which is used to identify the characteristic of an athlete so that training program is organized for the preparation and the development of a player that can provide important information to the athlete, which helps to implement realistic goal setting strategies and exploit their intrinsic motivation. Psychological profiling is a scientific process to record the psychological characteristics of an individual to analyze in order to assess the abilities which denotes the psychological status or well being. The study was selected to analyze the Psychological Profiling of National Level Female Volleyball Players. It was conducted on hundred nation level female volleyball players. The players were delimited to national level players of North India. The variables studied was Sports Competition Anxiety. The collection of data was analyzed on the criterion measures viz. Sports Competitive Anxiety Test (SCAT) developed by Martens, Vealey and Burton (1990). Mean scores and standard deviation were calculated in order to study sports competition anxiety. The age of the players ranged from 17 to 25 years. Player's profiles have been discussed in terms of each player's relative standing on each psychological variable. To standardize the test, mean and standard deviation of each variable were calculated viz. sports competition anxiety 19.64 ± 2.57 . It is very clear that female volleyball players were tensed at the time of competition.

Keywords: psychological profiling, achievement motivation, sports competition anxiety, incentive motivation

Introduction

A sport is a psycho-social activity and in this modern era of competition, the psychological preparation of a team is as much important as teaching the different skill of a game on the scientific lines. The application of psychological principles to the improvement of performance in sport has received greater attention in these days. Sports psychology determines how psychological factors effect on performance of an athlete and also how sports and exercise effects athletes' psychological well-being^[1]. During the past two decades sports psychology has emerged as a legitimate field of scientific inquiry. As with all scientific endeavors, sports psychology shares the same basic goals of science, the observations of events, the description of phenomena, the explanation of factors that influence events in a systematic manner, the prediction of events or outcomes based upon systematic and reliable explanations and ultimately the control of events or contingencies that result in expected outcomes^[2].

Profiling is a scientific process in which an object or a person's behavior or characteristic is identified, recorded and analyzed in order to assess the feature and ability in certain sphere^[3]. Researcher admire with the fact that, now a day's rapid spread of performance profiling across the number of sports is taking place because coaches have now recognized its importance. Irrespective the physical or mental abilities, performance profiling allows the athlete to have a more active role in evaluating their own performance^[4]. Psychological profile distinguished successful and less successful players and their abilities to perceived higher performances. Psychological profiling help to construct sports based knowledge, confidence, awareness and motivation that provide the means for monitoring the performance and also to build up coach-athlete relationship^[5].

Sports Competition Anxiety

Anxiety is a psychological as well as physiological phase portrayed by somatic, arousing, cognitive and behavioral factors. Anxiety is viewed as a typical response to a stressor [6]. Competitive anxiety causes execution decay. Ideal dimension of tension previously, during and after the competition empowers the individual to be prepared to perform [7]. Modern perspectives of anxiety have ranged from the ideas of friend, who defined anxiety as a response to perceived danger or stress, to contemporary attempts of psychologists to alter patterns of anxious behavior by adjusting the chemistry of the brain. It is from both personality theories and psychoanalysts that sport psychologists have obtained tools with which to carry out research and to help athletes adjust emotionally to stress imposed by competitive sport. The sport competition anxiety test by Martens was based on the notion that an athlete's perception of threat in a competitive situation is measurable through self report. It should therefore, be understood that sports competition anxiety is nothing but situational or episodic anxiety very specific to sport competition situations.

Hypothesis

It was hypothesized that the National level female Volleyball players would be having optimum level of anxiety.

Materials and Methodology

Selection of subjects: The study was conducted on hundred nation level female volleyball players. The players were delimited to national level players of North India. The age of the players ranged from 17 to 25 years.

Selection of tests and questionnaire: The variable studied was Sports Competition Anxiety. The collection of data was analyzed on the criterion measures of Sports Competitive Anxiety Test (SCAT) developed by Martens, Vealey, and Burton (1990). Mean scores and standard deviation were calculated in order to study the achievement motivation, sports competition anxiety and incentive motivation.

Reliability of the Data

The Reliability of data was ensured by establishing the Instrument reliability and the Tester's reliability. The questionnaires selected for the collection of the data for psychological parameters were selected because they were found to be the most effective and reliable and had been extensively used in the field of Physical Education & Sports Sciences throughout the world. The reliability of the questionnaires is given below:

Table 1: Reliability of the selected psychological questionnaire

S. No.	Name of the Test	Variable	Reliability
1	SCAT	Sports Competitive Anxiety Test	0.89

Administration of the Questionnaires

To ensure that the investigator was versed with the techniques of conducting the test, investigator underwent a number of practice sessions in testing procedure under the expert. The tester competency was evaluated together with the reliability of tests.

Sports Competition Anxiety Test

The sports competition anxiety test is latest and most popular specific anxiety test whose purpose, as claimed by the authors is to assess individual differences in competitive trait anxiety or the tendency to pursue competition situations on threatening and/or respond these situations with elevated state anxiety. The test was developed as research instrument but its usefulness as a diagnostic instrument for clinical evaluation is yet to be established.

The SCAT contains fifteen items subjects are asked to indicate how they generally feel when they compete in sports and games, 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 (e.g., before I compete I worry about not performing well) Total scores are the SCAT range from 10 (Low competitive trait anxiety) to 30 (High Competitive trait anxiety). For each item one of three responses is to be given:

- Hardly ever
- Some times and
- Often

The ten test items are 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15. The spurious items 1, 4, 7, 10 and 13 are not scored. Items 2, 3, 5, 8, 9, 12, 14 and 15 are worded 30 that they are scored according to the following key:

- Hardly ever 1
- Sometimes 2
- Often 3

Item 6 and 11 are scored according to following key

- Often 1
- Sometimes 2
- Hardly ever 3

If a person deletes one of the ten tests items, prorated full scale scores can be obtained by computing the mean score for the nine items answered, multiply this value by ten, and rounding the product to the next whole numbers, when two or more numbers are omitted, the respondent's questionnaire should be invalidated.

Analysis of Psychological Data

In order to achieve the sports competition anxiety of national level female volleyball players mean score and standard deviation were calculated and for sketching individual profiles standardized intervals were created by adding/subtracting .5 SD to total sample mean. The statistical analysis of the data was done in accordance with the purpose of the study; firstly the data obtained from the administration of all the test items were subjected to descriptive analysis, in order to have an idea about the characteristics of all the test items. The results of the study have been shown in table 2 with graphical presentation.

Table 2: Mean Scores and Standard Deviation of Women Volleyball Players on the Basis of SCAT (Sports Competition Anxiety Test)

S. No.	Traits	Mean	+ S.D.
1.	Sports Competition Anxiety	19.64	2.57

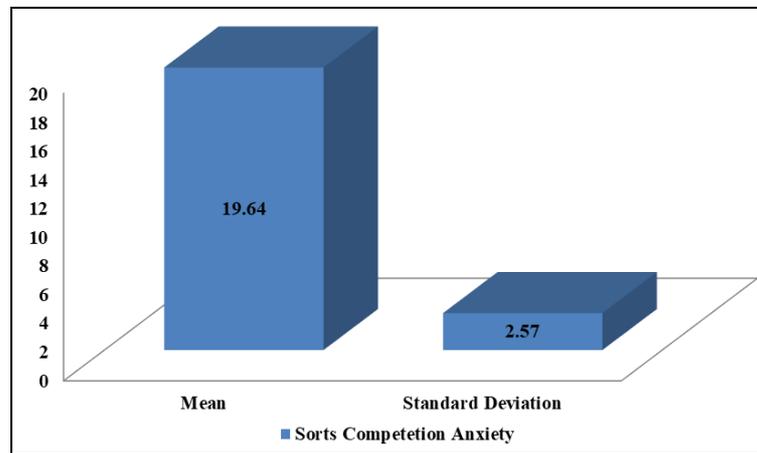


Fig 1: Graphical Representation of Sports Competition Anxiety (Mean Scores \pm S.D) Of Women Volleyball Players on the Basis of SCAT

Sports Competition Anxiety

Sports competition anxiety test used for the present study is a single variable questionnaire whose total scores range from 10 (low competition trait anxiety) to 30 (High competition trait anxiety). As shown in Table 2 the mean score of female

volleyball players (19.64 ± 2.57) clearly indicates high level of sports competition anxiety. This shows that the female volleyball players were tensed at the time of competition. Hence the hypothesis that “the female volleyball players may have optimum competitive anxiety” is not accepted.

Table 3: The Individual Raw Scores of Women Volleyball Players on the Basis of SCAT

S. No.	SCAT	S. No.	SCAT	S. No.	SCAT	S. No.	SCAT
1	21	26	23	51	18	76	20
2	16	27	23	52	18	77	17
3	17	28	20	53	18	78	21
4	20	29	21	54	23	79	20
5	16	30	21	55	23	80	18
6	15	31	18	56	18	81	21
7	18	32	20	57	18	82	23
8	15	33	20	58	23	83	19
9	2	34	21	59	23	84	18
10	23	35	24	60	20	85	18
11	19	36	21	61	21	86	18
12	19	37	24	62	21	87	23
13	17	38	20	63	18	88	23
14	11	39	18	64	20	89	18
15	20	40	17	65	20	90	18
16	18	41	19	66	21	91	23
17	19	42	19	67	24	92	23
18	21	43	20	68	21	93	20
19	19	44	17	69	24	94	21
20	24	45	21	70	20	95	21
21	23	46	20	71	18	96	18
22	19	47	18	72	17	97	18
23	18	48	21	73	17	98	23
24	18	49	23	74	19	99	23
25	18	50	19	75	19	100	20

SCAT- Sports Competitive Anxiety Test

Table 3 indicates the raw scores of the selected variables of Sports competitive anxiety for the selected female national level volleyball players of North India.

Conclusion

The mean score of female volleyball players (19.64 ± 2.57) clearly indicates high level of sports competition anxiety. This shows that the female volleyball players were tensed at the time of competition.

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