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A study of sports competition anxiety among different level volleyball male players in Southern India

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Abstract

Competition can cause athletes to react both physically (somatic) and mentally (cognitive), which can negatively affect their performance abilities. Stress, arousal and anxiety are terms used to describe this condition.

Anxiety before or during athletic competitions can hinder performance of an athlete. The aim of present study was to explore the difference of sports competition anxiety among different levels of volleyball players. For the purpose of the study 300 volleyball players (100 Youth National, 100 Intersarsity and 100 Senior State) were selected from various volleyball tournaments. The sports competition anxiety test developed by Martin (1990) was used to collect the data from the subjects. After analyzing the data it was found that there was significant differences exists among different levels of volleyball players.

The major problem in a competition is letting your mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance.

Keywords: Anxiety, performance and volleyball players

Introduction

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create the painful feelings that an athlete's typically recognize as anger, fear oppression, or worry. Anxiety is often accompanied by physical sensations such as heart palpitation, nausea, chest pain, shortness of breath, stomach aches, or head ache. The cognitive components entail expectation of a diffuse and certain danger. Somatically the body prepares the organism to deal with threat, heart rates are increased, sweating is increased, blood flow, immune and digestive system functions are inhibited. Externally, somatic signs of anxiety may include pale skin, sweating, trembling, and papillary dilation. Emotionally, anxiety causes a sense of dread or panic and physically causes nausea, diarrhea, and chills. Behaviorally, both voluntary and involuntary behaviors may arise directed at escaping or avoiding the source of anxiety and often maladaptive, being most extreme in anxiety disorders. However, anxiety is not always pathological or maladaptive. It is a common emotion along with fear, anger, sadness, and happiness, and it has a very important function in relation to survival.

Competition can cause athletes to react both physically (somatic) and mentally (cognitive), which can negatively affect their performance abilities. Stress, arousal and anxiety are terms used to describe this condition.

The major problem in a competition is letting your mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance.

In sports psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent feelings of apprehension and dread (Cashmore, 2002). A similar view of this construct was provided by Buckworth and Dishman (2002) [2] who defined anxiety as a state of worry, apprehension or tension that often occurs in the absence of real and obvious danger. Typically the tension felt by anxious people is accompanied by a heightened state of physiological arousal mediated by the autonomic nervous system.

Games and sports turn out as the special opportunities for the study of the feelings of the athletes in a mixture of sporting events (Bray, Jones & Owen, 2002^[5]; Tielman, Peacock, Cureton & Dishman, 2002)^[6]. Anxiety is a feeling that exists in people nature. It occurs under irritating condition excess anxiety may result in abnormal functions for the body. Every human being feels different level of anxiety, and physiological properties that play very important role in this situation (Spilberger, 1966).

Anxiety is an uneasiness and feeling of foreboding often found when person is about to embark on a hazardous venture. It often accomplished by strong desire to excel. The present study was focused to find-out the difference of level of anxiety among different level volleyball players.

Methodology

Table 1: Sports Competition Anxiety among Different Level Volleyball Players

Variable	Source Variance	Degree of freedom	Sum of Squares	Mean Sum of Squares	F- Ratio
Competition anxiety	Between Group	2	1625.14	812.57	67.77*
	Within Group	297	3561.05	11.99	

*Significant at 0.05 level Tab. F, 0.05 (2, 297) = 3.03

The Analysis of variance for competition anxiety showed that the resultant F-ratio value [F 0.05 (2, 297) = 67.77] is greater than tabulated value [F 0.05 (2,297) = 3.03]. It is clear from the table that significant difference exists amongst the groups

The data was collected from south-zone intervarsity, youth national and senior state volleyball tournaments. The subjects of the study consisted of 300 volleyball players (i.e., 100 Youth National, 100 Intersvarsity and 100 Senior State). The Sports Competition Anxiety Test (SCAT) designed by Martens (1977)^[3] was used to collect the data. The questionnaire consisted of 15 items, questionnaires were distributed to the players after the consent of their coaches and the method of response was explained. One way analysis of variance (ANOVA) and Least Significant Difference (LSD) test was applied to analyze the data at 0.05 level of significance.

Result

The data was analyses and presented in the following manner:

on competition anxiety. Further to analyses which level of players have highest and lowest level of competition anxiety; pair wise mean comparison analysis will be done by using Least Significant difference (LSD) test.

Table 2: Pair wise mean comparison of different level players

Mean Value				
Senior State	Intersvarsity	Youth National	Mean Difference	CD at 5% e
23.99	20.35	-	3.64*	1.06
23.99	-	18.37	5.62*	-
-	20.35	18.37	1.98*	-

It is clear from the above table that significant difference exists amongst different level volleyball players. Youth National players have lowest level of competition anxiety and

Senior State players have highest level of competition anxiety.

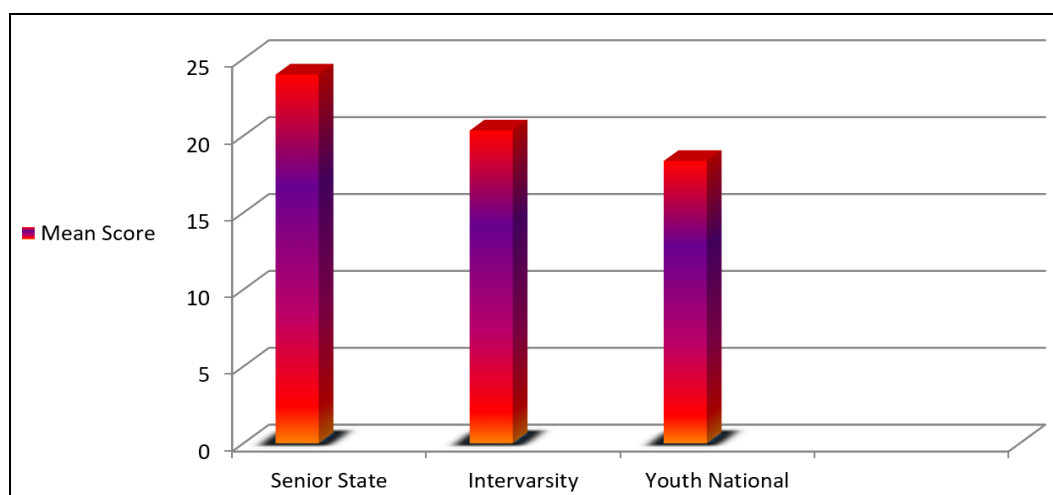


Fig 1: Mean Score of Different Level Volleyball Players

Discussion

The results of the study showed that significant difference exist amongst the groups on competition anxiety i.e. Youth National, Intersvarsity and Senior State Volleyball players have different level of competition anxiety.

It was clear from the table II that the mean difference between Senior State and Youth National (M=5.62) higher than both

the groups, that means Senior State players have higher level of competition anxiety and Youth national Volleyball players have lowest level of competition anxiety amongst the groups. Result of the study endorses the findings of Bawa (2001)^[1] who conducted the study on male national level Gymnasts and found that higher level performance group has moderate level of anxiety than the low level performance group.

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