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A comparative study on anxiety between school- and college-level volleyball players in Kerala

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Abstract

Anxiety consists of both mental and physiological components. In accordance with various research studies, there is a relationship between anxiety and performance. The present paper tries to investigate the level of anxiety between school- and college-level volleyball players in Kerala. Only male volleyball players from different schools ($n = 24$) and colleges ($n = 24$) in Kerala who participated in state-level volleyball championships were chosen at random as subjects. The participants' ages ranged from 14 to 23 years old. Maximum effort and meticulous care were taken while recording the measurements with precision and accuracy. The Sports Competitive Anxiety Test (SCAT- Martens 1977) was used to measure the anxiety level of the players. To compare anxiety between school- and college-level volleyball players, an independent T-test was employed, setting the level of significance at 0.05. The result of the study indicated that there was no significant difference in mean sports competition anxiety between school and college-level state volleyball players, as the obtained p-value was greater than the chosen level of significance of 0.05. ($p > 0.05$). It was concluded that no significant difference was found in mean sports competition anxiety between school and college-level state volleyball players.

Keywords: Sports competition anxiety, male, volleyball, school and college

1. Introduction

Anxiety is a psychological and physical state with bodily, emotional, cognitive, and behavioural components. Anxiety's basic meaning is to vex or trouble; in the absence or presence of psychological stress, anxiety can cause feelings of fear, worry, uneasiness, and dread. Anxiety is regarded as a typical response to a stressor. It may assist a person in coping with a challenging situation by prompting them to do so. When anxiety becomes extreme, it may be classified as an anxiety disorder. Anxiety can cause heart palpitations, muscle weakness and tension, exhaustion, nausea, chest pain, shortness of breath, stomach ache or headache, and immunological and digestive system dysfunction (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling, and papillary dilation. Many studies suggest that the psychological component of anxiety interferes with an athlete's performance. Anxiety can hinder or negatively affect performance and achievement in games, including sports games, if it is excessive (Lazarus, 2009) ^[1]. Modern sports, which bring renown in addition to financial incentives, have driven athletes to treat sports competition as a full-time business. As a result, anxiousness is not a consistent attribute among players before, during, and after competition, necessitating a precise assessment to comprehend and define its level. Pre-competitive anxiety begins relatively high and is relatively high and stable as the event approaches (Richard H. Cox, 2002) ^[2].

Volleyball is a team sport played by two teams of six players divided by a net. Under organised regulations, each team attempts to earn points by grounding a ball on the opposing team's court. Volleyball is a difficult game with simple abilities. Volleyball involves a wide range of skills, including physical, technical, mental, and tactical qualities. Sports anxiety in athletes has a significant impact on their individual skills as well as team tactics.

2. Review of Literature

Hassan *et al.*, (2016) ^[3] conducted a study on sports competition anxiety among netball players. The present study sought to analyse sports competition anxiety in netball players. To that end, the investigator gathered information from 50 netball players separated into two groups (30 male and 20 female).

These two divisions were further subdivided into senior and junior players. Data was acquired using the random sampling approach and the Marten 1977 sports competition anxiety test. The t-test was used to analyse the data. The findings demonstrated that there is no significant difference in mean scores of sports competition anxiety between male and female netball players, as well as an inconsequential difference between senior and junior players in terms of sports competition anxiety.

Inder Kerketta (2015) [4], A study was done to compare sports competitive anxiety in male volleyball and soccer players. The study's goal was to compare male volleyball and soccer players' sports competition anxiety. The subjects for this study were 60 male volleyball and football players aged 18 to 25 years who were purposefully chosen from the Bilaspur district. Marten (1990) [5] created a questionnaire for the acquisition of sports competitive anxiety. The data was analysed using an independent t-test. The results showed that there was no significant difference in sports competition anxiety between male volleyball players and male soccer players.

3. Methodology

3.1 Sampling

For the purpose of the present study, 24 school-level and 24 college-level male volleyball players who had participated in state-level volleyball championships were randomly selected from different schools and colleges in Kerala. The players' ages ranged from 14 to 23 years.

3.2 Instrumentation

Variable	Tools used	Criterion measure
Sports Competition Anxiety	Rainer martens, Sports Competition Anxiety Test (SCAT, 1977)	Scores

3.3 Collection of data

Following the review of relevant research, a standard questionnaire is created to collect various data. In order to gather pertinent information from each sample in the study, the researcher primarily employed the Sport Competition Anxiety Test (SCAT), created by Rainer Marten in 1977. This is employed since a pilot test revealed that it has a high dependability index.

3.4 Inventory and Procedure

The subjects were given comfortable seats, and, in order to maintain confidentiality, they were kept as far away from other participants as feasible. The author tried to gain full cooperation from the student-players by outlining the goal of the test. The inventory is independently managed. The instructions were all printed on the inventory's front cover page, and some pupils additionally heard them read aloud and thoroughly explained. The subjects were given the go-ahead and given the assurance that their opinions would remain private. The test materials for each subject were meticulously collected when the test was completed.

The scoring was completed using the scoring key that was provided in the manual itself as a reference. Every statement in the questionnaire contains three alternative choices that were made apparent in the handbook (rarely, occasionally, and frequently). The subjects were asked to select the option that best suited them. For the selections, score points of 1, 2, and 3 were given. The total of the score points (raw score), calculated in accordance with his ratings, was then acquired.

3.5 Reliability and Validity

The inventory used is a kind of checklist adapted after making sure that it is valid and reliable measure at the face value. Except some modifications made at the language level, it was adapted as it is. The questionnaire's reliability was found to be about 0.89. This reliability coefficient makes the test or questionnaire to be highly consistent and reliable for using in this new setting or environment.

3.6 Statistical Technique

The data was processed using descriptive statistical analysis. The data obtained from the given responses in the questionnaire are rated according to the key and analyzed using independent sample t-test. The level of significance was set at 0.05.

4. Results

Based on the data gathered and the statistical method employed the following results were obtained.

Table 1: Comparison of Sports Competition Anxiety mean score of school- and college-level Volleyball Players.

Level	N	Mean	SD	Df	't' value	P value
School	24	19.12	2.61	46	-0.987	0.312
College	24	20.01	4.12			

The descriptive statistics as presented in Table 1 reveal that the mean sports competition anxiety score of school-level state volleyball players was 19.12 with a standard deviation of ± 2.61 . The mean sports competition anxiety score of college-level state volleyball players was 20.01 with a standard deviation of ± 4.12 . The result indicates that there was no significant difference in mean sports competition anxiety between school and college-level state volleyball players, as the obtained p-value (0.312) was greater than the chosen level of significance of 0.05. ($p > 0.05$).

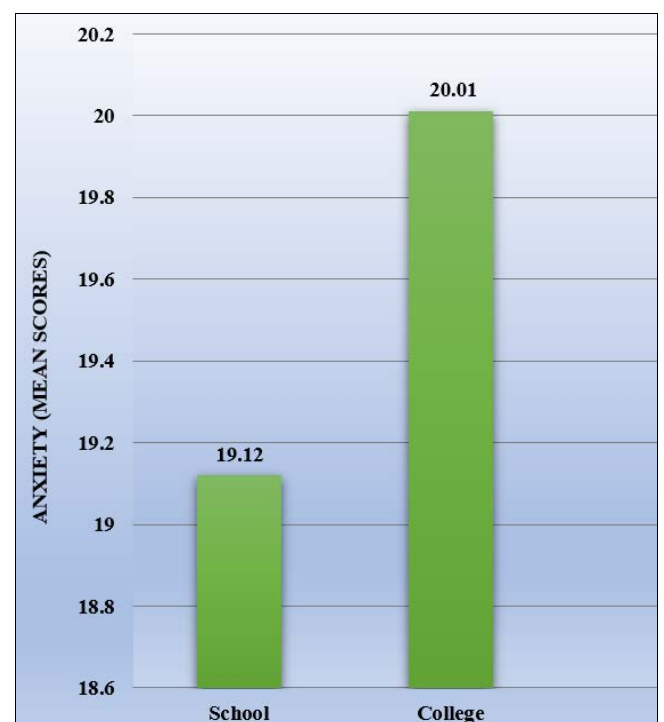


Fig 1: The bar diagram shows the comparison of mean scores of the Sports Competition Anxiety between school and college-level Volleyball players.

4.1 Discussion of Findings

The findings of this study revealed that there was no significant difference in sports competition anxiety between school- and college-level male volleyball players.

5. Conclusion

Based on the findings, it was concluded that there is no significant difference in sports competition anxiety between school- and college-level male volleyball players. It could happen because school- and college-level male volleyball players put in more effort to psychologically prepare and gain confidence in order to participate in numerous tactical actions in various situations and team coordination during the game.

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