

# A Comparative Study on Sports Competition Anxiety Between Male and Female District Level Volleyball Players

Corresponding author: Gopa Saha

Assistant professor in physical education, JRSET College of Education, West Bengal, India

Email: sahaGopa465@gmail .com

## Abstract

**Background:** Competitive game requires a high level of physical mental and emotional toughness including anxiety in volleyball game to perform frequently higher level of performance. **Objective:** The purpose of the study was a compare sports competition anxiety between male and female district-level volleyball players of West Bengal. **Methodology:** Thirteen district-level male volleyball players and thirteen district-level female volleyball players were required in this study from different sports clubs in West Bengal. The age of the subjects ranged between 16 to 19 years. Anxiety was measured through the Sports Competition Anxiety Test (Martens, R 1977) respectively. **Result:** The obtained result shows that an insignificant difference was found in anxiety ( $P=0.05$ ) between male and female district-level volleyball players. it was also found that insignificant difference between district-level male volleyball players (mean-20.47/sd-3.059) and district-level female volleyball players (mean-19.73/sd-2.78) volleyball players on anxiety and t value is 0.33 **Conclusion:** It is concluded that there are insignificant differences found in anxiety between male and female district level volleyball players.

**Keywords:** Anxiety, volleyball, volleyball players, questionnaire, psychological variable

## INTRODUCTION

Today sports are highly emerging in the context of modern competitive performance as it serves a vital role in the social and cultural functioning of each event. Games and sports have been also a part of human life and they almost emerged as universal cultural phenomena

Sports Psychology is a science in which the principles of psychology are applied in a sport or exercise setting. These principles are often applied to enhance performance sport psychology is an exciting subject dedicated to the enhancement of both athletic performance and the social-psychological aspects of human enrichment.

Volleyball games have become very popular all over the world. the game requires high demands of physical, physiological, and psychological qualities to compete and excel at the district, state, national, and international levels. However, modern volleyball is a game that calls for strenuous continuous thrilling action. The skills involved in the game are simple, natural highly stimulating, and satisfying to anyone who participates in the game. The skill includes diving, spiking, blocking, etc. A highly competitive sports environment leads to anxiety among players. Competitive anxiety is one of the factors to decrease athlete's performance (Esfahani & Soflu., 2010). Anxiety can be either an emotion or due to worry, such as a feeling of uneasiness, nervousness or dread about something with an uncertain outcome. Anxiety can manifest itself either physically or emotionally. Anxiety is essential to competition. However, when anxiety gets too high, or even too low, performance can be negatively impacted.

## REVIEW OF RELATED LITERATURE

1. **Roshan Lal Sharma**, in a study was to compare the Sports Competitive Anxiety between the male and female volleyball players in Jammu District, (Jammu and Kashmir). A total (of  $N=60$ ) volleyball male and female players, male (30) and Female (30), belonging from the Jammu District, (Jammu and Kashmir) State were selected. The variable selected for the study was Sports Competitive Anxiety. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used as a criterion measure. 't' test was used to compare Sports Competitive Anxiety between male and female players level of significance set at 0.05. Results: The results show that no significant difference between the Male and Female volleyball players' Sports Competitive

Anxiety in Jammu District. Based on the results, it was concluded that some other factors may be responsible for the results like a small Sample Size insincere response, mental set of the subjects.

2. **Inder Kerketta**, conducted a study to find out the Sports Competition Anxiety between Volleyball and Soccer male players. The subjects for this study were (N=60) males 30 each from Volleyball and Soccer 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 test was used to analyse data. Results indicated that there is no significant difference was found between Volleyball male players and Soccer male players in their Sports Competition Anxiety.

3. **Omeshwar Sanyal**, in a study to compare the Sports Competitive Anxiety between the individual and team game players' intercollegiate players, Jammu University Jammu and Kashmir. Methodology: A total of sixty (60) players were selected. In the category of individual sports, there were 30 players i.e. (15) Athletics players, fifteen (15) badminton players; and for team's games, there were 30 players i.e. (15) basketball players and fifteen (15) Kabaddi players were randomly selected to serve as subjects of the study. The variable selected for the present study was Sports Competitive Anxiety. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used as a criterion measure. For comparing Sports Competitive Anxiety between the male and female players, descriptive Statistics and an independent 't' test were applied and the level of significance was kept at 0.05. The psychological variables of Sports Competitive Anxiety have no significant difference with the Male and Female Badminton players of Jammu District.

4. **Dr. Anand Prakash**, conducted a study to find out compare the Sports Competitive Anxiety between Men and Women Kabaddi Players. This study was an attempt to compare the competitive anxiety level of men's and women's kabaddi players at the university level. A total of fifty players were selected as subjects for the study. (Twenty-five men's and twenty-five women's kabaddi players) from the inter-collegiate level. Reiner Martin" Sports Competition Anxiety Test (SCAT) was used for the collection of data. The result shows within the limitation of the study that there is no significant difference in competitive anxiety between men and women kabaddi players at the university level.

## METHOD AND MATERIALS

### participants

Subjects for this study were selected considering the relevance of the study. The study was conceptualized to investigate the difference between the anxiety between male and female district-level volleyball players. In this investigation total of sixty volleyball players(n=60) Were selected out of which thirty(n=30) active male volleyball district players and thirty(n=30) female district volleyball players were taken randomly from a large number of populations from various clubs in west Bengal. the age of the subjects ranged between 16 to 19 years.

### Variables

Based on the conceptualization and formulation of this study, mainly one psychological variable was selected to investigate its status among district-level male and female volleyball players. The variable Anxiety was measured through the Sports Competition Anxiety Test (Martens, R 1977).

### Data collection procedures

For measuring the anxiety of the subjects, the Sports Competition Anxiety Test questionnaire developed by Martens in 1977 was used, Sports Competition Anxiety Test questionnaire consists of a total of 15 questions. It is a Likert type three points scale i.e. Rarely, Sometimes, often. The scoring of the filled questionnaires was done according to the instructions mentioned in the test manual for the purpose. To obtain the total score for the complete test all the scores for different items were recorded in the specified space provided in the questionnaire of the scale. The range of scores for on sports competition anxiety test could range between 9-36. The higher scores show a high and the lower score shows a low level of anxiety.

## Statistical Technique

Independent t-test will be used as the statistical technique to find out significant differences between the groups. The level of significance was set at 0.05.

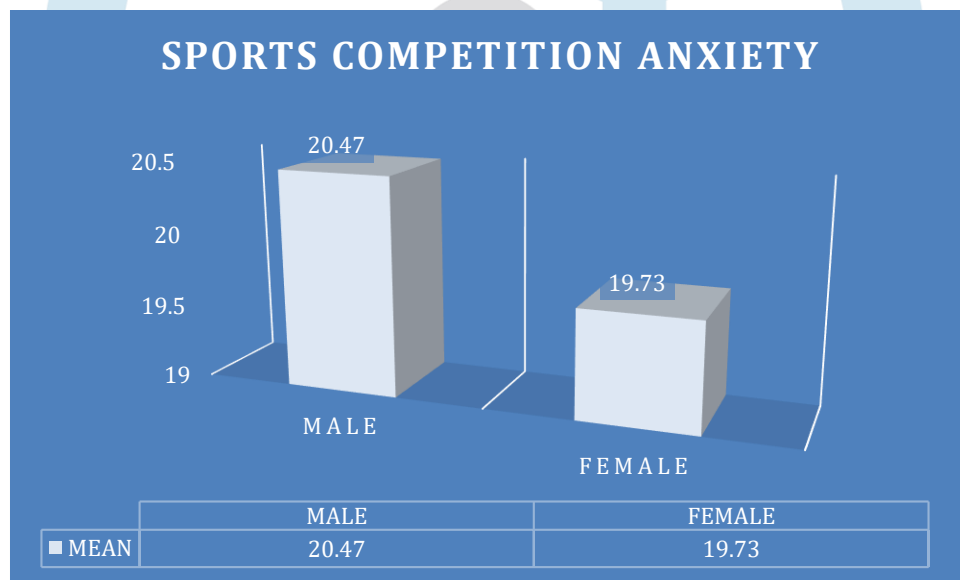
## Result

**TABLE-1**

Comparison of sports competition anxiety between male and female district level volleyball players

group	N	Mean	MD	SD	SEM	T-value
male	30	20.47	0.74	±3.05	0.56	0.33*
female	30	19.73	0.74	±2.78	0.50	

significant at 0.05 level



Graph 1: Graphical representation of Mean and SD on sports competition anxiety of male and female Volleyball players

## DISCUSSION

the purpose of the study was to investigate the sports competition anxiety between district-level male and female volleyball players. The statistical results of the study revealed that there is an insignificant difference in sports competition anxiety between district-level male and female volleyball players. sports competition anxiety of the district-level male and female volleyball players is presented in Table 1. The mean and standard deviation of district-level male volleyball players on the variable sports competition anxiety were 20.47 and 3.05 respectively. The mean and standard deviation of district-level female volleyball players on the variable anxiety were 19.73 and 2.78 respectively. Revealed that there was an insignificant difference in means of volleyball district level male and female volleyball players' sports competition anxiety as obtained t value was 0.33, which was a lower value than the p-value (tabulated value) 2.000 required for t value to be insignificant at 0.05 level with (58) degrees of freedom.

## CONCLUSION

Based on the findings of the study, the following conclusions are drawn:

An insignificant difference was found between district-level male and female volleyball players in West Bengal state regarding sports competition anxiety. Based on mean scores, it can be seen that female volleyball players had less Sports Competitive Anxiety level than male volleyball players.

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