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SPORTS COMPETITION ANXIETY ON NATIONAL LEVEL OF HANDBALL PLAYERS

Sports Competition Anxiety on National Level of Handball Players

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Abstract – Sports Competition Anxiety test (SCAT) constructed and standardized by Martens was administered on 30 National level (15 male, 15 female) handball players. The age of subjects ranged between 19 to 22 years. The purpose of the study was to compare the level of anxiety between male and female national level handball players. Statistical analysis has been done by T-test and the significance of the result was seen on 0.05 level. The t-test showed that there was no significant difference was found in mean difference among the male and the female national level handball players in relation to sports competition anxiety.

Keywords : Competition, Anxiety, Male & Female Volleyball Players.

INTRODUCTION

One of the most popular issues in sports psychology concern the relationship between male players, female players and sports competition Anxiety. Certain components of Anxiety are most important to achieve success in sports. Anxiety is a Psychological and Physiological state characterized by somatic, emotional, cognitive and behavioral components. The root meaning of the word anxiety is "to vex or trouble"; in either the absence or presence of psychological stress, anxiety can create feeling of fear, worry, uneasiness and dread. Anxiety is considered to be normal reaction to stressor. It may help a person to deal with a difficult situation by prompting one to cope with it.

A competition is often called an open conflict in which an individual or a group may produce challenge or threat to others; they may also challenge their own existing status, performance or standard in area of interaction. A moderate level of Anxiety is necessary to activate the human organism for some physical Activity to cope-up with the existing environmental situation with excellence. The study would help to prepare and modify psychological training programmers to competition Anxiety level of a player. Also it may help to promotion of sports coaching and educational efforts.

OBJECTIVE

The objectives of the study were to find differences in sports competition Anxiety among Male and Female national level Handball players.

SAMPLE

A total number of thirty (n=30) subjects belonging to single (youth) age group ranging 19-22 years were selected. 15 male and 15 female national level handball players were selected as a subject for the said study.

METHODOLOGY

The data was collected from 15 male & 15 female national level handball players. The questionnaire constructed and developed by Martens (1977) was employed to collect the data from the subjects. All the necessary instructions were given to the subjects before the subjects was requested to respond the statement in the questionnaire. The Questionnaire was administered on the subjects during the pre-national coaching.

DATA ANALYSIS AND DISCUSSION

The collected data were analyzed statistically computing Mean, S. D. and t-ratio to find out significant difference if any between two experienced groups on the psychological parameter considered for the study. The results have been depicted in the following table.

Table

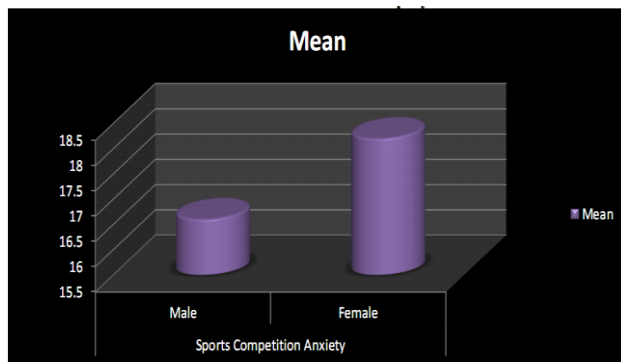
Significance Differences of Mean score at competition Anxiety among Male & Female National Handball players

Variable	Group Compared	Mean	Standard Deviation	Significant "t" (0.05)	"t" Ratio
Sports Competition Anxiety	Male	16.6	2.75	2.04	0.22
	Female	18.2	4.14		

*Significant at 0.05 level.

Figure

Significance Differences of Mean score at competition Anxiety among Male & Female National Handball players



The t-test showed that there were no significant difference in the "t" value exists between male and female handball players on their level of competition anxiety. As the calculated "t" (0.22) value is much lower than the tabulated "t" value (2.04) at 0.05 level.

DISCUSSION OF FINDINGS AND CONCLUSIONS:

Within the limitation of the study the following conclusions may be drawn.

(1) The t-test showed that there were no significant difference in the "t" value exists between male and female handball players on their level of competition.

(2) As per the scoring Manual, the subjects who scores less than 17 indicates low level of Anxiety whereas scores lies in between 17 to 24, It indicates average level of Anxiety and the score more than 24 predicts high level of Anxiety.

(3) On the basis of result, it may be concluded that national level male and female handball players did not significantly differ on their level of competition anxiety.

(4) The findings also suggest that the level of competition anxiety of these males and females handball seemed to be necessary for being assertive

to excel at the highest level of the competitive sporting spirit.

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