

Investigation of sports competition anxiety of intercollegiate volleyball players

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Abstract

Introduction: Sport plays a very prominent role in the modern society. It is important to individuals, a group, a nation and indeed the world. Throughout the world, sport has a popular among people of all ages and both sexes. Much of the attraction of sport comes from the wide variety of experience and feeling that result from participation such as success, failure, exhaustion pain, relief and feeling of belonging. Sport can bring money, glory, status and goodwill. However, sport can also bring tragedy, grief and even death (Uppal, 1992). As the amount of leisure time has increased in modern society time spent on sports has grown, while very few participate at the local or community level, for others involvement in sport is a passive one as spectators, coaches, umpires, teachers or sports writers.

Purpose: The purpose of the study was to investigate the sports competition anxiety of Kuvempu University intercollegiate Volleyball players.

Methodology: The purpose of the study was to investigate the sports competition anxiety of Kuvempu University intercollegiate Volleyball players. To achieve this purpose Sixty male players were selected during Intercollegiate tournament each Thirty from Shivamogga and Chikkamagaluru district. Simple random sampling technique was used to select the subjects. The data was collected by using standardized competitive state anxiety questionnaire prepared by Buss and Perry. This questionnaire was handed over to the subjects and asked them to answer all the questions, before collecting the questionnaire tester was checked that whether all the questions were answered or not. The test was administered to the players before commencement of the match.

Results: To achieve the purpose of the study data collected was subjected to statistical analysis. The collected data was treated with 't' test statistical technique to know the competition anxiety of Kuvempu University intercollegiate Volleyball players.

Conclusion: Within the limitations of the present study results showed that in Sports Competition anxiety Shivamogga Volleyball players are more anxious than Chikkamagaluru Volleyball players.

Keywords: competition, anxiety, intercollegiate, volleyball

1. Introduction

Sport plays a very prominent role in the modern society. It is important to individuals, a group, a nation and indeed the world. Throughout the world, sport has a popular among people of all ages and both sexes.

Much of the attraction of sport comes from the wide variety of experience and feeling that result from participation such as success, failure, exhaustion pain, relief and feeling of belonging. Sport can bring money, glory, status and goodwill. However, sport can also bring tragedy, grief and even death (Uppal, 1992).

As the amount of leisure time has increased in modern society time spent on sports has grown, while very few participate at the local or community level, for others involvement in sport is a passive one as spectators, coaches, umpires, teachers or sports writers.

Anxiety is also a function of the extent to which the person, himself, is involved in the danger. If the anticipated danger is the bite of an insect, a scratch on the skin by a cat, or the loss of one's hat on a windy day, the anxiety, while real, will not be so intense as when the existence or safety of the person is threatened.

The most acute anxiety arises when the individual feels that his personal adequacy or his existence in the group is

threatened. He may fear the loss of his status as the only child in the family, or the loss of his-job and means of livelihood, or he may be threatened with failure in school. The anxiety-performance relationship is a prominent research issue and a practical concern for sport participants. Typical pre-game rituals and pep talks aim to increase arousal or get players "psyched up" for competition. Those who use psych-up strategies must believe that such tactics enhance performance. Are they correct? Most of us can recall times when a pep talk seemed to help, or when an athlete responded to the big game with the best performance of the season. The Olympic games and excitement of the arousal, and the pressure a large share of record- braking performances and personal bests.

2. Methodology

The purpose of the study was to investigate the sports competition anxiety of Kuvempu University intercollegiate Volleyball players. To achieve this purpose Sixty male players were selected during Intercollegiate tournament each Thirty from Shivamogga and Chikkamagaluru district. Simple random sampling technique was used to select the subjects. The data was collected by using standardized competitive state anxiety questionnaire prepared by Buss and Perry. This questionnaire was handed over to the subjects and asked them

to answer all the questions, before collecting the questionnaire tester was checked that whether all the questions were answered or not. The test was administered to the players before commencement of the match.

3. Statistical Analysis

To achieve the purpose of the study data collected was subjected to statistical analysis. The collected data was treated with ‘t’ test statistical technique with the help of SPSS (20th version).

4. Results and Discussion

Table 1: Mean, Standard Deviation and ‘t’ value of sports competition anxiety

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Shivamogga	30	19.600	1.993	3.716
2.	Chikkamagaluru	30	17.700	1.967	

Significant at 0.05 level.

The mean difference in sports competition anxiety variable was analyzed by ‘t’ test for statistical significance of intercollegiate Volleyball players. It is evident from the table I that there’s significant difference exist in sports competition anxiety between Shivamogga and Chikkamagaluru players. Since the calculated ‘t’ value 3.716 which is greater than tabulated ‘t’ value 1.96, it is significant at 0.05 level. Therefore, the significant difference exists in sports competition anxiety between Shivamogga and Chikkamagaluru Volleyball players. The result shows that Shivamogga players are significantly better than Chikkamagaluru players in sports competition anxiety. The graphical representation of sports competition anxiety between Shivamogga and Chikkamagaluru players is shown in Fig 1.

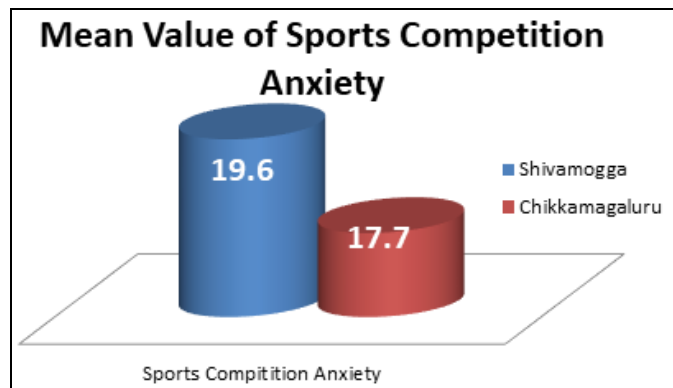


Fig 1: Mean value of Sports Competition anxiety between Shivamogga and Chikkamagaluru Volleyball players

5. Conclusion

Within the limitation of present study the following conclusions were drawn. The data collected to achieve the purpose of the study data was treated with statistical technique ‘t’ test and results showed that in Sports Competition anxiety Shivamogga Volley Ball Players are more anxious than Chikkamagaluru Volley Ball players.

6. Reference

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