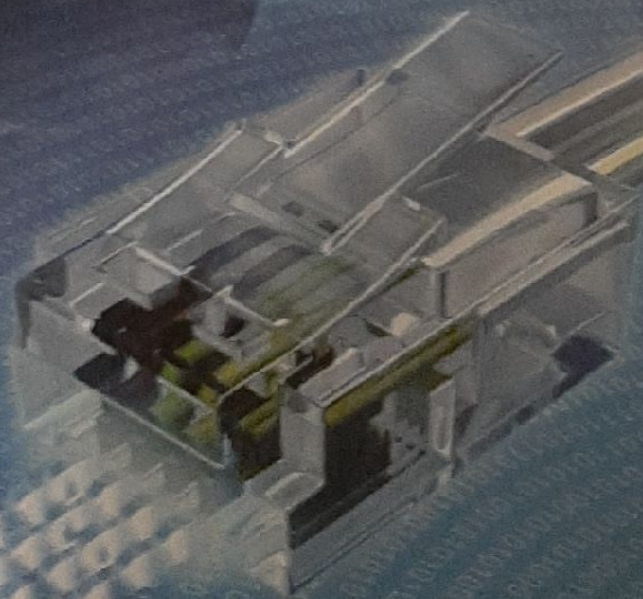


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**Editor in Chief**  
**Dr. Narendra Kumar**

# International Journal of New Era Research

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*Physical Education*

## **Comparison of Sports Competition Anxiety on Different Levels of Participation in Volleyball Players**

**Mr. Abhijit Jaysing Nalvade\*, Dr. SK. Md. Attaullah M.K. (Jagirdar)\*\***

### **Abstract**

Anxiety may be motivating force or it may interfere with successful athletic performance. As a positive motivating force it can be instrumental in motivating the athletes to work harder to find new and to help to set goals. The sample of the present study comprised of 100 male university volleyball players of India. Keeping the view the purpose of the study they were divided into three groups all India intervarsity (N=100), west zone intervarsity (N=100) and intercollegiate (N=100) man volleyball players. The result indicated that significance difference between all India, west zone intervarsity and intercollegiate man volleyball players in the anxiety level. It is evident that all India intervarsity, west zone intervarsity and intercollegiate man volleyball players in anxiety test differed significantly, as the obtained F-value of 109.94 is much more than the tabulated value  $F_{0.05}(2,297) = 4.71$ .

**Key words:** Sport Competition Anxiety.

### **Introduction**

Volleyball is an enjoyable activity for the beach or the park. The game is played by two teams of six players, with up to six substitutes allowed in a squad. A net is fixed across the middle of a court eighteen meters long and nine meters wide. Two flexible antennae mark the extremes between which the ball must pass over the net.

Anxiety is one of the most interesting and important areas of focus in sport psychology and has continued to attract great research interest (Weiss & Gill, 2005). A variety of studies have focused on anxiety experience and characteristics of athletes, coaches and referees (e.g. Kelley, Eklund, & Ritter-Taylor, 1999; Guillen & Bara, 2004). Numerous questions remain regarding the anxiety characteristics of athletes at higher levels of competitive sports (Woodman & Hardy, 2001b; Gould, Greenleaf & Krane, 2002).\*

Psychology is the systematic study of behavior and mental processes as the study of

humans is the primary focus of much of the field of psychology. Sports psychology is a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. Sport psychology is the scientific study of people and their behaviors in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Most research studies of sports anxiety have analyzed the relation of the anxiety components and sports efficacy. Thus, for example, Jones, Hanton, & Swain (1994), by analyzing the differences between 97 elite and 114 non-elite swimmers, have not found any significant differences in the level of cognitive and somatic competitive state anxiety. Elite swimmers, in comparison to non-elite swimmers, considered anxiety symptoms to be more stimulating.

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\*\* H.O.D. Physical Education, Milliya Arts & Science College, Beed (M.S.)

**Methodology**

The collection of data became instrumental in providing correct insight into the sports competition anxiety. Sport competition anxiety test questionnaire (SCAT) prepared by Rainer Martens (1977) was used for the present study is a single variable questionnaire, which carries a maximum score of 30 and a minimum score of 10. The higher score shows a higher and a lower score shows a lower competitive anxiety trait.

The study was conducted on three hundred (300) men volleyball players which were selected through simple random sampling. The data were categorized into three main groups: inter collegiate (100), west zone intervarsity (100), and all India intervarsity (100) man volleyball players. The sample representing the intercollegiate man volleyball players who participated in inter collegiate man volleyball championship, 2013 held at Sant Dyneshwar College Soegaon, Aurangabad 24/09/2013 to 30/09/2013. The sample representing the west zone intervarsity man volleyball players who participated in the

west zone intervarsity man volleyball championship, 2013 held at Shivaji University, Kolhapur, and Maharashtra from 14/02/2014 to 17/02/2014. And all India intervarsity man volleyball championship, 2013 held at Shivaji University, Kolhapur, Maharashtra from 20/02/2014 to 23/02/2014.

**Statistical Analysis**

An Analysis of variance (ANOVA) was applied to find out the significance of mean difference in the variable. This was followed by Least Significance Difference Test (L.S.D.) of Post-hoc comparison to determine the significance of difference between ordered paired means at 0.05 level.

**Analysis of Data and Result of the Study**

There are at least three levels at which data are categorized, presented and analyzed statistically in this study.

The psychological status of all India intervarsity players (N=100) has been compared with west zone intervarsity (N=100) and intercollegiate (N=100) man volleyball players.

Mean Score And Standard Deviations of All India Intersivity, West Zone Intersivity And Intercollegiate Man Volleyball Players on Sport Competition Anxiety Variable

**Table - 1**

Variable	All India Intersivity (n = 100)		West zone Intersivity (n = 100)		Inter collegiate (n = 100)	
	Mean	S.D.	Mean	S.D.	Mean	S.D.
Anxiety	15.15	3.62	19.84	2.31	18.59	2.87

One-way analysis of variance (F-ratio) was applied to find out the significance of mean difference among all India intersivity, west zone intersivity and intercollegiate man volleyball players on Anxiety variable. Least Significant Difference test of Post-Hoc comparison was used to determine the significance of difference between ordered paired means at 0.05 levels. One-way analysis of variance and L.S.D of Anxiety variable are given from Table - 2.

**Comparison of Sports Competition Anxiety of Intercollegiate, West Zone Intersarsity and All India Intersarsity Man Volleyball Players**

One-way analysis of variance of sports competition anxiety is given in Table-2 and graphically portrayed in Figure-1

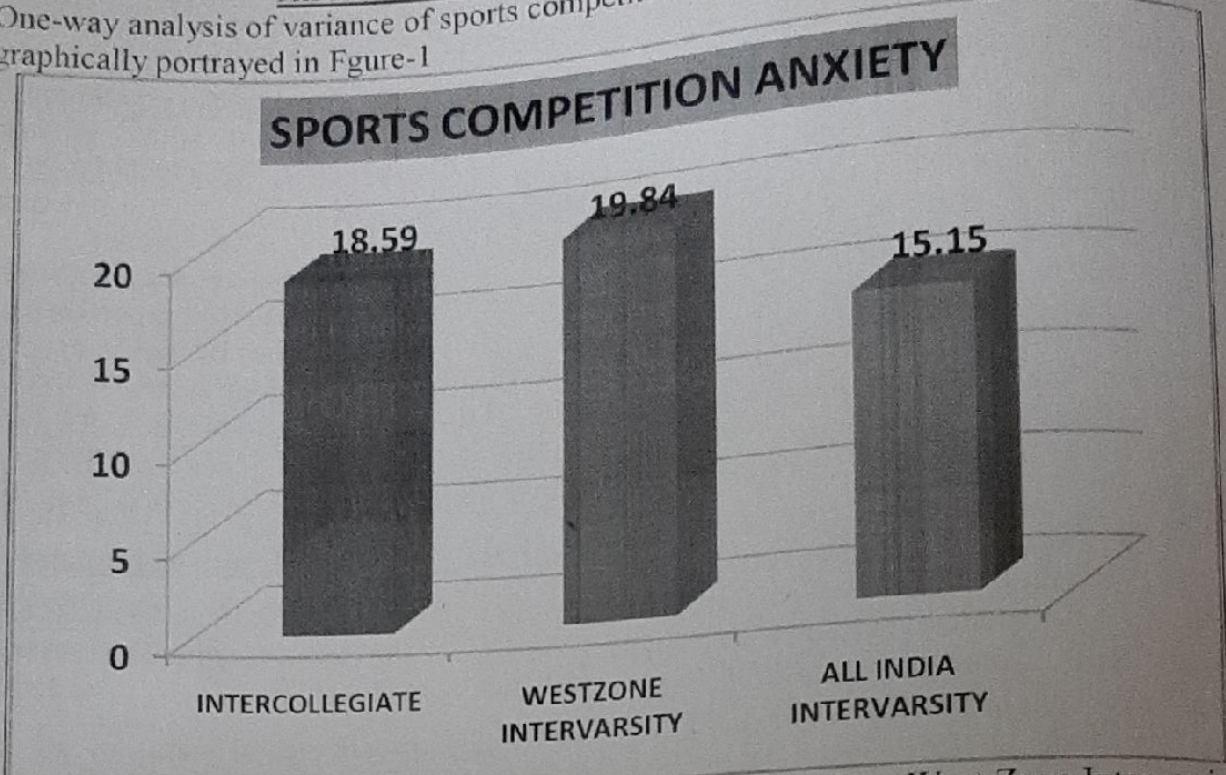


Fig. 1: Comparison of Sports Competition Anxiety of Intercollegiate, West Zone Intersarsity and All India Intersarsity Man Volleyball Players

Table – 2

**Analysis of Variance of Intercollegiate, West Zone Intersarsity and All India Intersarsity Man Volleyball Players on Anxiety Level**

Source of variance	Degree of freedom	Sum of squares	Mean square	F value
Between Group	(r-1) = 2	1179.74	589.87	109.94*
With in Group	(N-r) = 297	1593.38	5.36	
Total	299	2854.89		

\*Significant at .05 level

Tab f .05 (2,297) = 4.71

It is evident from Table-2 that all India intersarsity, west zone intersarsity and intercollegiate man volleyball players on sports competition anxiety is significantly as the obtained F-value of 109.94 is much than the tabulated F 0.05 (2,297) = 4.71.

As the F-ratio was found to be significant, Least Significant Difference (L.S.D.) test of Post-Hoc comparisons was applied to study the significance of difference between all India intersarsity, west zone intersarsity and intercollegiate volleyball players and the data is presented in Table – 3.

**Table – 3**  
**Significance of Difference Between The Ordered Paired Means of Intercollegiate, West Zone Intervarsity and All India Intervarsity Man Volleyball Players on Anxiety Level**

All India Intervarsity	West zone Intervarsity	Inter Collegiate	Mean Difference	Critical Difference
15.15	19.84		4.69*	
15.15		18.59	3.44*	0.64
	19.84	18.59	1.25*	

\*Significant at 0.05 level

It is obvious from Table-3 that significant difference exists between all India intervarsity and west zone intervarsity; all India intervarsity and intercollegiate and west zone intervarsity and intercollegiate players at the 0.05 level in the sports competition anxiety, as the mean difference respectively 4.69, 3.44 and 1.25 is higher than the critical difference of 0.64. Therefore the null hypothesis is rejected between these groups.

#### **Result & Discussions:**

From the analysis of data it is found significance difference between all India, west zone intervarsity and intercollegiate man volleyball players in the anxiety level. The result indicated that significance difference between all India, west zone intervarsity and intercollegiate man volleyball players in the sports competition anxiety level. It is found that all India intervarsity, west zone intervarsity and intercollegiate man volleyball players in sports competition anxiety test differed significantly, as the obtained F-value of 109.94 is much more than the tabulated value  $F_{0.05}(2,297) = 4.71$ . It is obvious that significant difference exists between all India intervarsity and west zone intervarsity; all India intervarsity and intercollegiate and west zone intervarsity and intercollegiate players at the 0.05 level in the sports competition anxiety, as the mean difference respectively 4.69, 3.44 and 1.25 is higher than the critical difference of 0.64. Therefore the null hypothesis is rejected between these groups.

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