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## ANALYTICAL STUDY OF SPORTS COMPETITION ANXIETY OF BASKETBALL PLAYERS AT DIFFERENT LEVELS OF ACHIEVEMENT

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### ABSTRACT:

The purpose of the study was to compare the degree of Sports competition anxiety between district, state and university level basketball players. 300 male district basketball (N=100) players, state basketball (N=100) players and university basketball (N=100) players from the different colleges who were affiliated to west zone area, subjects had represented in the intercollegiate, state and west zone intervarsity tournaments conducted by SOSPESS Jiwaji

university, Gwalior, BITS College Awadhesh Pratap University Rewa, (M.P.) and Dr. Bhimrao Ambedkar University Aurangabad in the academic year 2018-19. Subjects were randomly selected for the purpose of the study. The age of the subjects were ranging 18 to 25 years. Criterion measure chosen to test the hypothesis was the scores obtained in Sports competition anxiety by Rainer Marten. For the purpose of analysis of data ANOVA test was employed to analysis the Sports competition anxiety of district, state and university level basketball players. The result of the study shows that the significant difference between the mean of the basketball players on the scores of Sports competition anxiety since the obtained value of 'F' (5.100) was lower than the value of 'F' (2.983) the 'F' ratio to be insignificant at 0.05 level with (2,297) degree of freedom.

**KEYWORDS:** Analysis, Sports competition anxiety, district, state and university basketball players.

### INTRODUCTION

Sports psychology professionals are interested in how participation in sport, exercise and physical activity may enhance personal development in well-being throughout the life span. Psychological behaviour as a science has made it contribution for improving sports performance. It has helps coaches more effectively and athlete to perform more

proficiently. This psychological aspect of sports is gaining much attention among sports administrators. Anxiety refers to that emotional state of mind where fear of danger or loss or suffering is a prominent feature. It generally arises as a result of fear of something unknown, which creates tension and disturbance. Anxiety is a temporary condition caused by one immediate perception of the environment. Although anxiety or stress is often believed to a negative thing, they are actually a necessary response for the body to survive. It is natural for

the body to exhibit certain levels of anxiety and stress; however, it becomes a problem when it begins to inhibit activity. Basketball today is one of the popular and highly paid sports in the world. Basketball has it seen today has undergone a tremendous amount of improvement since its birth in year 1891 at Y.M.C.A., Springfield College of Physical Education, Massachusetts (U.S.A.) by Dr. James Naismith.

### METHODOLOGY

In this study 300 male district level basketball players (N=100),

state level basketball players (N=100) and university level basketball players (N=100) from the different colleges affiliated to west zone area as a subjects had represented in the intercollegiate, state and university level tournaments conducted by SOSPESS Jiwaji University Gwalior, BITS College Awadhesh Pratap University Rewa, (M.P.) and Dr. Bhimrao Ambedkar University Aurangabad in the academic year 2018-19 were selected randomly as subjects for purpose of the study. The age of the subjects were ranging 18 to 25 years.

### SELECTION OF THE TEST

Sports competition anxiety test questionnaire (SCAT) prepared by Rainer Martens (1986), was originally constructed for children (10-15), its adult version was developed later on by suitably modifying the instructions and items. A reliability quotient of 0.85 had been reported for the adult version of SCAT.

### DESCRIPTION OF SPORTS COMPETITION ANXIETY TEST

Sports competition anxiety Inventory consists of 15 items in which Maximum score for each statement was 03 and minimum was 01. Score obtained for each statement was added up which represent an individual's total score on Sports competition anxiety.

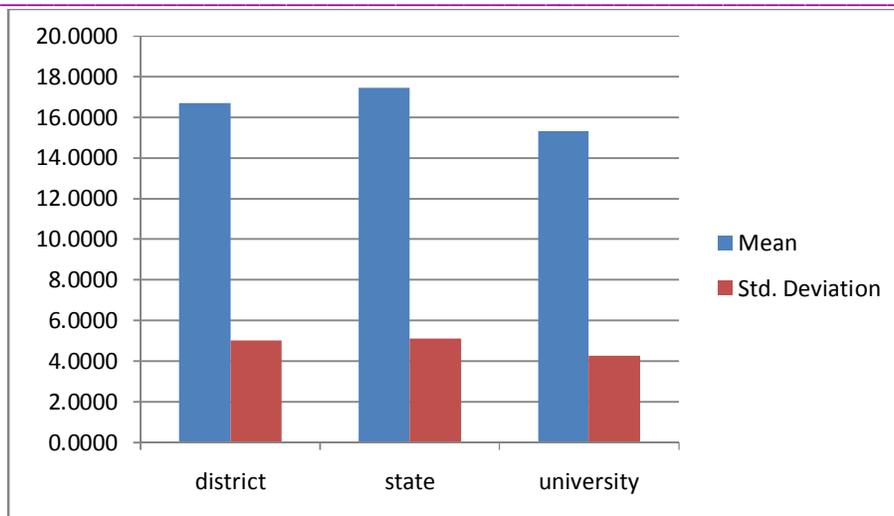
### ADMINISTRATION OF THE TEST

The Sports competition anxiety questionnaire was distributed to the district, state and university level basketball players in basketball tournaments 2018-19. District, State and university level basketball players at different level held at SOSPESS Jiwaji University, Gwalior, BITS College Awadhesh Pratap University Rewa, (M.P.) and Dr. Bhimrao Ambedkar University Aurangabad. To ensure maximum cooperation from the subjects, the research scholar had a meeting with the selected subjects in presence of their respective coaches and managers. Subjects were oriented and explained regarding the purpose and the procedure of the questionnaire. For the purpose of analysis of data ANOVA was employed to analyse the degree of Sports competition anxiety between district, state and university level basketball players.

**Table 1**

### DESCRIPTIVE STATISTICS OF THE SCORES OF SPORTS COMPETITION ANXIETY OF BASKETBALL PLAYERS AT DIFFERENT LEVELS OF ACHIEVEMENT

Level of achievement	N	Mean	Std. Deviation
district players	100	16.69	5.01
state players	100	17.45	5.09
university players	100	15.31	4.25
Total	300	16.48	4.87



**Fig. 1 Mean scores of sports competition anxiety of basketball players of different levels of achievement**

### DISCUSSION OF FINDINGS

The analysis of data reveals that state level basketball players were significantly more competition anxiety as compared to district and university level players. The differences in anxiety among the district level, state level and university level players were not found to be statistically significant. Graphical representation of aggression of basketball at different level of participation is given in figure no1 it is evident that mean of university level players aggression was significantly higher as compared to district level players and the mean difference between district and university level players is higher as compared to the district and state and state and university level players.

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