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A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY AMONG STATE, NATIONAL AND INTERNATIONAL LEVEL VOLLEYBALL PLAYERS

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ABSTRACT:

The purpose of the study was to compare the level of sports competition anxiety among state, national and international level of volleyball players. For the purpose of the study 90 male volleyball players were selected as a sample. Entire sample (N= 90) categorized into three groups i.e., 30 state, 30 national and 30 international level volleyball players. Sports competition anxiety of the participants was measured by Martin (1977) test. ANOVA (One Way) were used to interpret the results. It was concluded that there was a significant difference among state, national and international level of volleyball players on sports competition anxiety. Whereas, international level volleyball players had lowest level of sports competition anxiety in comparison to national and state level volleyball players.



KEYWORDS: Sports competition anxiety, international, national and state level volleyball players.

INTRODUCTION

Researches also revealed that anxiety and sports performance both are related to each other (Bump & Smith, 1990). Anxiety is a negative experience of stress and can be caused by worry or apprehension. Perhaps due to the fear of failing in a competitive situation. Basically there are two types of anxiety one is trait anxiety and second is state anxiety. In trait anxiety an individual generally perceive certain situations as threatening. Trait anxiety is a part of

personality and is relatively stable. Trait anxiety determines the degree of state anxiety that is experienced in any given situation. Whereas state anxiety is a person's immediate condition of anxiety in any one situation. It is usually a temporary emotional response to a situation that is perceived as threatening. Cognitive and somatic anxiety also forms of anxiety. Cognitive anxiety is the thought component of anxiety. It is associated with worry,

apprehension and the fear of negative evaluations of performance. Whereas somatic anxiety is the physical component and is associated with increases in heart rate and blood pressure. These are the physical symptoms of increase arousal. Somatic anxiety is triggered by cognitive anxiety. Competition trait anxiety means athlete experience anxiety in perceived competition situation. Sports competition anxiety is a state anxiety in which athlete share the experience of anxiety

before competition.

Many researchers had done the research and they reached on different-different conclusions such as Khan and Ali (2010) assessed the anxiety between elite and non-elite high jumpers. For said purpose 30 elite and non-elite high jumpers were selected as a sample. They revealed significant difference between elite and non-elite high jumpers. Elite jumpers had lowest level of anxiety in comparison to non-elite high jumpers. Shah, Singh & Pathak (1990) assessed the level of anxiety among international marathon runners. For the purpose of the study 21 male international level marathon players were selected as a participants. After analysis of the data they concluded that international marathon runners had moderate level of anxiety.

Being an athlete it is important to copes with competitive anxiety to achieve highest level of him/her sports performance. It is important to coach or trainer that they helps athlete to reach a moderate level of precompetitive anxiety during play that will results in the best possible performance and it's also minimize the mental pressure. Moreover, being as a players could take advantage from research findings and explains the association between anxiety and sports performance. The purpose of the study was to assessed the relationship between level of sports performance and anxiety in volleyball players

METHODOLOGY OF THE STUDY

For the purpose of the present study 90 male volleyball players of different levels were selected as a sample i.e., 30 state, 30 national and 30international. The age of subjects were ranged from 18-35 years. The purposive sampling technique was used for selection of subjects from state, national and International level tournament.

Sports competitive anxiety was measured by Martens (1977) test. The SCAT questionnaire contains fifteen items. The subjects were asked to indicate how they generally felt in competitive sports situations, and responded to each item using a three point ordinal scale (hardly ever, sometimes, or often). Total scores of SCAT ranged from 10 (low competitive anxiety) to 30 (high competitive anxiety).

Table-1
Descriptive Analysis of Sports Competition Anxiety

Variable	Lebals	N	M	SD
Sport competition anxiety	State	30	28.13	1.40
	National	30	25.30	3.58
	International	30	21.73	3.61

Table 1 clearly indicates the mean and standard deviations anxieties. State 28.13 ± 1.40 , National 25.30 ± 3.58 , International 21.73 ± 3.61 .

Table-2
ANOVA Summary of Sports Competition Anxiety

Source of variance	df	SS	MSS	F
Between Groups	2	617.08	308.54	33.15*
Within Groups	87	809.63	9.30	
Total	89	1426.72		

*Significant at 0.05 lebals

Tab. $F_{.05}(2, 87) = 3.10$

Table 2 shows that the computed value of F- ratio (33.15) is more than the tabulated value of F- ratio (3.10). That means there is significant difference among players on self-concept [$F_{tab.}(2, 87) =$

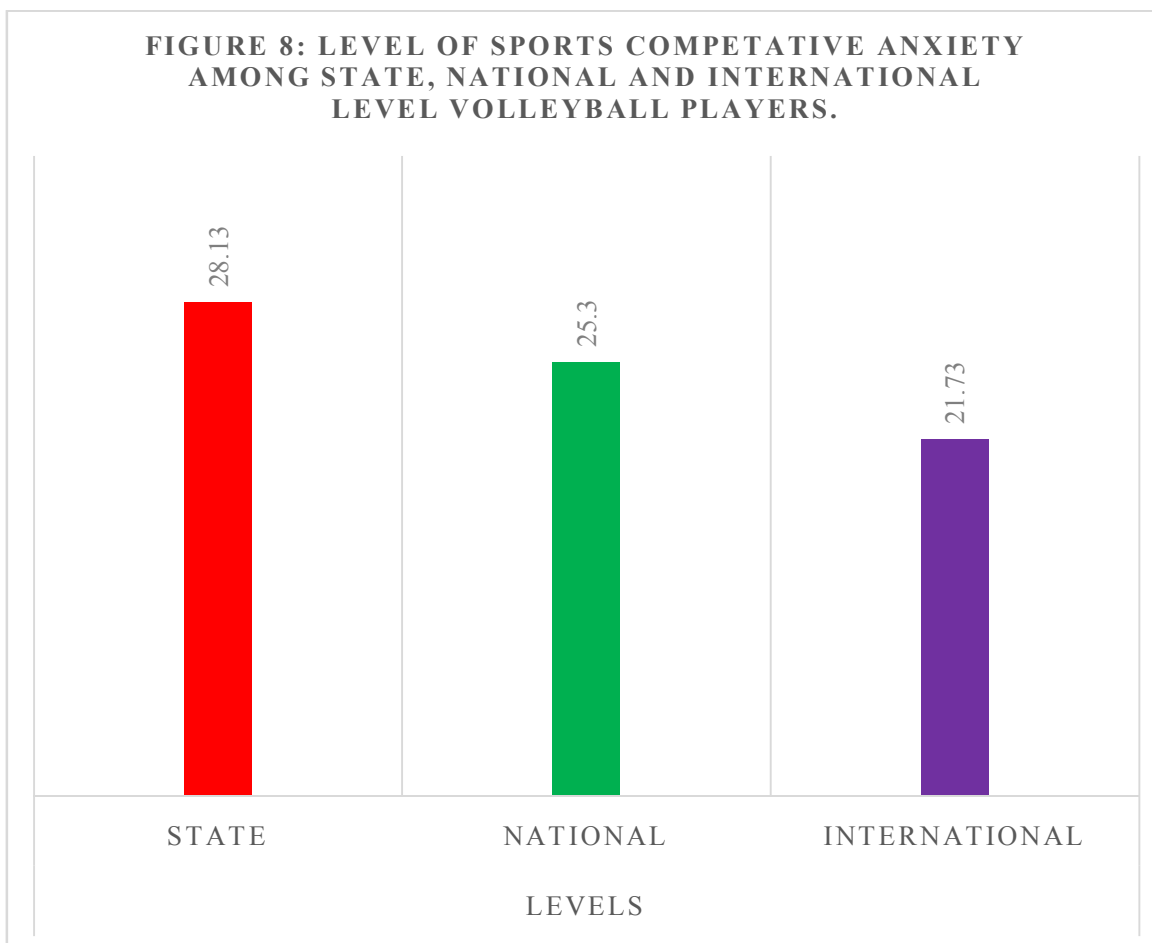
3.10, $p < .05$]. Further to analyze, Least Significant Difference (*LSD*) Post-hoc test had been applied to testing the significant difference between paired means.

Table-3
LSD Summary on Sport Competition Anxiety

State	National	International	<i>MD</i>	<i>CD</i>
28.13	25.30		2.83*	1.57
28.13		21.73	6.40*	
	25.30	21.73	3.56*	

*: Significant at 0.05 levels

Comparison of pair wise difference of means with tabulated difference, it is apparent from the table 3 that there is significant difference between state and national ($MD = 2.83$); state and international ($MD = 6.40$); national and international ($MD = 3.56$) levels volleyball players on calculated critical difference value [$CD_{cal. (87)} = 1.57, p < .05$].



FINDINGS OF THE STUDY

The aim of present study was to compare the sports competition anxiety among state, national and international level of volleyball players. Results indicated that there was a significant difference among state, national and international level volleyball players on sports competition anxiety. In which international level volleyball players had lowest (moderate) level of anxiety in comparison national and state level volleyball players. The outcome of the study also inline of the study of Khan and Ali (2010) and Shah, Singh & Pathak (1990).

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