



## RELATIONSHIP BETWEEN TRAIT ANXIETY AND VOLLEYBALL PLAYING ABILITY

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### ABSTRACT:

*The goal of this study was to see if there was a relationship between volleyball players' anxiety and their ability to play. A purposive sample technique was used to select 40 male volleyball players as subjects. Only national level volleyball players between the ages of 17 and 20 were chosen as subjects. The subjects' trait anxiety was assessed using the Sports Anxiety Scale, and their playing ability was assessed using a 5-point scale by three competent assessors for all selected volleyball players. The data was investigated using the Pearson product moment correlation to establish the significance of the link between the dependent and independent variables. The significance level was established at 0.05 and SPSS version 20 was used to perform the statistical technique.*

**KEYWORDS:** *Playing Ability, Trait Anxiety.*

### INTRODUCTION :

Volleyball is a sport in which two teams compete on a playing ground separated by a net. There are different versions accessible for distinct conditions in order to provide the game as much versatility as possible. The object of the game is to send the ball over the net and into the opponent's court while avoiding the opponent's own effort. The squad needs three hits to return the ball (in addition to the block contact). The ball is put into play with a service, which is a hit by the server over the net on the opponents. The rally continues until the ball is grounded on the playing field, is "out," or is improperly returned by a player. In volleyball, the team that wins a rally earns a point (Rally Point System). When the receiving team wins a rally, it earns a point and the right to serve, and its teams rotate one position clockwise (FIVB 2012).

Anxiety is frequently divided into two categories: anxiety of the state and anxiety of the trait. Government concern fluctuates a much throughout competition. For example, in ice hockey, the degree of state anxiety may be slightly increased before a game, lower once he or she has settled into the rhythm of the game, and then extremely high in the last minutes of a close game (Weinberg 2007).

One of the most important variables affecting a player's performance in sport is the pressure to succeed, which usually raises their nervousness. There are two types of anxieties, according to Spielberger: state anxiety and trait anxiety. State anxiety is a temporary emotional state or condition marked by subjective, consciously felt emotions of tension and apprehension, as well as increased autonomic nervous system activity. It can change in severity and fluctuate. Trait anxiety, on the other hand, is a reasonably consistent attribute of an individual that refers to a general tendency to respond with anxiety to perceived risks in the environment. In many situations, someone with a greater trait anxiety feels more threatened than someone with a lower trait anxiety. Furthermore, dangers to bodily state may be more upsetting than projected self-esteem loss or problems (Horikawa, 2012).

It was hypothesized that there would be a association between volleyball player anxiety and playing ability based on available research and the scholar's personal understanding.

## METHODOLOGY

For this study, 40 male volleyball players from Anandpur, Kolkata were chosen using purposive sampling. The subjects' ages ranged from 17 to 20 years old, and their level of engagement was set at a nationwide level. Prior to the exam, all subjects met to discuss the needs of the testing procedure in full so that there would be no ambiguity or doubt in their minds about the amount of effort required of them. Despite the fact that no additional methods were utilized to encourage them to put out their best effort, the subjects were enthusiastic and cooperative throughout the investigation. Based on a review of the literature, experts picked Volleyball Playing Ability as a dependent variable and Competitive Trait Anxiety as an independent variable. The Sports Anxiety Scale was used to assess the individuals' trait anxiety, and their playing ability was assessed on a 5-point scale based on the subjective judgment of three competent judges.

To characterize the anxiety related with volleyball players' playing abilities, descriptive data were used. To investigate the link between anxiety and volleyball players' ability, the Pearson product moment correlation technique was employed and the statistical significance level was set at 0.05. The data was analyzed using SPSS Version 20.

## RESULT AND DISCUSSION

**Table 1**  
**RELATIONSHIP AMONG TRAIT ANXIETY AND PLAYING ABILITY OF VOLLEYBALL PLAYERS**

Variables		Mean	SD	correlation co-efficient (r)
Playing Ability		4.43	.71	-.06
Trait Anxiety	Worry	14.54	3.54	
	Concentration Disruption	11.43	2.53	-.084
	Somatic Trait Anxiety	14.69	3.41	.059

Tab.  $r_{0.05(38)} = 0.304$

Level of significance = 0.05

It was also evident from table 3 that co-efficient of correlation among playing ability and trait anxiety of Volleyball players were -.06, -.084 and .059 respectively. It indicates that there were no significant relationship of playing ability and trait anxiety (Worry, Concentration Disruption and Somatic Trait Anxiety) of Volleyball players.

Volleyball requires a modest degree of psychological factors for good performance, and volleyball players are likely to be familiar with the abilities required to maintain these levels. The person who had low levels of trait anxiety fared better in the motor skill than the person who had a high degree of trait anxiety.

The difference in results between earlier studies and the current study could be attributable to differences in sample size, characteristics, experience, psychological maturity, and the sort of activity being conducted.

## CONCLUSION

Based on what was learned following deliberation with experts and supervisors, and in light of what was learned above, it was determined that volleyball players had a moderate degree of trait anxiety and that there was no substantial association between anxiety and volleyball players' playing skill. As a result, the prediction that there would be a strong association between anxiety and volleyball players' playing ability was denied.

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