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## A STUDY ON COMPETITIVE STATE ANXIETY OF VOLLEYBALL AND SOFTBALL KUVEMPU UNIVERSITY INTER-COLLEGIATE MEN PLAYERS

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### ABSTRACT :

*In modern competitive sports, the anxiety in sportsmen has affected their performance. As the physical load during the training of sportsman for international competition is also intensified, the sportsmen like other athletes are anxiety prone while participating in competitive sports. The objective of the study was to know the competitive anxiety among volleyball and softball players. To achieve the objective of the study 160 players were selected as subjects (60 players from each game) and The (CSAI- 2) by Martens, Vealey and Burton 1992 was administered and results showed that there was a significance difference in cognitive state anxiety, Somatic State anxiety and Self confidence between Volleyball and softball players .*



**KEYWORDS :** Sports Compitative Anxiety, Volleyball and softball men players.

### INTRODUCTION

Anxiety is one of the psychological factors. Anxiety differs around in that it encompasses both some degree of activation and unpleasant emotional state. Thus the term anxiety is used to describe combination of intensity of behaviour and direction of an impact of emotion. The direction of characteristic of anxiety is negative in that it describes subjective feelings that are unpleasant. Anxiety plays an important role in the acquisitions of motor skills as well as in the athletic performance. Whether its effect is positive or negative depends on how individual athlete perceives the situation.

Sports give appreciation of not only the complexity of man's struggles with himself and his opponents but also of the vastness of his feeling of togetherness and love for others. Sports are an institutionalized competitive activity that involves physical exertion or the use of relatively complex physical skills by individuals. Whole participation in motivated by a combination of the intrinsic satisfaction associated with the activity

### Purpose

The purpose of the present study was to compare the competitive state anxiety between Kuvempu University inter collegiate volleyball and softball men players.

### Sample Size

Sample for the present study consist of one hundred and sixty (N=160), subjects who were in the age group of 18-28 years. Out of 160 subjects serving as sample for the present study, 80 subjects (N=80) belongs to volleyball and 80 subjects (N=80) belongs to softball

### Tool

In order to collect necessary data for the present study, The (CSAI- 2) developed and standardized by Martens, Veale and Burton 1992 was used to measure competition state anxiety

### Statistical Procedure

To achieve the purpose of the study, 't' test for difference of means was used with the level of significance being set at 0.05 percent The statistical package for social science 19<sup>th</sup> version was used to calculate 't' value.

The main purpose of the present study was to compare the competitive state anxiety between volleyball and softball men players who had taken part in the Kuvempu University inter collegiate tournaments.

### Results and Discussion

Statistical analysis of data revealed the following findings are presented in the following tables

**Table - 1**

#### SHOWING THE MEAN VALUE, STANDARD DEVIATION AND 't' VALUE OF THE COGNITIVE STATE ANXIETY

Sl.No	Players	N	Mean	S.D.	't' value
1	Volleyball	80	20.99	3.87	2.44
2	Softball	80	19.57	3.28	

The mean difference in cognitive state anxiety was analyzed by 't' test for statistical significance of inter collegiate Volleyball and softball men players. It is evident from the table 1 that there is significant difference exists between the inter-collegiate Volley ball and softball men players in cognitive state anxiety. Since the calculated 't' value 2.44 was found to be greater than tabulated 't' value 2.00 required to be significant at 0.05 level. Therefore there is significant difference exist in cognitive state anxiety of inter collegiate Volley ball and softball men players.

**Table - II**

#### SHOWING THE MEAN VALUE, STANDARD DEVIATION AND 't' SCORE OF THE SOMATIC STATE ANXIETY

Sl.No	Players	N	Mean	S.D.	't' value
1	Volleyball	80	21.04	4.35	1.76
2	Softball	80	19.91	3.82	

The mean difference in Somatic State Anxiety was analyzed by 't' test for statistical significance of inter collegiate Volleyball and softball men players. It is evident from the table 2 that there is no significant difference exists between the inter collegiate Volleyball and softball men players in. Somatic State Anxiety Since the calculated 't' value 1.76 was found to be lesser than tabulated 't' value required to be significant at 0.05 level. Therefore there is no significant difference exist in Somatic State Anxiety of inter collegiate Volleyball and softball men players.

**Table - III**  
**SHOWING THE MEAN VALUE, STANDARD DEVIATION AND 't' SCORE OF THE SELF CONFIDENCE**

Sl.No	Players	N	Mean	S.D.	't' value
1	Volleyball	80	18.89	5.47	2.16
2	Softball	80	20.71	5.47	

The mean difference in Self Confidence was analyzed by 't' test for statistical significance of inter collegiate Volleyball and softball men players. It is evident from the table 3 that there is significant difference exists between the inter collegiate Volleyball and softball men players in. Self Confidence Since the calculated t value – 2.16 was found to be greater than tabulated' value required to be significant at 0.05 level. Therefore there is significant difference exist in Self Confidence of inter collegiate Volleyball and softball men players.

### CONCLUSION

1. Volleyball men players were having more cognitive state anxiety than the softball men players. The calculated 't' value showed a significant difference between them since the calculated 't' value is greater than the critical 't' value.
2. In somatic state anxiety there is no significant difference between volleyball and softball intercollegiate men player. But when the mean scores of both the players were compared volleyball players better than softball players in somatic state anxiety.
3. Softball men players were having more self-confidence than the volleyball men players. The calculated 't' value showed a significant difference between them since the calculated 't' value is greater than the critical 't' value.

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