



## A Comparative Study of Competitive Anxiety between Basketball and Volleyball Players



Anita Singh <sup>a</sup>  
Devender Singh Parmar <sup>b</sup>

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### Abstract

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. The root meaning of the word anxiety is 'to vex or trouble'. The objective of this paper is to compare the competitive anxiety between basketball and volleyball players. For this purpose 40 Male intercollegiate players from Basketball (20) and Volleyball (20) were taken as a sample. For the purpose of this study, the standardized Rainer Marten (SCAT, 1990) Scale was used. The Questionnaire was administered in small groups during the Intercollegiate Basketball and Volleyball tournament. The results of the study have revealed that there is no significant difference between the competitive anxiety of Basketball and Volleyball players of intercollegiate, as no significant difference was seen in the mean score at the Basketball and Volleyball players on competitive anxiety. Therefore it may be said that there is no influence of competitive anxiety at the Basketball and Volleyball players of the inter-college level.

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### Author correspondence:

Anita Singh,  
Singhania University, Pacheri Bari, Jhunjhunu, Rajasthan  
Email: [anitasingh@gmail.com](mailto:anitasingh@gmail.com)

### 1. Introduction

In the games and sports, psychological and physiological factors play an important role in determining the performance level (Balaji & Kalidasan, 2011). Numerous studies have demonstrated the impact of psychological factors on sports performance (Craft et al., 2003). Anxiety has been one of those factors under consideration, but its depend on the nature of anxiety, So many psychological studies and a lot of researchers and their research evidence support that high levels of anxiety can have a deteriorating effect on an individual athlete or team performance.

Sports competitive Anxiety: - A tendency to perceive the competitive situation as threatening and to respond to this situation with feelings of apprehension or tension in sports competition anxiety. (Dunn & Dunn, 2001), Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioural components.

<sup>a</sup> Singhania University, Pacheri Bari, Jhunjhunu, Rajasthan

<sup>b</sup> Director Physical Education, Rajesh Pilot Govt. P.G. College, Lalsot

The root meaning of the word anxiety is 'to vex or trouble'; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. Anxiety is considered to be a normal reaction to a stressor. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder. The intensity and reasoning behind anxiety determine whether it is considered a normal or abnormal reaction. Standardized screening tools such as Zung Self-Rating Anxiety Scale can be used to detect anxiety symptoms, and suggest the need for formal diagnostic assessment of anxiety disorder. Physical effects of anxiety may include heart palpitation, muscles weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, or headaches and immune and digestive system function is inhibited (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling and pupillary dilation. Someone who has anxiety might also experience it as a sense of dread or panic. Anxiety does not only physical effects; there are many emotional ones as well. They include "feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) of danger and feeling like the mind's gone blank "as well as" nightmares/bad dreams, obsessions about sensations. Anxiety can be described as the tension and worry that results from distress. Anxiety is a negatively charged emotional state characterized by discomfort and nervousness. Generally speaking, there are two forms of anxiety trait and state. Trait anxiety is a personality characteristic that is relatively stable over time, predisposing the individual to be anxious across a wide variety of situations. State anxiety, on the other hand, refers to a "right now" kind of anxiety that is situation-specific. One of the factors that are believed to have a significant effect on athletic performance is the level of state anxiety experienced prior to an athletic contest. This is referred to in the literature as pre-competitive anxiety. Athletes cannot perform at their best like they usually do because of anxiety. Consequently, their performance is affected during the competition and they seldom achieve victory. (Johnson et al., 1998), therefore, there is a need to give a positive thinking and better mental skills to solve the problems that may arise because of anxiety. If it is not handled well or misinterpreted, the athlete will lose control and their performance will decrease. (Loupos et al., 2008), several researchers including (Park & Valenzuela, 2009), examine the relationship between anxieties and learning states that "performance improves with increasing levels" whereupon further increase in arousal cause performance impairment.

One of the most important issues which have attracted the attention of sports scientist and psychologist is to identify the factors affecting sports performance, and it has been recognized that psychological factors, in particular, anxiety, play an important role in the competition. Researchers have found that a high level of anxiety can have deteriorating effects on an athlete's performance (Parnabas, 2010). Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension are associated with activation or arousal of the body (Weinberg, 1999). Anxiety is multidimensional in two different ways. Like all other emotions, anxiety has both a trait component and a state component. The trait component is like a personality disposition, whereas the state component is a situation-specific response, characterized by apprehension, fear tension and an increase in psychological arousal (Cox, 2002). *Statement of the Problem* is to compare the competitive anxiety between basketball and volleyball players.

## 2. Research Methods

The data was collected during national sports meet of Kendriya Vidyalaya Sangathan 201213, held at Kanpur and Lucknow. For the purpose of the study sports competition anxiety test (SCAT) by Rainer Marten (1990) was used. In this questionnaire total, 15 questions were there in which 5 lie questions were present. Each question has 3 options like rarely, sometimes and often. For the scoring of each subject, we applied the answer key of Rainer Marten (SCAT, 1990). For comparing sports competitive anxiety between basketball and volleyball male players, descriptive analysis and independent 't' test were applied at 0.05 level of significance.

### 2.1 Sample Size

For the present study 40 Male intercollegiate players from Basketball (20) and Volleyball (20) were taken as a sample. *Tool* For the purpose of this study the standardized Rainer Marten (SCAT, 1990) Scale was used.

### 3. Results and Analysis

The Questionnaire was administered in small groups during the Intercollegiate Basketball and Volleyball tournament.

Table 1

Players	N	Mean	S.D	t-value
Basketball	20	17.45	3.63	
Volleyball	20	19.05	2.96	1.52

\* Significant at 05 level

Tabulated t-value required to be significant at (38) = 2.04 It is evident from Table-1 that no significant difference was between the mean scores of Basketball players and Volleyball players scores in relation to competitive anxiety since t-ratio was found 1.52 which was the lowest value than the required t value at .05 level of significance.

#### *Discussion*

The results of the study have revealed no significant differences between the competitive anxiety of Basketball and Volleyball players of intercollegiate, as no significant difference was seen in the mean score at the Basketball and Volleyball players on competitive anxiety. Therefore it may be said that there is no influence of competitive anxiety at the Basketball and Volleyball players of the intercollege level.

### 4. Conclusion

On the basis of the above findings, it may be concluded that the level of competitive anxiety of basketball and volleyball players was the same. It can also be concluded that some other factors may be responsible for the results like Small Sample Size and Insincere Response of the subjects.

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#### *Statement of authorship*

The author(s) have a responsibility for the conception and design of the study. The author(s) have approved the final article.

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