



Analysis of Sports Competition Anxiety Between Inter Moral Tournaments Boys Handball & Volleyball Players

KEYWORDS

Sports Competition Anxiety, T- Test, Findings, Matches, Etc.

Ms. Tanvi V. Tarpara

Research Scholar CMJ University

ABSTRACT

The purpose of the investigation was to find out the comparison of sports competition Anxiety of Inter Moral Tournaments Boy's Handball and Volleyball Players. The study Conducted on 60 boys Inter moral tournaments players, 30 from Handball players and 30 from Volleyball, who were Selected randomly from different course of Dr.subhash Collage of Physical Education Junagadh, Gujarat. Ran by Suarashtra University Rajkot, Anxiety levels were obtained by Administering Sports Competition Anxiety (SCAT) questionnaire of render Martens, a day before they were to play their matches. The finding revealed that the significant difference between Handball and Volleyball Inter Moral Tournaments Boys Players, the 'T - Test' was applied and it shows that, there is significant difference between these two groups.

INTRODUCTION:

In the modern sports, psychological preparation of a team is as important as teaching them the different skills of a game with scientific methods. Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important but they also feel that god mental and psychological preparation for competition is a necessary component for success.

The development and acceptance of any scientific discipline requires an ever-expanding and maturing empirical base. Yet despite vast scientific progress in allied domains of professional psychology, the field of sport psychology has remained fairly stagnant in its research progress and has overlooked major advances that could aid in the advancement of the discipline. It is important to discuss issues related to the lack of efficacy of the traditional and ling assumed 'gold-standard' interventions for the enhancement of sports performance, and compares the field's empirical base to sister disciplines in psychology. Further, the lack of empirical studies examining rate of change, moderators of change, and mediators of change is discussed, and suggestions are provided for a new research agenda in sport psychology that could expand its professional credibility and enhance its overall scientific development.

Anxiety plays a paramount role in sports. It is the challenge in sports participation which produces anxiety. Anxiety is likely to be grater in higher competitive sports, than in relatively non competitive sports, because in the competitive sports, participants are expected to win and great demands and made upon them to succeed.

An offensive player's needs more aggressiveness then a defensive player. Defensive player requires calm and cool approach while defending i.e. catching and clearing the ball. Anxiety of the players is to be optimum for better performance. Efficient player with physique, fitness and mastery over all the skills but lacking in psychological qualities is not been able to play effectively for a longer duration. This may be the reason that Indian Handball and volleyball team is not doing well as is expected from them. Therefore, attempt has been find out the comparison of state competition anxiety (SCAT) OF Handball and Volleyball boy's Intermodal Tournaments players. It was hypothesized that there might be a significant difference between their Anxiety level of Handball and Volleyball Boy's Inter Moral Tournaments Players.

METHODOLOGY:

The subjects were of male Inter moral Tournaments Players, who participated in the handball and Volleyball tournament organized by Dr.Subhash Collage of Physical Education Ju-

nagadh, Gujarat in the year 2010-11. The subjects were selected randomly from different physical education course (30 from Handball and 30 from Volleyball players), those who were qualified in quarter final of the tournament. The age ranged from 18 to 25 years, the average age being 21 years. The data were collected by employing sports competition anxiety questionnaire (SCAT) one day prior to the competition. The players were divided into two categorized according to their teams i.e. Handball and Volleyball.

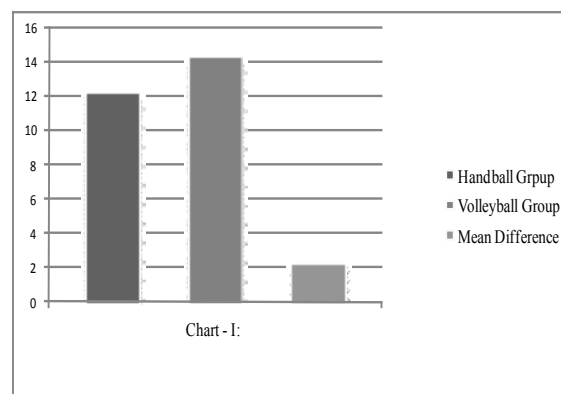
STATISTICAL ANALYSIS:

To compare the Sports Competition Anxiety of Handball and Volleyball Inter moral tournaments boy's Players, 'T' - test was applied.

RESULT AND DISCUSSION:

Table-I

Group	Mean	Mean Difference	't'
Handball Players	12.07	2.16	19.84*
Volleyball Players	14.23		



Significant at 0.05 levels

Table- I shows that there is a significant difference between the Handball and Volleyball Inter moral Tournaments boy's players in their anxiety level. The 't' value 19.84 is found to be significant. So there is significant difference in the anxiety level of the players. It justifies the hypothesis.

The present investigation deals with the differences between Handball and Volleyball Inter moral Tournaments Boy's players in their Sports Competition Anxiety (SCAT) level test. 't' test was applied to study the significance of mean difference

between the two Games groups on their anxiety level. The result of 'T' test showed that the Inter moral Tournaments players' goal and scored lower in their competitive sports anxiety level as compared to the Handball players.

REFERENCE

1. Anne M. Hassle: "Physique Anxiety and Disordered Eating" Journal of Clinical Sport Psychology, pg no- 218, 3 (3), September 2009 | 2. Lavellee, D.Kremer, J, Moran, A and Williams, M (2003) Sport Psychology: Contemporary Themes. Basingstoke: Palgrave MacMillan. | 3. Moran, A (1996) The Psychology of Concentration in Sports Performers: A cognitive analysis. Hove: Psychological Press | 4. Singer, R N, Murphy, M and Tennant, L K (1993) Handbook of Research on Sport Psychology. New York: Macmillan.