



Anxiety Level of Basketball Players - Pre, During and Post Competition

KEYWORDS

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ABSTRACT *The objective of this study was to assess the tendency of anxiety at different time of a competition. For this purpose, 30 male inter collegiate basketball players from S.G.B. Amravati University were selected. The age range of the participants was 18-23yrs. The Sports Competitive Anxiety Test (SCAT) was administered to obtain responses from the participants at different time of competition i.e. Pre, during and post competition. Apart from descriptive statistics, ANOVA was applied to assess the differences among pre, during and post competition responses taken from subjects. It was found that mean anxiety level among the basketball player differs significantly as the mean difference value in between pre -competition and during -competition ($DM=3.34$), Pre- competition and post competition ($DM=1.36$) and During-competition and post competition ($DM=1.36$) are greater than the critical difference value of 0.043. On the basis of the result found, following conclusions were drawn: It has seen that a moderate level of Anxiety is best for the acquisition & performance of motor skill. Level of anxiety either too high or low tends to decrease the performance of a player. Anxiety is natural part of the competition in a player or Athlete.*

INTRODUCTION

The breadth of sports psychology to the overall psychological community also reflects the broad expanse of topics which may assist the athlete and coach to optimize their mutual efforts. Improving human skill, enhancing group effort, and understanding the reduction of stress are only some of the diverse topic areas important to both psychologists in general and those focused on athletic feats.

Anxiety plays an important role in the acquisition of motor skills as well as athletic performance. Anxiety can either increase or decrease performance. Whether its effect is positive or negative, it depends upon how an individual sportsman perceives the situation.

People with low trait levels have been known to perform better in selected motor skills than those with high trait levels. There is also positive relationship between the trait and a state level of participants in athletic competition.

A moderate level of anxiety seen as best for the acquisition and performance of motor skill. Levels of anxiety either too high or too low tend to decrease learning and performance. Anxiety is a natural part of competition at any level. But in the case of young and immature sportsmen, anxiety can have a severely harmful effect on their performance.

When an individual's desire to achieve success is stronger than the failures, he tries to select the activities of intermediate difficulty which are within his capacity. Anxiety comes just before the start of an activity, due to fear of failure. It further brings loss of control over his/her emotions and unusual normal behaviour pattern. During competitive sports activities, he/she has to take immediate and correct decisions. The inability to take these decisions also creates conflicts and anxiety. A person under such conflicts becomes anxious to make decisions which are more advantageous and suitable to him.

The ability to deal effectively with anxiety is a prime consideration in sports participation and competition. A coach or a physical education teacher must be able to motivate his students under anxiety during competition to perform better. One should also be aware of his own level of anxiety and its possible effects upon his participating team members during competition. One should also understand the anxiety levels of different players while putting them in teams.

In this way, there is a general agreement that anxiety works as a drive to achieve some goal. Controlled anxiety can help in sports performance whereas uncontrolled anxiety creates hindrance.

Keeping in view of all these facts, the present investigator tries to find out the anxiety level of basketball player pre-during and post of competition.

METHODS

Participants

For this study, 30 male inter collegiate basketball players from S.G.B. Amravati University were selected. The age range of the participants was 18-23yrs.

Administration of Test

Initially, all participants were asked to sign a consent form after providing all information about the study. It was followed by instructions to fill questionnaire used for the study. The Sports Competitive Anxiety Test (SCAT) was administered to obtain responses from the participants on Pre, during and post competition.

Collection of Data

The answers and replies to the questionnaires that were distributed to the subjects were recorded in a systematic way for further tabulations. The answer sheet were collected, and recorded with the help of key. Thus the raw score was recorded in each answer sheet.

Statistical Analysis

In order to obtain differences in groups, ANOVA was analysed for pre, during and post competition anxiety among inter collegiate basketball players.

RESULT

The data were collected on 30 players of Basketball in which they were selected randomly as subjects. The statistical result of the anxiety level of Basketball pre-during post of competition was illustrated in the following table

**Table 1
COMPARISON OF MEANS OF ANXIETY LEVEL AMONG THE BASKETBALL PLAYERS ON PRE, DURING AND POST COMPETITION**

Sources of Variance (sv)	Degree of freedom (df)	Sum of squares (ss)	Mean of squares (MSS)	F-ratio
Between the groups	K - 1 3-1 = 2	342.77	171.39	234.7*
Within the group	N - K 90 - 3 = 87	63.87	0.73 (SD _w ²)	

* Significant at 0.05 level .Tabulated F_{0.05} (9.90) = 1.99

The findings of Table 1 reveal that the mean anxiety level among the basketball player differs significantly as the mean difference value in between pre -competition and during -competition (DM=3.34), Pre- competition and post competition (DM=1.36) and During-competition and post competition (DM=1.36) are greater than the critical difference value of 0.043.

The difference of means are graphically depicted in Fig.1

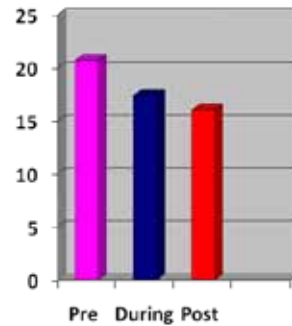
**Table No 2
PAIRED MEAN DIFFERENCE OF ANXIETY LEVEL OF BASKETBALL PLAYERS PRE- DURING- POST COMPETITION**

Pre	During	Post	Mean Difference	Critical difference
20.7	17.36		3.34*	0.43
20.7		16	4.7*	0.43
	17.36	16	1.36*	0.43

*Significant at 0.05 Of confidence.

Table value 'f' at 0.05 level of significance at 28 degree of freedom is 3.103. The obtained 'f' value is less than the table value. Hence null hypothesis is accepted. Therefore there was no significance difference between the pre-during-post of competition.

Fig-1: Comparison of means of Anxiety level of Basketball players Pre-during and post competition



DISCUSSION

It has seen that a moderate level of Anxiety is best for the acquisition & performance of motor skill. Level of anxiety either too high or low tends to decrease the performance of a player. Anxiety is natural part of the competition in a player or Athlete.

In Table - 1, it clearly shows that there is significant level of difference in anxiety level of a player while Pre, During and Post of the competition. During these three phase of competition it has been seen that anxiety level during the Pre competition was comparably high in compare to During and Post of the competition. The reason behind the high level of anxiety during the pre-competition might be the various conditions of a player such as Mental stress, Environmental stress, Demanding for good performance. All these factors lend to decrease the metabolism reaction of the body which reduces the energy in the body. So due to this factors he finds himself uncomfortable and could not adjust to himself in the pre phase. But in case of during competition the player comes to an experience phase so the anxiety level during competition is low because the player adapts to the game structure, mode of self-realization, confidence, positive attitude, and motivation through coach and players. All these factors make anxiety level low in this phase.

After these two phases the anxiety level comes to certain resting level due to mainly a result, relaxation, performance level, certain level of anxiety is still seen regarding the performance in future, performance level, under level performance. As anxiety level differs in every game due to its nature of playing. Anxiety level could made be control by movement analyzing of the player through proper guiding, experiencing the situations in which he is completely disturbed state of mind, practicing the skill meditative exercise motivation .

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