



“A COMPRTIVE STUDY OF THE STATE ANXIETY FOR HANBALL PLAYERS”

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ABSTRACT

Handball is body contact and short duration playing game which needs mentally strong and tough players to win matches and championships. Due to paramount importance of state anxiety in sports and particular in Handball that present paper focused to a compare study of the state anxiety International, National and State levels Handball players and find out the best group among Handball players of national and state level. The data of Nineteen (N=90) Handball players was collected from state levels. Sixty (N=60) Handball players each from National levels and Thirty (N=30) Handball players International level were selected as subjects for this study. State Anxiety checked by Spielberger along with Gorsuch and Lushane developed a test of State-Trait Anxiety to measure a person's anxiety in specific situation Questionnaire. The means and standard deviations are calculated through SPSS. Test of significance scheffe's Post hoc test was applied to check the significant difference between State levels, National and International level Handball players. The significance level was checked at 0.05 levels. The findings of this research paper showed that International Handball players have significantly better on state anxiety as F-value 1.595 of Handball players.

KEYWORDS : - state Anxiety , high performance, Handball.

Introduction

Handball has become one of the popular sports in the world and is known for its speed. This game is also a part of Olympic Sport. The simple rules of game, minimal ground and equipment facilities and the speed of game itself along with the scope for players to exhibit their exclusive skills makes it a popular game among even the schools and educational institutions.

Today sports have become inseparable phenomenon of our social life. It has made its own place at the apex of human civilization, because of its trial, competitive event and even improving nature. The acquisition of new knowledge for betterment of performance of human organism in relation to physical, motor and physiological qualities are in process of saturation. To strive for still better is a million-dollar question to the experts of sports. In the process, they also explore the field of psychology and enlisted certain psychological parameter which does influence sport Anxiety is a generalized mood that can occur without an identifiable triggering stimulus. As such, it is distinguished from fear, which is an appropriate cognitive and emotional response to a perceived threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is related to situations perceived as uncontrollable or unavoidable (Ohman, A. (2000).

State anxiety is the actual feeling of state apprehensive and tension at any given moment. Person with high trait anxiety tend to have high state anxiety in stressful situation (Dinell.Gill, 1948).

State anxiety is defined as an unpleasant emotional arousal in face of threatening demands or dangers. A cognitive appraisal of threat is a prerequisite for the experience of this emotion (Lazarus, 1991).

The definition given by Lazarus was found suitable for the study.

METHODOLOGY:

SELECTION OF SUBJECTS: The data of Ninty (N=90) Handball players was collected from State level. Sixty (N=60) Handball players from National level and Thirty (N=30) Handball players from International level were randomly selected as subjects for this study. Those who secured India Camp Sai center Gandhinagar and Sai center Amosi Lucknow, National championship and U.P State Championship was considered as players. Those who did not secure any position from said championships and only participated were considered as Handball players.

TOOLS: State Anxiety was checked by Spielberger along with Gorsuch and Lushane developed a test of State-Trait Anxiety to measure a person's anxiety in specific situation Questionnaire.

STATISTICAL TECHNIQUES:

The data of One hundred eighty (N-180) female Handball players was analyzed by descriptive statistics. The means and standard deviations are calculated through SPSS. Test of significance ANOVA test was applied to check the significant a compare study of State, National and International Handball players. Further, where results F value found significant that Schefee's post-hoc test was applied to see the better level among State, National and International Handball players. Significance level was checked at 0.05 levels.

RESULTS:

The results of State anxiety with regard State, National and International level players are presented in tables and figures.

Table - 1 Analysis of Variance of State Anxiety of Three Different Levels of Participation of Indian Handball Players

| | Sum of Squares | df | Mean Square | F |
|----------------|----------------|-----|-------------|--------|
| Between Groups | 171.905 | 2 | 85.952 | 1.595* |
| Within Groups | 9563.720 | 177 | 53.880 | |
| Total | 9708.625 | 179 | | |

*Significant at 0.05 level

$F_{.05}(2, 177) = 3.04$

It appears from the Table-1 reveals that there was a significant difference of state anxiety among three different levels of Indian handball players as calculated F value (1.595) was less than the tabulated F value (3.04) at .05 level of significance with 2,177 degree of freedom.

Since the F-value was found to be significant, the Scheffe's Post hoc test was applied for further comparison.

Table - 1.1 Pair wise comparison of State Anxiety Means of different level of Indian Handball Players

| State | Levels | | Mean Difference |
|--------|----------|---------------|-----------------|
| | National | International | |
| 38.444 | 38.47 | | -0.0300 |
| 38.444 | | 35.8333 | 2.6067 |
| | 38.47 | 35.8333 | 2.6367* |

*Significant at 0.05 level.

The table-5.1 reveals that there was no significant difference between State level and National Level; state and international level Indian Handball players, on the other hand there was significant difference between; national and international level of Indian handball players in relation to Trait Anxiety.

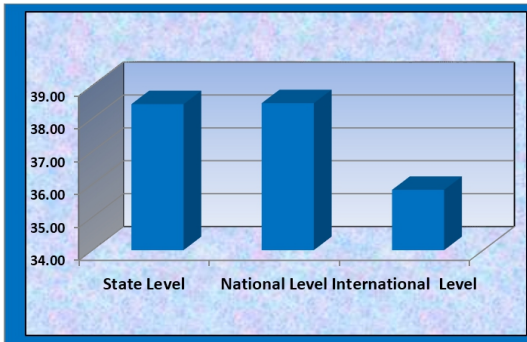


Figure 1 Graphical Representation of Indian Handball players of different Level in relation to state anxiety.

CONCLUSION:

As per findings of this study it is concluded that state anxiety is one of the important variable in sports psychology which helps to produce champion's players in Handball. Therefore, there is need to given due importance to State Anxiety in daily training programs of Handball players to produce the champion in tournaments and India camp.

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