



## A COMPRITIVE STUDY OF THE TRAIT ANXIETY FOR DIFFERENT LEVELS HANDBALL 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 trait 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 Speilberger 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 trait anxiety as F-value 10.746 of Handball players.

**KEYWORDS :** Trait 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.

The application of psychological principles to the improvement of performance in sport tins received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their best in their performance. It is important to know about the role of emotional phenomenon like incentive motivation, achievement motivation, state and trait anxiety and sport competition anxiety of the players during training as well as competitive situations. (Agyajit Singh, 1992).

Leonard M. Wankel (1977). Wankel studied low personal deposition factor (Number of servers) affect state anxiety and motor performance. Thirty high and thirty low trait anxiety (speil berger's STAI) female subjects were randomly assigned to and of three treatment conditions alone, two evaluative observer five or six evaluation observers subjects performance 30 massed 10 Sec. trails on the pursuit motor task under their assigned treatment condition and then completed the STAI anxiety scale. Trait anxiety significantly affect4d both state anxiety and pursuit motor performance but no evidence effects or interaction effects were statistically significant. The results were interpreted a supporting some prediction form Speilberger's Trait state Anxiety Theory while contradicting others.

### 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:** Trait Anxiety was checked by Speilberger along with Gorsuch and Lushane developed a test of Trait Anxiety to measure a person's anxiety in specific situation Questionnaire.

### STATISTICALTECHNIQUES:

The data of One hundred eighty (N=180) male 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 Trait anxiety with regard State, National and International level players are presented in tables and figure.

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

	Sum of Squares	df	Mean Square	F
Between Groups	1204.776	2	602.388	10.746*
Within Groups	9922.394	177	56.059	
Total	11127.170	179		

\*Significant at 0.05level

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

It appears from the Table-1 that there was a significant difference of trait anxiety among three different levels of Indian handball players as calculated F value (10.746) was greater than the tabulated F value (3.04) at .05 level of significance with 2,177 degree of freedom.

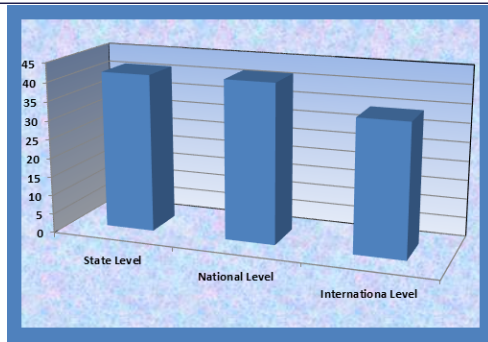
Since the F-value was found to be significant, the scheffe's Post hoc test was applied for further comparison.

**Table -1 Pair wise comparison of Trait Anxiety Means of different level of Indian Handball Players**

State	Levels		Mean Difference
	National	International	
41.57	41.81		-0.24
41.57		34.73	6.84*
	41.81	34.73	7.08*

\*Significant at 0.05 level

The table-1 reveals that there was no significant difference between State level and National Level Indian Handball players, on the other hand there was significant difference between state and international level; national and international level of Indian handball players in relation to Trait Anxiety.



**Figure 1 Graphical Representation of Indian handball players of different levels in relation to Trait 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 Trait Anxiety in daily training programs of Handball players to produce the champion in tournaments and India camp.

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