



**ORIGINAL RESEARCH PAPER**

**Sport Science**

**RELATIONSHIP BETWEEN BASKETBALL PLAYERS' PLAYING ABILITY AND TRAIT ANXIETY**

**KEY WORDS:** Trait Anxiety, Playing ability

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**ABSTRACT**

This study sought to determine whether there was a relationship between basketball players' levels of anxiety and their ability to perform. Using a purposive-random sample approach, the researchers selected 50 male basketball players from the LNIPE, Gwalior region who had participated at the national level. The participants were between the ages of 18 and 23. The participants' trait anxiety was measured using the Sports Anxiety Scale, and three seasoned basketball judges scored each participant's performance on a 5-point scale. The data was examined using the Pearson product moment correlation to see if the dependent and independent variables were significantly correlated. The 0.05 significance level was chosen. SPSS version 20 was used to carry out the statistical procedures.

**INTRODUCTION**

It is common knowledge that competition is a key component of sport as a social phenomenon, and that understanding is crucial for young athletes' holistic development. According to certain research, a competitive model that takes into account the traits of the formative sports setting will be a tool that fosters an individual's motivation, contentment, dedication, and adherence to sport, as well as promoting their personal and social development.

Athletic performance and the development of motor abilities are both significantly influenced by anxiety. Performance can either go up or down when anxious. Whether it has a good or negative impact depends on how each sportsman views the circumstance. In several motor tasks, those with low trait levels have been shown to outperform people with high trait levels. The characteristic and the state of athletes competing in competition are positively correlated as well. For the development and use of motor skills, a moderate amount of anxiety is preferred. Too much or too little worry seems to impair learning and performance. Any amount of competitiveness is certain to cause anxiety. The performance of young and immature athletes, however, can be seriously harmed by worry.

In Spielberg's treatment of anxiety, there are two types: trait anxiety and state anxiety. State anxiety is a feeling of unease, tension, sensitivity, worry, or sadness that develops under particular circumstances that endanger the person or their interests but also goes away when those dangerous circumstances pass. Trait anxiety, on the other hand, is the subjective terror that a person feels as a result of the stressful situation they are in. It is both a personality trait and a state in which a person is more sensitive and restless than others under all circumstances.

An individual's propensity for uncomfortable events is known as trait anxiety. This may also be referred to as a person's propensity to see all of their current conditions as stressful or to interpret them as ones that cause stress. People with such high levels of anxiety are perceived as being vulnerable and prone to despair. Additionally, compared to other people, these people feel state anxiety more frequently and more severely. On the other side, those with high trait anxiety levels are predicted to exhibit state anxiety symptoms more frequently and quickly in a different setting (for example, before or after a competition).

**METHODOLOGY**

50 male basketball players from LNIPE in Gwalior, Madhya Pradesh, were selected as research participants using a purposeful sampling technique. Aged 18 to 23, with a

minimum of five years of training experience. To ensure there was no confusion or uncertainty regarding the level of effort demanded of them and the amount of hard work they would have to put in on top of their usual daily routine, all subjects met prior to the exam to go through the testing method's criteria in depth. Despite the fact that no further strategies were utilized to encourage the participants to give it their all, they remained open-minded and cooperative throughout the investigation. The Sports Anxiety Scale (Smith et al., 2006) was used to measure the individuals' trait anxiety, and their performance was graded on a 5-point scale based on subjective evaluations of the abilities of three talented basketball players. Despite the fact that no further strategies were utilized to encourage the participants to give it their all, they remained open-minded and cooperative throughout the investigation. The Sports Anxiety Scale (Smith et al., 2006) was used to measure the individuals' trait anxiety, and their performance was graded on a 5-point scale based on subjective evaluations of the abilities of three talented basketball players.

The anxiousness related to basketball players' capacity to play was described using descriptive data. The Pearson product moment correlation was used to examine the relationship between players' ability to play basketball and their level of anxiety. The level of significance was set at 0.05. The data was examined by using SPSS Version 20.

**RESULT AND DISCUSSION**

**Table 1 Relationship between Basketball Players' Playing Ability and Trait Anxiety**

Variables	Mean	SD	correlation coefficient (r)	
Playing Ability	3.74	.69	-.036	
Trait Anxiety	Worry	13.58	3.48	
	Concentration Disruption	10.96	2.69	-.087
	Somatic Trait Anxiety	16.69	3.49	.089

\*Level of significance = 0.05, \*Tab.r 0.05 (48) = 0.27

Table 1 shows the Mean and Standard deviation for playing ability respectively. Further the results of this study showed that the Trait Anxiety about Worry, Concentration Disruption and Somatic Trait Anxiety was -.036, -.087 & .089.

A good performance requires a moderate (or optimal) level of psychological factors, and basketball players are likely familiar with the skills needed to maintain these levels, according to the finding that basketball players received

more training in anxiety-coping. This could be because persons with low levels of trait anxiety outperformed those with high levels in terms of motor abilities. Basketball players are more likely to feel responsible for the desired outcome because they play a more crucial and responsible role within their team, making them more likely to experience physical and cognitive worry. They probably view their high levels of physical and cognitive anxiety as a motivator rather than a barrier to their capacity to do well in important competitions since they have high levels of self-esteem.

### CONCLUSION

It has been discovered that the ideal anxiety level for learning and using motor skills is a moderate level. A player's performance tends to suffer from anxiety levels that are either too high or too low. An athlete's or player's anxiety is a normal reaction to the competition. After these two stages, the anxiety level reaches a particular resting level mostly as a consequence of relaxation, performance level, and under performance. However, some amount of concern is still there regarding the performance in the future. Every game has a different amount of tension because of how it's played. The player's movements may be properly analyzed to determine his degree of anxiety. He can also be guided through circumstances in which his mental state is entirely out of control and practise meditation exercises to increase his motivation. Based on what was learned following deliberation with experts and supervisors, and in light of what was learned above, it was determined that basketball players had a moderate degree of trait anxiety and that there was no substantial association between anxiety and basketball players' ability to play.

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