

# A Comparative Study on Sports Competitive Anxiety Between Female National and State Level Volleyball Players

Gopa Saha

Assistant professor in physical education, JRSET College of Education, West Bengal, India

## Abstract

**Background:** Today, volleyball has indeed become a widely enjoyed sport across the globe. The psychology of volleyball plays a crucial role in the performance and success of athletes on the court. Sports competition anxiety is a psychological phenomenon characterized by a heightened sense of apprehension, fear, or nervousness experienced by athletes before or during competitive events. It is a multifaceted condition influenced by a combination of cognitive, emotional, and physiological factors.

**Objective:** The purpose of the study was to compare sports competition anxiety between female national and state-level volleyball players of West Bengal.

**Methodology:** Thirteen national-level female volleyball players and thirteen state-level female volleyball players were required for this study from different sports clubs in West Bengal. The age of the subjects ranged between 16 and 19 years. Anxiety was measured through the Sports Competition Anxiety Test (Martens, R., 1977), respectively.

**Result:** The obtained results show that no significant difference was found in anxiety ( $P = 0.05$ ) between female national and state-level volleyball players. It was also found that insignificant difference between national-level female volleyball players (mean-18.53/sd-3.655) and state-level female volleyball players (mean-17.2/sd-3.633) on anxiety, and  $t$  value is 0.161. **Conclusion:** It is concluded that there are insignificant differences found in sports competition anxiety between female national and state-level volleyball players.

**Keywords:** Anxiety, volleyball, volleyball players, questionnaire, psychological variable

## INTRODUCTION

Today, sports are highly emerging in the context of modern competitive performance. Sports serve a vital role in social and cultural functioning. Games and sports have been a part of human life and have emerged as universal cultural phenomena. Volleyball has become a widely enjoyed sport across the globe. It is estimated that around 800 million people play volleyball regularly. This makes it the fifth most popular sport in the world. The psychology of volleyball plays a crucial role in an athlete's performance and success. Sports competition anxiety is a psychological phenomenon. It is characterised by apprehension, fear, or nervousness experienced by athletes before or during competitive events.

during competitive events. It is a multifaceted condition influenced by a combination of cognitive, emotional, and physiological factors.

Sports Psychology is a science in which the principles of psychology are applied in a sport or exercise

setting. These principles are often applied to enhance performance. Sport psychology is an exciting subject dedicated to the enhancement of both athletic performance and the social-psychological aspects of human enrichment.

Anxiety can be an emotion or occur due to worry. It includes feelings of uneasiness, nervousness, or dread about an uncertain outcome. Anxiety can appear physically or emotionally. Anxiety is essential to competition. However, when anxiety gets too high or too low, performance can be negatively affected.

## REVIEW OF RELATED LITERATURE

1. Sharma M&Kanojiya D. The socio-psychological variables play an important role in prompting sportsmen to unveil their best performance during competition. Competitive sports demand physical, mental and emotional toughness. The aim of the study is to compare the anxiety and aggression levels between university and national-level volleyball players. For the purpose of the present study, 12 subjects aged between 19 and 25 years were selected, of which 06 were university players, and 06 were national players, and were randomly selected on the performance basis. Anxiety and aggression were measured through the Sports Competition Anxiety Test (Martens, R., 1977) and the Buss Perry Aggression Questionnaire (BPAQ, 1992), respectively. An independent t-test was employed to measure the anxiety and aggression. The statistical results of the study revealed that there is no difference between the aggression and anxiety levels of national and inter-university players.
2. D Vamsikrishna and Dr D Selvam. Competition can cause athletes to react both physically (somatically) and mentally (cognitively), which can negatively affect their performance abilities. Stress, arousal and anxiety are terms used to describe this condition. Anxiety before or during athletic competitions can hinder performance of an athlete. The aim of the present study was to explore the difference of sports competition anxiety among different levels of volleyball players. For the purpose of the study, 300 volleyball players (100 Youth National, 100 Intervarsity and 100 Senior State) were selected from various volleyball tournaments. The sports competition anxiety test developed by Martin (1990) was used to collect the data from the subjects. After analysing the data, it was found that there were significant differences among different levels of volleyball players. The major problem in a competition is letting your mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance.

## METHOD AND MATERIALS

### Participants

Subjects for this study were selected considering the relevance of the study. The study was conceptualized to investigate the difference in anxiety between female national and state-level volleyball players. In this investigation total of sixty volleyball players (n=60) were selected, out of which thirty (n=30) active female volleyball national players and thirty (n=30) female state

volleyball players were taken randomly from a large number of populations from Naihati athletic club, Kutubpur volleyball academy, and Bhutbagana. C Club, Salkia Volleyball Association, Mogra Volleyball Academy, Jubak Sangha Club, Bijoy Sangha Sports Club, Natun Pukur Volleyball Association, under the state of West Bengal. The age of the subjects ranged between 16 and 19 years.

### Variables studied

Based on the conceptualization and formulation of this study, mainly one psychological variable was

selected to investigate its status among female national and state-level volleyball players. The variable Anxiety was measured through the Sports Competition Anxiety Test (Martens, R., 1977).

**Data collection procedures**

For measuring the anxiety of the subjects, the Sports Competition Anxiety Test questionnaire developed by Martens in 1977 was used. The Sports Competition Anxiety Test questionnaire consists of a total of 15 questions. It is a Likert type three points scale, i.e. Rarely, Sometimes, Often. The scoring of the filled questionnaires was done according to the instructions mentioned in the test manual for this purpose. To obtain the total score for the complete test, all the scores for different items were recorded in the specified space provided in the questionnaire of the scale. The range of scores for the sports competition anxiety test could range between 9 and 36. The higher scores show a high and the lower score shows a low level of anxiety.

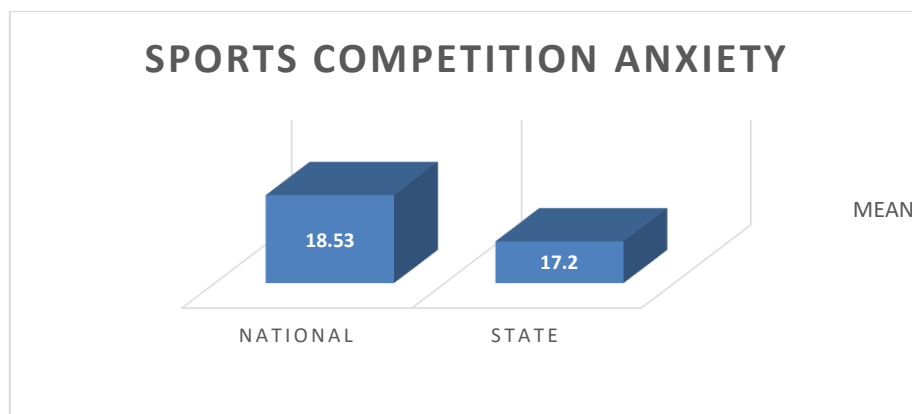
**Statistical Technique**

An independent t-test will be used as the statistical technique to find out significant differences between the groups. The level of significance was set at 0.05.

**Result**

**TABLE-1 Comparison of sports competition anxiety between female national and state-level volleyball players**

|                            | GROUPS   | N  | MEAN  | SD    | DF | T-VALUE |
|----------------------------|----------|----|-------|-------|----|---------|
| SPORTS COMPETITION ANXIETY | NATIONAL | 30 | 18.53 | 3.655 | 58 | 0.161   |
|                            | STATE    | 30 | 17.2  | 3.633 |    |         |



Insignificant at 0.05 level of confidence,  $t_{0.05(58)}=2.00$

**Table 1: Graphical representation of Mean and SD on sports competition anxiety between female national and state-level volleyball players.**

**DISCUSSION**

The purpose of the study was to investigate the sports competition anxiety between female national and state-level volleyball players. The statistical results of the study revealed that there is an insignificant difference in sports competition anxiety between female national and state-level volleyball players. The

sports competition anxiety of the national-level female and state-level female volleyball players is presented in Table 1. The mean and standard deviation of national-level female volleyball players on the variable sports competition anxiety were 18.53 and 3.655, respectively. The mean and standard deviation of state-level female volleyball players on the variable sports competition anxiety were 17.2 and 3.633, respectively. Revealed that there was an insignificant difference in the means of female national and state-level volleyball players. Female national and state level volleyball players' sports competition anxiety, as obtained t value was 0.161, which was a lower value than the p-value (tabulated value) 2.000 required for t value to be insignificant at 0.05 level with (58) degrees of freedom.

## CONCLUSION

An insignificant difference was found between female national and state-level volleyball players in West Bengal state regarding sports competition anxiety. Based on mean scores, it can be seen that female state-level volleyball players had less Sports Competitive Anxiety than female national-level volleyball players.

## ACKNOWLEDGEMENTS

The researcher is thankful to all sports clubs and sports academics for providing participants for this study.

## REFERENCES

1. Vamsikrishna, D &Dr. Selvam, D. (2022). A study of sports competition anxiety among male volleyball players in southern India. *International journal of physical education, sports and health*,9(2): 358-360.DOI: <https://doi.org/10.22271/kheljournal.2022.v9.i2f.2498>.
2. Sharma, M., &Kanojiya, R. (2021). A comparative study of anxiety and aggression levels between university and national-level volleyball players. *Journal of sports science and nutrition*,3(1), 28-30.DOI:10.33545/27077012.2022.v3.i1a.66.
3. Sharma, R.L. (2018). A comparative study of sports competitive anxiety between male and female volleyball players of Jammu and Kashmir. 3(1): 145-146.
4. Sanyal, O. (2018) A comparative study of sports competitive anxiety between individual and team game players. 3(1): 1303-1305.
5. Oureshi, D.R. (2015). Comparative study of anxiety test between college level table tennis and volleyball players. *Scholars Impact*,2(1),41-44.
6. Kerketta ,I.(2015).A comparative study of sports competition anxiety between district levels male volleyball and soccer players. *International journal of physical education, sports and health*. 1(3):53-55.
7. Rastogi, N.K. &Katiyar, V. (2014). A comparative study of sports competition anxiety test between college level chess and cricket players. *International journal of physical education, fitness and sports*.3(3).22-25.
8. Gamit, A.K. (2013) A Comparative Study of Sports Competition Anxiety between Male and Female Cricket Players of Gujarat, *Indian Journal of Applied Research*, 301- 302.
9. Khan Z, Haider Z, Ahmed N, Khan S. (2011) Sports achievement motivation and sports competition anxiety: A relationship study. *Journal of Education and Practice*, Vol 2, No 4, 2222-1735.
10. Singh R, Kumar R, Tiwari A. (2009). A Comparative Study of Sports Competition Anxiety on Male and Female North Zone Intervarsity Badminton Players. *AMMASS Multilateral Research Journal Bilingual Biannual*. 1(2):1-5.