



A STUDY OF ANXIETY AMONG SOUTH INDIA INTER UNIVERSITY VOLLEYBALL PLAYERS

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ABSTRACT

The purpose of the study was to analyze the anxiety among south India inter-university volleyball players on anxiety which constitute somatic tension, cognitive worry and self-confidence. The selected subjects were sportsmen who participated for south India interuniversity volleyball tournament during academic year 2020-2021 from their respective universities. Sample for the present study consists of seventy two subjects (36 male and 36 female), who were in the age group of 19-25. The selected subjects were assessed for Anxiety levels on the three different components of anxiety namely: somatic tension, cognitive worry and self-confidence by administrating the Competitive State Anxiety inventory 2 (CSAI-2). Two way ANOVA revealed that there was no significant difference of south zone India inter-university volleyball players with respect to gender and different playing positions on somatic tension, cognitive worry and self-confidence. It was concluded that the anxiety level of the male and female volleyball players found to be optimal and failed to show gender and playing position wise difference. It is assumed that the players had similar state of competitive state anxiety.

Keywords: Competition, CSAI-2 and volleyball

INTRODUCTION

A great deal of research has been devoted to the effect of anxiety on sports performance. Researchers have found that competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens, 1977). Anxiety is considered as emotional, affect perceptions in sport competitions, where a large majority of athletes consider anxiety to be debilitating towards sports performance, which may result in decreases in sports performance (Weinberg et al. 2011). Athletes who

encounter high level of anxiety are more likely to choke which results in hindering the sports performance. Anxiety is an unpleasant emotion which remains ambiguous and brings constant feelings of nervousness and fear. High level of anxiety symptoms (intensity of anxiety) usually is debilitating and has negative effect on the sports performance (Burton, 1998; Mellaileiu et al, 2006; Woodman and Hardy, 2001). On the other hand research findings have challenged this assumption that anxiety always blocks the sports performance (Hannin, 1986; Hardy, 1990, 1996; Hardy et al., 2004, Raglin and Hannin, 2000). The anxiety is one of the most important emotions faced by players who participate before and during sports competition. The anxiety is described as an unpleasant state of psychological tension, usually accompanied by physical symptoms due to the expectation of a threatening event or situation (Aşçı, 2003). Anxiety is a reaction to a fear that is expected to range from confusion to full horror. It is actually preceded by a circumstance of a threat that quickly and strongly responds to the individual, it is defined as an emotional state of self in which the individual feels fear and tension and can be characterized by the severity of the situation from time to time (Latinjak, Hatzigeorgiadis & Zourbanos, 2017). In the context of sport participation, competitive anxiety is a predisposition to observe competitive settings as frightening and to react such settings apprehensively. Competitive anxiety unveils itself in three types: cognitive anxiety (e.g., worry, self-doubt), somatic anxiety (e.g., perceived faster heart rate, perspiring, and self-confidence). The competitive anxiety instantly accelerates just before the competition and suddenly decelerates after the competition (Gould, Pentlichkoff & Weinberg, 1989). Volleyball is one of the most successful and popular competitive and recreational sports in the world. It is fast, it is exciting and the action is explosive. Yet Volleyball comprises several crucial overlapping elements whose complimentary interactions render it unique amongst rally games. The main purpose of this study was to analyze the anxiety of south zone India inter university volleyball players with respect of gender and different playing positions.

METHODOLOGY

Seventy-two (n=72, M=36, F=36) South Zone India inter university volleyball players were selected as subjects, who took part in all India inter university volleyball championship during the year 2018-2019. The age of the subjects ranged from 19-25 years. The selected subjects were assessed for Anxiety levels on the three different components of anxiety namely: somatic tension, cognitive worry and self-confidence by administering the Competitive State Anxiety inventory 2 (CSAI-2).

DESCRIPTION OF THE TOOL

The competitive state anxiety inventory 2 (CSAI-2) by Rainer Martens 1992, was selected for the study because it is sports specific anxiety test, further it assesses competitive anxiety on the basis of three dimensions of anxiety i.e somatic tension, cognitive worry and selfconfidence

STATISTICAL ANALYSIS OF DATA

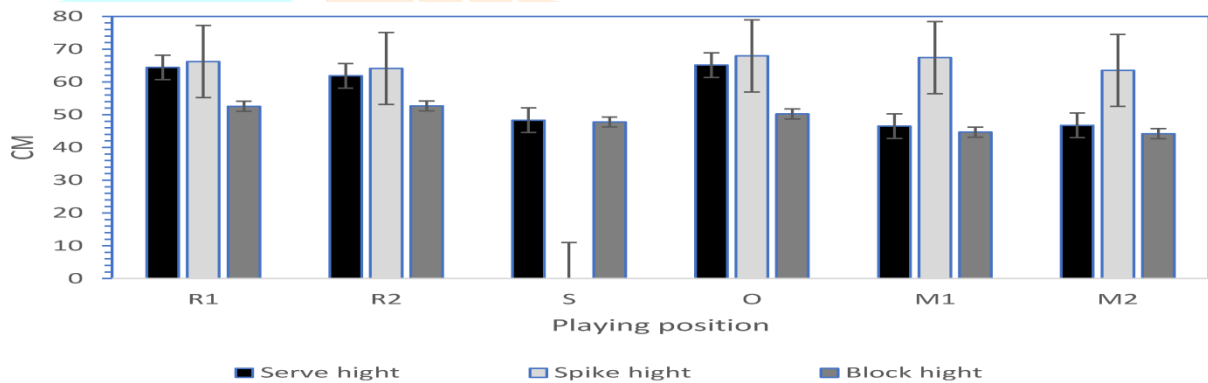
In order to analyze, Somatic Tension, Cognitive Worry and Self-Confidence of volleyball players. Two way ANOVA was used. When interaction is significant simple effect was applied. If simple effect ANOVA is significant scheffe's post hoc test was applied exhibit pair wise difference and level of significance was fixed at 0.05.

RESULTS

Somatic tension

The descriptive statistics for South India inter university volleyball players on different phases of competition on somatic tension are presented in table 1

Table 1:- Mean and Standard deviation of Somatic tension of volleyball players

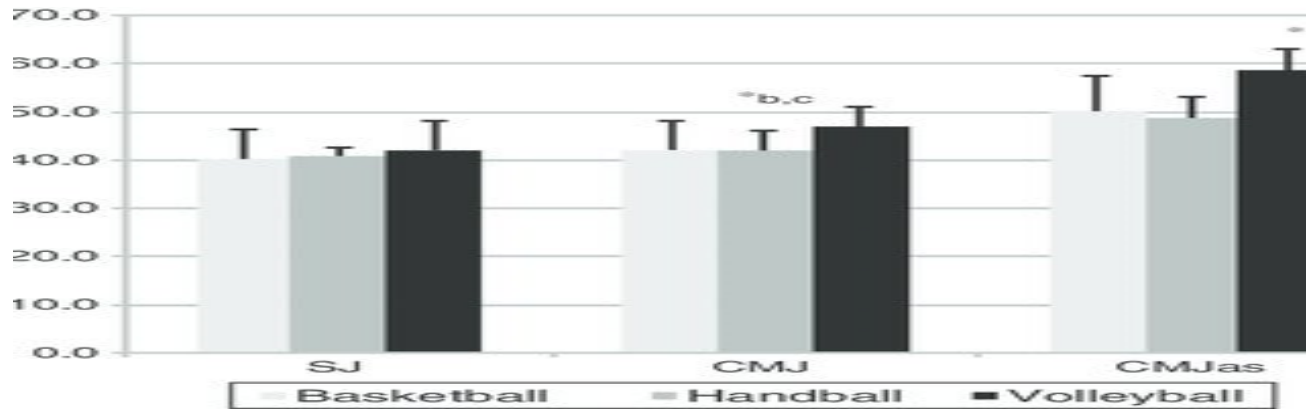


Somatic tension among Gender reveals insignificant difference, irrespective of different playing positions (Attacker, Defender, Blocker, Setter and Libero) as the obtained F ratio .863 is less than the required table value of 3.99 at $\alpha = 0.05$ for the df of 1 & 62 The table also shows that there is no significant difference on somatic tension among different playing positions irrespective of Gender (Male and Female) as the obtained F ratio of 2.496 is less than the required table value of 2.51 at $\alpha = 0.05$ for the df of 4 & 62. Similarly, the findings disclose there is no significant difference on somatic tension, among the interaction of Gender and different playing positions as the obtained F ratio of 2.324 is less than the required table value of 2.51 at $\alpha = 0.05$ for the df of 4 & 62. Since AB interaction is not significant simple effect was not applied.

COGNITIVE WORRY

The descriptive statistics for south India inter university volleyball players on different phases of competition on cognitive worry are presented in table

Table 2:- Mean and standard deviation of Cognitive worry of volleyball players



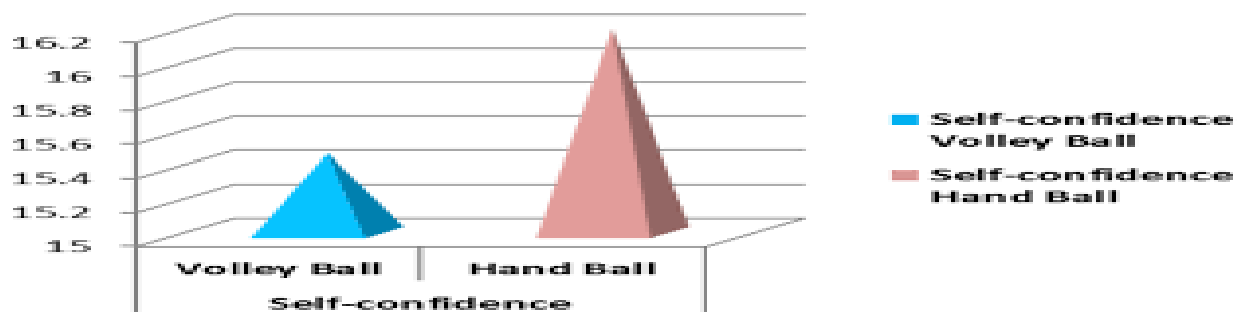
Cognitive worry among Gender reveals that there is insignificant difference, irrespective of different playing positions (Attacker, Blocker, Defender, Setter and Libero) as the obtained F ratio of .000 is less than the require table value of 3.99 at $\alpha = 0.05$ for the df of 1 & 62.

The study also reveals that there is no significant difference on cognitive worry among different playing position (Attacker, Blocker, Defender, Setter and libero) as the obtained f ratio of 1.716 is less than the required table value of 2.51 at $\alpha = 0.05$ for the df of 4 & 62. Similarly, the findings disclose there is no significant difference on cognitive worry among the interaction of gender and playing position as the obtained F ratio of .912 is less than the required table of 2.51 at $\alpha = 0.05$ for the df of 4 & 62. Since AB interaction is not significant simple effect was not applied.

SELF CONFIDENCE

The descriptive statistics for south zone India inter university volleyball players on different phases of competition on self-confidence are presented in table

Table 3:- Mean and standard deviation of Self-confidence of volleyball players



Self confidence among Gender reveals is significant difference, irrespective of different playing position (Attacker, Blocker, Defender, Setter and Libero) as obtained F ratio of 5.193 is greater than the required table value of 3.99 at $\alpha = 0.05$ for the df of 1 & 62.

The study also reveals that there is no significant difference on self confidence among different playing positions irrespective of Gender (Male and Female) as obtained F ratio of .192 is less than the required table value of 2.51 at $\alpha = 0.05$ for the df of 4 & 62.

Similarly, the findings disclose there is no significant difference on self confidence among the interaction of Gender and playing position as the obtained F ratio of .734 is less than the required table value of 2.51 at $\alpha = 0.05$ for the df of 4 & 62. Since AB interaction is not significant simple effect was not applied.

DISCUSSION

Coaches and sports psychologists strive to help athletes perform at their optimal level, which means the athletes achieving a certain state of favorable anxiety before and during competition. The goal of optimal sport-performance is easily disrupted due to the fragile nature of competitive anxiety, the athlete's involuntary thoughts and emotions and situational factors that tend to alter athletic performance. Athletic situations and other situations of a competitive and demanding nature are apt to sports psychologists not surprisingly devote a considerable amount of time assisting athletes in coping with pre-competition anxiety, as well as anxiety during competition. (Murry, 2000) Even though there is a substantial body of research on anxiety, the anxiety performance remains rather ambiguous due to limited information. The purpose of this study was to analyze the anxiety among south India inter university volleyball players on their competitive state anxiety components such as Somatic tension, Cognitive worry and Self-confidence. The results of the univariate analysis indicated there was no statistical significant differences among south India inter university volleyball players with respect to gender and with respect to different playing positions. Because south India inter university volleyball players have learned anxiety management skills, properly and they often respond to a greater degree to competitive state anxiety. The south India volleyball players perform better because most of them using coping strategies to reduce their competitive state anxiety like cognitive and somatic anxiety determined by negative expectations and beliefs. Therefore sports psychologists must be sure of the cause of an athlete's anxiety before assuming all stressors are related to athletic performance (Dosil, 2006). The findings are in line with the results obtained in previous studies that somatic tension was insignificant in compare the competitive state anxiety of handball and volleyball Kuvempu university inter-collegiate men players(Satyanarayana, et al 2017). It is also similar with the findings of Kavita, et al(2015) that self-confidence was insignificant in A comparative study of competitive state anxiety level between female yoga players and archery players.

CONCLUSION

After going through the interpretation of the results of tables. It was concluded that there was no significant difference in somatic tension, cognitive worry and Self-confidence of south zone India inter- university volleyball players on competitive state anxiety inventory-2.

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