



A COMPARATIVE STUDY OF PRE-COMPETITION ANXIETY BETWEEN MALE AND FEMALE HANDBALL PLAYERS

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Abstract: The purpose of this study was to compare the levels of pre-competition anxiety in male and female intercollegiate handball players from the central region of Madhya Pradesh. The forty handball players (20 Male and 20 Female) who participated in the intercollegiate competition served as the study's subjects. A pre-competition anxiety questionnaire (SCAT) created by Rainer Marten was used to determine the pre-competition anxiety levels of male and female handball players. A "t test" was performed to analyze the raw scores. The findings indicate a significant difference in pre-competition anxiety between male and female handball players, with females scoring higher on the anxiety scale (22.45) compared to males (14.23).

Index Terms - Hand Ball Players and Anxiety

I. INTRODUCTION

If you're not nervous, then I don't think you're human. The legendary Sidney Crosby. Even two-time Olympic gold medallist, two-time World and Junior World champion, two-time NHL Most Valuable Player, three-time Stanley Cup winner, and six-time NHL all-star Sidney Crosby is not the only athlete who has acknowledged feeling nervous before a game. J. M. E. Williams (1993). The relationship between anxiety and athletic performance is so strong. (Ford JL) that a whole field of psychology sports psychology has been devoted to helping athletes combat nerves. Fortunately, you can use a number of strategies to help overcome game-day jitters and manage anxiety before it gets out of hand. generally understood to mean "an unpleasant psychological state resulting from perceived stress related to completing a task under pressure." Cheng WKN (2008) Anxiety can either be a motivating factor for success or a hindrance to achieving success in sports. It can be a powerful motivator for the athlete to work harder and discover new and improved ways to enhance performances and help set goals. His athletic prowess and his self-assurance as a deterrent to anxiety could obstruct both constructive and fruitful thought processes. Athletes may try to distract themselves from their anxiety by not working as hard. This may result in the development of bad work habits or improper sports form. These frequently result in failure, which breeds anxiety and low self-esteem. One of the most frequent obstacles to performing well is anxiety. In the worst case scenario, anxiety causes the athlete to become paralyzed by fear due to knotting in his body. At best, anxiety distorts attention, which slightly lowers performance. Sports anxiety is a major factor. Anxiety is caused by the difficulty of participating in sports. An athlete's level of success is determined by how he manages his anxiety. Anxiety can either be a healthy motivating factor or a hindrance to winning in sporting events. Numerous conditions also have an impact on the level of anxiety. Higher levels of competition are likely to cause anxiety in athletes than relatively non-

competitive sports because high levels of competition place high expectations on athletes to succeed. The purpose of the article was to compare the levels of pre-competition anxiety experienced by male and female hand ball players who competed in the central Madhya Pradesh intercollegiate competition.

1.1. Aim of study: The study's goal is to determine how anxiety levels vary between male and female handball players.

1.2. Background: Athletes who compete in sports, especially team sports like handball, experience a range of psychological reactions. One such psychological component that affects an athlete's performance, focus, and ability to make decisions is competitive state anxiety. Despite the fact that anxiety in sports has been studied in great detail, little is known about how gender affects handball players' competitive state anxiety.

II. Review of Literature

Many people consider anxiety to be a complicated psychological condition, and it's likely one of the hardest feelings to categorize and identify. It should come as no surprise that there is a complex relationship between anxiety and performance. Despite the fact that anxiety has been conceptualized in a variety of ways by psychologists working in different fields, there is still disagreement over the nature and definition of anxiety. One of the most discussed and researched areas in sports psychology is the theoretical connection between competitive anxiety and athletic performance (Woodman & Hardy, 2001). Sports anxiety models, such as the multidimensional anxiety theory (Martens, Burton, Vealey, Bump, & Smith, 1990), the catastrophe model (Hardy, 1990, Hardy, 1996), and the control model (Jones, 1995), have advanced our understanding of anxiety and performance.

III. Main Text

Twenty male and twenty female handball players from the central region of Madhya Pradesh's Intercollegiate Competition were chosen out of a total of forty participants. They were in the 19–25 age range.

IV. Introduction of the questionnaires

Sports Competition Anxiety Test (SCAT) Questionnaire-

Rainer Martens made it ready. In most developed nations, the test was commonly used to measure anxiety related to sporting situations. The test has validity and reliability. Five fictitious questions were included in the 15-item pre-competition anxiety questionnaire in order to reduce response bias toward the real test items.

These five inquiries lacked a score. The subject was told to answer each question based on his overall mood at the time of the competition.

Every student had three possible responses i.e. 1. Hardly 2. Sometimes 3. Often

Score	Response
1	Hardly ever
2	Sometimes
3	Often

In case of items 6 and 11 scoring was carried according to the following key:

Score	Response
1	Often
2	Sometimes
3	Hardly ever

However spurious questions i.e. 1,4,7,10 and 13 were not scored out as suggested by Rainer Martens.

The pre-competition anxiety questionnaire (SCAT), created by Rainer Marten, was used to compare the levels of anxiety experienced by male and female table tennis players prior to competition. There were fifteen statements about competitive circumstances. Each subject's scores on each statement were totaled to determine their overall pre-competition anxiety score. Scores on the anxiety questionnaires from participants from different inter universities were added individually, and score sheets were assessed in compliance with guidelines provided in the test handbook. In order to analyze the data, raw scores and a t-test with a significance level of 0.05 were used.

The 10 test items, which were taken for scoring purpose, were 2,3,5,6,8,9,11,12,14 and 15. The remaining items i.e. spurious items, which were not scored out, were 1,4,7,10, and 13.

V. Methodology

Twenty male and twenty female handball players from the Central Madhya Pradesh Intercollegiate Competition were chosen out of a total of forty participants. They were in the 19–25 age range. The questionnaires' introduction Questions from the Sports Competition Anxiety Test (SCAT): Rainer Martens made it ready. In most developed nations, the test was commonly used to measure anxiety related to sporting situations. The test has validity and reliability. Five fictitious questions were included in the 15-item pre-competition anxiety questionnaire in order to reduce response bias toward the real test items. These five inquiries lacked a score. The subject was instructed to respond to each item according to how he generally felt at the time of competition. Every student had three possible responses i.e. 1. Hardly 2. Sometimes 3. Often The 10 test items, which were taken for scoring purpose, were 2,3,5,6,8,9,11,12,14 and 15. The remaining items i.e. spurious items, which were not scored out, were 1,4,7,10, and 13. The researcher carefully examined each completed questionnaire to make sure the subjects answered all of the questions and that none remained unanswered. The wording of items 2, 3, 5, 6, 8, 9, 11, 12, 14, and 15 was chosen so that the scores would match the following key: Score Response: 1 Seldom, 2 Occasionally, 3 Frequently For items 6 and 11, the following key was used to determine scoring: Score: 1 Frequently 2 Occasionally 3 Seldom However, contrary to Rainer Martens' suggestion, the bogus questions 1, 4, 7, 10, and 13 were not marked out. The pre-competition anxiety questionnaire (SCAT), created by Rainer Marten, was used to compare the levels of anxiety experienced by male and female table tennis players prior to competition. There were fifteen statements about competitive circumstances. Each subject's scores on each statement were totaled to determine their overall pre-competition anxiety score. Scores on the anxiety questionnaires from participants from different inter universities were added individually, and score sheets were assessed in compliance with guidelines provided in the test handbook. Raw scores and the t-test were used to analyze the data at the 0.05 level of significance.

5.1. Sampling

Methods of purposeful randomized sampling have been applied.

5.2. Statistics Used in the Study

Independent t-test has been adopted.

VI. Result and Discussion

Analysis

Table- 1: Comparison of Pre Competition Anxiety between Male and Female Of Inter Collegiate Of central region of Madhya Pradesh

Hand Ball Players

Table-1 shows the results of the "t test" for the calculated SCAT score.

Group	Mean	S.D.	D.M.	S.E.	Obtained Value	't'
Male	14.23	4.12	8.22	1.21	5.37*	
Female	22.45	3.24				

*N=40, *Level of Significance = 0.05 Tab0.05 't'=2.025*

According to Table 1 Given that the value is higher than the Tabulated t-value of 2.025, it is clear that the obtained t-value of 5.37 is significant at the 0.05 level. Thus, it can be said that there are notable differences in the anxiety that precedes competitions between males and females. But compared to male table tennis players, female handball players experience higher levels of anxiety (22.45).

On the basis of the results following conclusion is drowning.

- In this study, women were found to be more anxious than men.
- The results of the study showed that there are notable differences between pre-competition anxiety levels in men and women.

7. Conclusion

On the basis of the results following conclusion is drowning.

- In this study, women were found to be more anxious than men.
- The results of the study showed that there are notable differences between pre-competition anxiety levels in men and women.

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