



# Assess the level of Sports Competitive Anxiety between Vidhya Mandir School boys and girls players of Volleyball of Uttar Pradesh : A Comparative Study

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## Abstract

The purpose of the study Assess the level of Sports Competitive Anxiety between Vidhya Mandir School boys and girls players of Volleyball of Uttar Pradesh : A Comparative Study.

**Methodology:** Total 34 players (17 male and 17 female) were randomly selected for the study. Age range 19 were selected. To measure the Sports Competition Anxiety Test (Raniner Marten, 1990) was used. Descriptive statistics mean, standard Deviation (SD) and Independent t-test was administrated which gives whether there is a difference between the groups. Result and discussion On the basis of the findings we can conclude that there is no significant difference in Sports Competition Anxiety within Vidhya Mandir School players of Uttar Pradesh of volleyball.

**Keywords:** Competition, Anxiety, Players, Sports

## Introduction

Anxiety is a negative emotional state in which feeling of fear, nervousness, uneasiness and apprehension is associated with activation or arousal of the body (Weinberg and Gould, 2007). Competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens, 1979). Our ability to obtain independent measure of cognitive and somatic state anxiety has greatly improved our knowledge about the situation. The factor which significantly influences the qualities of the athletic experience is the level of state anxiety during the time leading up to competition. Pre-competitive anxiety starts relatively high and remains high and stable as the time of the event approaches (Richard, H. Cox, 2007). Cognitive is the mental component, characterized by negative expectation about success or self-evaluation, negative self-talk, inability to cope, worry about performance, fear of failure, inability to concentrate and attentional narrowing (Jervis, 2002). Worry is identified as a defining characteristic of trait anxiety (e.g., Eysenck & Van Berkum, 1992; Schwarzer, 1996). That is, players who are prone to experiencing anxiety have a tendency to worry because they have an attentional disposition to observe situational threats (e.g., Mathews, 1990). **Methodology** To compare sports competition anxiety between Vidhya Mandir School Boys and Girls players of volleyball of Uttar Pradesh. Total 34 players (17 male and 17 female) were randomly selected for the study. Age range 19 was selected. To measure the Sports Competition Anxiety Test (Raniner Marten, 1990) was used. The SCAT is a 15-item. Sports Competition Anxiety Test. The SCAT contains 15 items, 10 of which

measure symptoms associated with anxiety. The five items that are not scored are included in the inventory to reduce the likelihood of an internal response-set bias. The scores for the 10 items are summed to provide an overall Measure, with a high composite score (as opposed to a low composite score) reflecting a greater tendency to experience competitive anxiety. The standard instructions of the SCAT ask respondents to indicate how they “usually feel when competing in sports and games.” On a 3-point scale (1 =Rarely, 2 = sometimes, 3 = often) respondents indicated the frequency with which they generally experienced the 10 anxiety related symptoms. Descriptive statistics mean, standard Deviation (SD) and Independent t-test was administrated which gives whether there is a difference between the groups.

## Result and findings

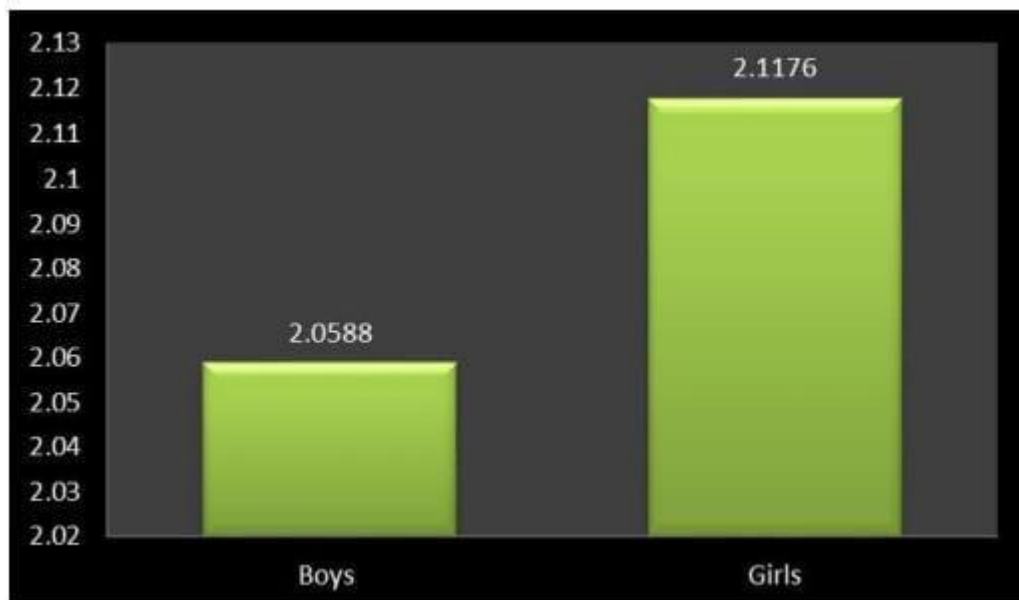
Table 1: Descriptive table of Sports Competition Anxiety between Boys and Girls Sports Person

SCAT	Group	N	Mean	SD	SE Mean	F-value	p-value	t-value	p-value (2tailed)
	Boys	17	2.0588	.24254	.15702	7.071	.012	-.375	.710
	Girls	17	2.1176	.60025	.15702				

\*Significant at 0.05 level (df 32 = 2.000)

The above table reveal that f- value 7.071 which is insignificant as the pvalue .012 which is more than 0.05; this shows that insignificant t-test was applied. The table shows that statistically there is no significant difference between the groups. The mean value of SCAT of boys players is 2.0588 and the mean value SCAT of girls players is 2.1176 the mean difference between the group is 0.0588, the value of SD for boys players is .24254 and for girls players is .60025. The value of Std. Error Mean on SCAT is boys and girls players is .15702.

Graphical Representation of Mean of Sports Competition Anxiety Between Boys and Girls Sports Person is given below:



## Result and Discussion

Assess the level of Sports Competitive Anxiety between Vidhya Mandir School boys and girls players of Volleyball of Uttar Pradesh : A Comparative Study.. After the data collection and analysis of data, t-value (-.375) for the mean score of SCAT of Girls 2.1176 greater than the Boys 2.0588, players were statistically not significant. The findings of our study also in line with the findings by, Kerketta, 2015, that there was no significant difference between the Competitive Anxiety of the two groups of District level Volleyball and Soccer players of Bilaspur. A study by Khan and Aziz, 2015, revealed the same result with our study as they found that there were no significant difference found

between basketball players and track running athletes of their sports competition anxiety. Other study has a contradictory result shows Rastogi and Katiyar, 2014, they found that there was a significant difference between the chess players and cricket players on the scores of sports competition anxiety test. Conclusion On the basis of the findings we can conclude that there is insignificant difference in Sports Competition Anxiety within Vidhya Mandir School players of Uttar Pradesh of volleyball.

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