

Comparison of Sports Competition Anxiety Among Handball and Basketball Players

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Abstract

The purpose of this study was to compare the sports competition anxiety among intercollegiate level Handball and Basketball male players. For the purpose of the study a total 60 subjects (thirty players from each game) were randomly selected as subjects for this study. The subject's age ranged between 18 to 25 years. For this study sports competition anxiety test (Martin Rainer 1990 –SCAT) questionnaire was used to measure sports competition anxiety. SCAT questionnaire was distributed between the subjects 30 minutes before the competition. The hypothesis selected for this study was that there would be no significant difference between Handball and Basketball players. For analysis of the data independent "t" test was used. The level of significance was set at 0.05. The mean score of Handball players was 23.60 and Basketball players were 22.78. The calculated "t" value was 3.95 which showed that significant difference was found between Handball players and Basketball players. The obtained value of "t" 0.74 was less than the tabulated value of "t" 1.675.

Keywords: Handball, Basketball, Sports Competition Anxiety test (SCAT), Anxiety

I. INTRODUCTION

Every person's best traits are highlighted by sports. Playing a competitive game tests every bodily function, both mental and physical. The quality of all games has significantly improved in the modern world. It is getting harder for elite athletes to maintain their supremacy in their respective sports. An athlete's performance is greatly influenced by their mental condition. Anxiety arises when a person starts to question their ability to handle the circumstance, which increases stress. Sports psychology is now a subject of extensive investigation and study. Many anxiety-related issues have been brought on by the competition, particularly at the national and worldwide levels. The playing field and the mental field are the two fields on which the game is played. The strongest strategies to combat the consequences of anxiety include experience, self-assurance, a strong sense of commitment, and humility in the face of failure. A person who participates in athletics cannot completely eradicate anxiety. It must be utilized as a performance enhancer in order to attain athletic success. It is crucial to perform successfully in order to meet the high expectations of the supporters and to keep a high ranking in the national, international, intercollegiate, and interuniversity arenas. The strongest strategies to combat the consequences of anxiety include self-assurance, a strong sense of commitment, humility to accept failure, and experience. A person who participates in athletics cannot completely eradicate anxiety. It must be utilized as a performance enhancer in order to attain athletic success.

Numerous psychological elements, anxiety in particular, are significant in team sports and competitive sports. Sports and anxiety have a close relationship. He went on to say that anxiousness isn't necessarily a bad thing because it may aid players in concentrating and being aware of their surroundings. It has been shown that individuals experience anxiety when engaging in different sports. (Kumar et al. 2015)

Anxiety in a variety of ways since it is thought to be a significant factor in determining performance in athletic settings. Many athletes believe that anxiety is detrimental to performance, which might lead to a decline in performance. Anxiety is a negative emotional reaction that affects perceptions in sporting events. (Weinberg and Gould, 2011)

II. METHODOLOGY

Thirty male basketball players and thirty handball players between the ages of 18 and 25 were chosen at random for the current study. All the selected subject were from Lucknow region and their level of participation was intercollegiate. The Sports Competition Anxiety Test by Rainer Marin was chosen to examine anxiety during the study's completion. This survey is seen to be more trustworthy and appropriate for determining the level of anxiety in athletes. The researcher made it apparent to them how to answer each question by reading out the necessary instructions in front of them. Descriptive statistics and an independent "t" test were used for data analysis in order to compare the sports competition anxiety of basketball and handball players, with a significance threshold of 0.05.

III. RESULT

The scores were obtained by using the key as suggested by Rainer Martens. All the individual sports competition anxiety test score was used to judge the level of anxiety.

Table -1 Comparison of Competition Anxiety among handball and basketball players

Game	N	Mean	S. D.	"t" Value
Handball	30	23.60	4.85	0.74
Basketball	30	22.78	3.82	

*Significant at 0.05 level tabulated "t" (.05) (58) = 1.675.

Since the obtained value of "t" 0.74 was less than the tabulated value of "t" 1.675, which was required to be significant at the 0.05 level of significance, Table 1 shows that there was no significant difference between the means of the sports competition anxiety test scores of basketball players and handball players.

According to the study's statistical results, handball players' mean score on sports competition anxiety (23.60) was marginally higher than basketball players' (22.78), suggesting that both sports have comparable levels of competition anxiety. There may be no difference between the two games because team sports are comparable and players experience similar levels of anxiety. This conclusion may be caused by the subject's amount of engagement, playing experience, and maturity. Consequently, it may be concluded that players of handball and basketball have comparable levels of competitive anxiety. This resemblance may be explained by the fact that both games are team sports with similar competitive settings and demands on participants. The observed similarity in anxiety levels may also be explained by variables including players' maturity, playing experience, and degree of engagement.

IV. CONCLUSIONS

On the basis of the finding this was concluded that there was no significant difference found on sports competition anxiety among Handball players and Basketball players and the Hypothesis stated earlier as there would be no significant difference on sports competition anxiety between Handball and Basketball players was accepted.

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