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“THE INFLUENCE OF NATURE ON GAME AND
SPORTSPERSON ANXIETY BEHAVIOR “



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ABSTRACT

The purpose of study was to investigate the influence of nature of game on anxiety behavior of sportsmen. For this study 100 players were selected from South Zone Inter University Hand ball and Basketball championship by simple random sampling technique. The age of the subject ranges from 18 to 25 years.

Sports Psychological variable that is ‘Anxiety behavior’, which was measured through standardized questionnaire developed by Prof. Sinha. This questionnaire were Administered on South Zone Inter-University representing players, to collect the necessary data. The data was analyzed using t test, the study revealed that, the nature of game have significant influence on Handball players in eliciting anxiety behavior with comparing to the Basketball players.

KEYWORDS: *Anxiety, Different sportsperson,*

INTRODUCTION:

A sport is a Psycho-Social activity. It has Psychological activities, Physical, Physiological and technical aspects. Man's interest in Sports is found in all societies of the world. Most of the nations have a common interest in sports competition, especially in Olympic Games, where people from all nations focus their attention on the drama of competition. But the quality of participation of the athletes and sportsman is determined by Psychological factor. In this modern year of competition, the Psychological preparation of a team is more much important than the teaching different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the game. And for winning the game is not only the proficiency in the skills which bring victory, but more important is the spirit of the players with which they play and perform their best in the competition.

ANXIETY:

Anxiety is a physiological response to real or imagined threat. It is a complex emotional state characterized by a general fear or foreboding usually accompanied by tension. It is related to apprehension and fear is frequently associated with failure, either real or anticipated. It after has to do with inter personal relations and social situations. According to Frost (1971), anxiety is “an uneasiness and feeling of foreboding after found when a person is about to embark on a hazardous Venture, it is after accompanied by a strong desire to excel”. Hence anxiety state arises from facility adaptations to the stress and strains of life and is caused by over actions in an attempt to meet these difficulties.

Research dealing with anxiety and sports performance has produced conflicting results. It has to be seen as to how A-trait and A-state influence sports performance. Almost insignificant applied research in sport contexts has been conducted on this topic. Read (1960) found that both high and low levels of anxiety tended to disrupt the learning process, whereas, moderate levels of anxiety created an ideal atmosphere for learning and performance. But his suggestion that top class athletes are lower in A-trait was not supported.

Huston (1966) studied the relationship between level of anxiety and the learning of skills in beginning horseback riding. Reviewing all the studies pertaining to the anxiety and its effects on performance on various sports. The researcher made an attempt to know the influence of nature of game on anxiety behavior of the sportsman.

REASERCH PROBLEM:

To know the level of anxiety among the Hand ball and Basketball players of Inter University players.

HYPOTHESIS OF THE STUDY:

1. The handball players have high anxiety levels which negatively impacts on their performance.
2. The basketball players have low anxiety levels which positively impacts on their performance.
3. There is a significant difference between the anxiety level of Hand ball and Basketball players.

VARIABLES:

1. Level of Anxiety: dependent
2. Two games are independent

OBJECTIVES OF THE PRESENT STUDY

Keeping this in view, the following objectives of the study were formulated.

1. To examine the level of anxiety between the Hand ball and Basketball players of Inter-University.
2. To understand the differences in the anxiety between Hand ball and Basketball players of Inter-University.
3. Understand the nature of relationship between the anxiety and the performance of Hand ball and Basketball players of Inter-University.

METHODOLOGY:

The present investigation pertaining to “**A Comparative Study of Anxiety Behavior between Hand ball and Basketball Players**” is in the framework of empirical research. The particulars of samples, tools, collection of data and statistical techniques are given as under;

Sample:

Keeping the objectives in view, appropriate research design is adopted. The sample for the study is drawn from the Handball and Basketball Players of South Zone Inter University 50 Handball players and 50 Basketball players were administered anxiety scale to assess the differences in their anxiety behavior. The sample design is as under.

Distribution of Sample

Sl. No	Handball Players	Basketball Players	Total
1	50	50	100

1. Personal Data Schedule:

This is framed to collect information regarding the personal and socio demographic status of the sample.

1. Anxiety scale developed by Sinha D (1975) which consists of 100 items. The response categories are true or false. The responses are scored with the help of manual.

Collection of Data:

The data were collected from the Hand ball and Basketball players of South Zone Inter University who were administered the anxiety scale during the sports competitions.

Statistical Analysis:

The t-test was used to assess the significant differences of anxiety between Hand ball and Basketball players South Zone Inter University Players.

DISCUSSIONS:

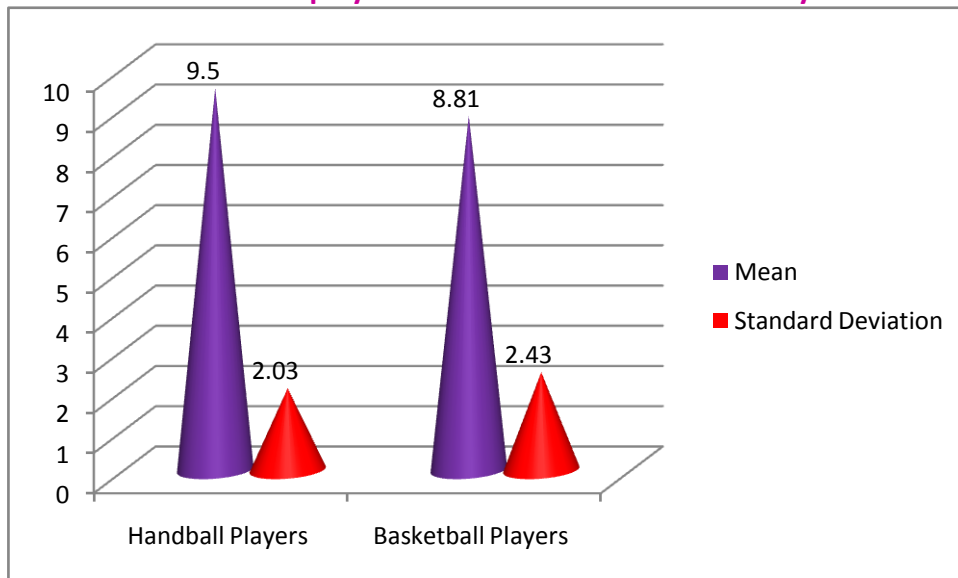
The major objective of the present study is to assess the differences in the anxiety of Hand ball and Basketball players of South Zone Inter University. The results on the anxiety level of the two players have been explained and analyzed as under.

Mean, Standard Deviation and t-value of anxiety between Hand ball and Basketball players of South Zone Inter University

Variables Anxiety	Mean	Standard Deviation	t-value
Handball Players C	9.50	2.03	3.95**
Basketball Players K	8.81	2.43	

The above table explains the mean, standard deviation and t-value of anxiety behavior between Hand ball and Basketball players of University players. The data presented in the above table demonstrates that the Basketball players have the low mean score of 8.81 and the Handball players have the high mean score of 9.50 The low mean score of the Basketball players suggest that that they have low anxiety level or behavior.

Graph Showing the Mean, Standard Deviation of anxiety between Hand ball and Basketball players of South Zone Inter University



when compared to the Handball players who have high mean score of 9.50 in other words the low mean score represents the low anxiety and the high mean score suggests the high anxiety behavior among the two teams. Moreover, the obtained t-value score is 3.95 which is significant at 0.02 level indicates the significant difference of anxiety between the two teams. Hence, in conclusion one can say that there is a significant difference of anxiety between the both teams Handball and Basketball players have low anxiety than the handball players in the different sports events and competitions.

Hence, the formulated hypothesis that is there would be a significant difference between Hand ball and Basketball players is conformed.

CONCLUSION:

The psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. So now the sports trainers and coaches have started giving more importance to the impact of psychological factors on building the mental make up of the players and its resultant influences on their performance in the national and international

competitions. Therefore, in the present study an attempt has been made to probe the differences in the anxiety level of Hand ball and Basketball players of South Zone Inter University .

FINDINGS OF RESEARCH:

1. There is a significant difference of anxiety between the Hand ball and Basketball players of South Zone Inter University.
2. Basketball players of South Zone Inter University have low anxiety.
3. Handball players of South Zone Inter University have high anxiety when compared to the Basketball players of South Zone Inter University.
4. The low anxiety of the Basketball players helps them to achieve high in the different sports competitions.
5. The high anxiety of the Handball players would help them negatively in the different sports competitions.

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