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**RELATIONSHIP OF PLAYING ABILITY WITH TRAIT ANXIETY OF BASKETBALL PLAYERS**

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**ABSTRACT**

*The purpose of this study was to discover if there was a link between anxiousness and the capacity of basketball players to perform. The researchers chose 50 male basketball players from the Gwalior area who have competed at the national level using a purposive-random sampling technique. The age of the participants ranged from 15 to 18 years old, with a minimum of 2 to 5 years of experience. The Sports Anxiety Scale was used to assess the participants' trait anxiety, and their performance was graded on a 5-point scale by three experienced basketball judges. The Pearson product moment correlation was used to look into the data to see if there was a significant relationship between the dependent and independent variables. The 0.05 significance level was chosen. SPSS version 20 was used to carry out the statistical procedures.*



**KEYWORDS:** Basketball, Playing ability.

**INTRODUCTION**

Basketball is a team sport in which two teams of five player's battle on a rectangular court with the primary objective of shooting a basketball. The five players on each squad are assigned to one of five positions. The center is usually the tallest player, the power forward is the second tallest and strongest, the small forward is slightly shorter but more agile, and the shooting guard and point guard are the shortest players or best ball handlers, executing the coach's game plan by managing offensive and defensive play execution (player positioning). Informally, players can play three-on-three, two-on-two, or one-on-one.

Psychological characteristics can also distinguish more effective teams or rivals from those that are less effective. Among elite athletes, self-confidence is frequently emphasized as a necessary attribute. A positive judgment of one's capacity to execute various activities is defined as self-confidence. Athletes who believe in their own abilities are less inclined to abandon their goals. Positive arousal and anxiety experiences are linked to increased self-confidence, making them necessary and beneficial for athletic achievement. The quantity of pre-competitive state anxiety is another psychological component that has been found to have a significant impact on professional sports accomplishment. Anxiety is a dynamic, unpleasant feeling of anxiety, concern, tension, and insecurity that is accompanied by physiological responses in the autonomic nervous system. There are two types of anxiety in the state. The cognitive component of the brain is responsible for fear of unfavorable social judgments, failure, and loss of self-

esteem. The somatic component relates to the physical sensations of elevated heart rate, fast breathing, and muscle tension (Stanovic, 2020).

Anxiety encompasses a wide range of emotions, including despair, discomfort, anxiety, fear of failure, incompetence, doubt, and judgment. Trait anxiety and state anxiety are two subscales of this unpleasant sensation caused by the organism's physical and psychological stress. When external circumstances cause stress, state anxiety develops, and the person reacts to the unsafe or frightening situation with complicated sensory reactions. Trait anxiety, on the other hand, appears to be characterized by persistent feelings of unease, worry, heightened sensitivity under stress, and intense sensory reactivity, regardless of the context. Children who participate in demanding educational programs from a young age experience anxiety as a result of high expectations for exceptional performance and the primary goal of winning. Competition anxiety was found to begin in middle childhood and peak throughout adolescence in the majority of cases. Peer comparisons are becoming increasingly common, especially in early childhood and adolescence, and children's concerns about their own talents lead to dissatisfaction with the assessments they receive, leading in anxiety. All of these factors have an impact on children's sports, laying the groundwork for the "leaving sport" epidemic. As a result, as young athletes get older, their anxiety levels rise (Turksoy, 2012). It was believed that there would be no link between anxiousness and basketball players' ability to play based on previous study.

## METHODOLOGY

Purposive sampling was used to choose 50 male basketball players from Gwalior, Madhya Pradesh, as study subjects. The participants ranged in age from 15 to 18 years old, with 2 to 5 years of training experience, and their degree of participation was determined on a nationwide basis. Prior to the exam, all subjects met to go over the testing method's criteria in detail, so there would be no ambiguity or doubt in their minds about the amount of effort required of them and the amount of hard work they would have to put in on top of their regular daily routine. The subjects were eager and cooperative throughout the inquiry, despite the fact that no further tactics were used to urge them to give it their all. Experts chose basketball playing ability as a dependent variable and competitive characteristic anxiety as an independent variable based on a review of the literature. The subjects' trait anxiety was assessed using the Sports Anxiety Scale (Smith et al., 2006), and their performance was scored on a 5-point scale based on subjective assessments of three skilled basketball players' talents.

Descriptive data were used to characterize the anxiety associated with basketball players' ability to play. To study the association between anxiety and basketball players' ability to play the game, the Pearson product moment correlation was used. The statistical significance criterion was set at 0.05 for all of the investigations. SPSS Version 20 was used to analyze the data.

## RESULT AND DISCUSSION

**TABLE 1**  
**RELATIONSHIP BETWEEN TRAIT ANXIETY AND PLAYING ABILITY OF BASKETBALL PLAYERS**

Variables		Mean	SD	correlation co-efficient (r)
Playing Ability		3.54	.63	-.021
Trait Anxiety	Worry	14.50	3.24	
	Concentration Disruption	11.62	2.48	
	Somatic Trait Anxiety	17.62	3.45	

\*Level of significance = 0.05, \*Tab. r 0.05 (48) = 0.27

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Table 1 shows that the Mean and Standard deviation for playing ability were 3.54.63, but the Mean and Standard deviation for concern, Concentration Disruption, and Somatic Trait Anxiety were 14.503.24, 11.622.48, and 17.623.45, respectively.

The results of this study clearly showed that, in the case of Trait Anxiety and Self-Esteem, the majority of the observations were close to the distribution's mean. Binsinger, Laure, and Ambard (2006) performed a research to assess the impact of frequent extramural sports practise on self-esteem and trait anxiety, and their findings support the findings of the study. Extramural Sports students' average global self-esteem and trait anxiety ratings were higher and lower than those of the Non-Extramural Sports group, according to the study. Hasrani (1991) found that basketball players received greater anxiety-coping training than track and field athletes, which supports the findings. This might be because good performance requires a moderate (or optimal) level of psychological factors, and Basketball players are likely to be familiar with the abilities required to maintain these levels.

Selvin (1991) utilised Spielberger's State and Trait Anxiety (STAI) to show that those with low levels of trait anxiety performed better in motor skills than people with high levels of trait anxiety. The discrepancy in results between earlier studies and the current study might be attributable to differences in sample size, characteristics, experience, psychological maturity, and the sort of activity being conducted.

Basketball players are more prone to experience physical and cognitive anxiety because they are more likely to feel accountable for the desired outcome, i.e., they play a more critical and responsible position within their team. Their strong self-esteem probably helps them to regard their high levels of cognitive and physical anxiety as a motivator rather than a hindrance to their potential to do well in key competitions.

## CONCLUSION

Based on what was learned following deliberation with experts and supervisors, and in light of what was learned above, it was determined that basketball players had a moderate degree of trait anxiety and that there was no substantial association between anxiety and basketball players' ability to play. As a result, the prediction that there would be no substantial association between anxiety and basketball player talent was accepted.

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