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## A comparative study of sports competition anxiety among state levels male handball, basketball and football players

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### Abstract

The purpose of the study was to compare speed and endurance level among handball and basketball male players. A total 60 subjects [30 from each game] were selected. In this study 50 yards dash run and 600 yards run and walk test were used to measure the speed and endurance level of the players. The study had been analyzed with help of mean, SD and comparison between groups was done with the help of 't' test for equality of means. The study revealed that on the basis of the finding, players of both game were possessing same degree of speed and endurance level.

**Keywords:** Sports competition anxiety, handball, basketball and football

### Introduction

In the team sports many psychological factors; anxiety in particular, play an important role in competition and in competitive sports. Anxiety and sports are deeply related with each other. He further stated that anxiety is not always bad but it can help the players in focusing and alerting in performing their actions. While participating in various sports activities, it is observed that the participants get anxious (Kumar *et al.* 2015) <sup>[4]</sup>. Anxiety which is seen as an important determinant of performance in sports environments has been defined in many ways by authors. Anxiety, as negative emotional, effect perceptions in sport competitions, where a large number of athletes consider anxiety to be debilitating towards performance, which may result in decreases in performance (Weinberg and Gould, 2011) <sup>[9]</sup>. Ampofo-Boateng (2009) <sup>[11]</sup> noted that anxiety disrupted the Concentration and worries about the performance in competitive situation. The effect on person's thoughts can range from mild worry to extreme terror. Anxiety is one of the mainly prevalent topics in sports and exercise psychology. In this study, attempt to compare the sports competition anxiety between male basketball and football players.

### Methodology

For the present study total 75 male subjects, 25 handball, 25 basketball and 25 football players were randomly selected as a subject of the study, who had participated in Gujarat state level competition in the age group between 16-19 years.

### Tolls used for study

In this study Sports Competitive Anxiety Test (SCAT) developed by Rainer Marten (1990) was used; consists of fifteen test items which include 5 spurious items, 8 positive items and 2 negative items. and to collect the relevant data from all the samples of the study.

### Administration of the test

The procedure and the purpose were briefly explained to all the subjects for better understanding and to increase the motivation level. The subjects were asked to respond to each question honestly how they feel at the time of competition.

### Statistical analysis

Descriptive Statistic, Mean, Standard Deviation were calculated for anxiety for each game.

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Analysis of variance (ANOVA) was used to examine significance between the games. The level of Significance was set at  $p \leq 0.05$ . All statistical tests were calculated using

the SPSS.

## Results

**Table 1:** The mean and standard deviation on anxiety of handball, basketball and football male players

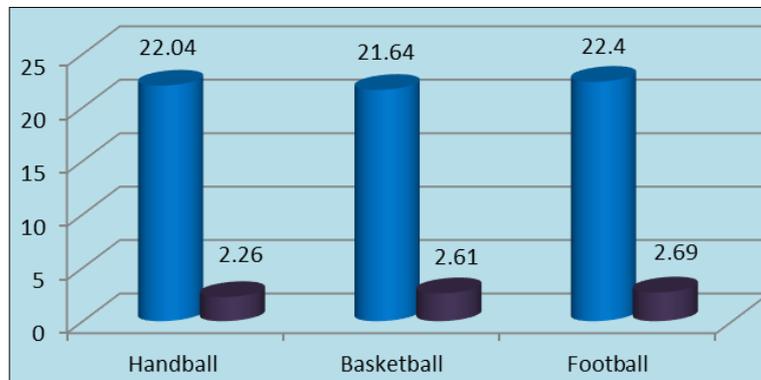
| Game       | N  | Mean  | S.D  |
|------------|----|-------|------|
| Handball   | 25 | 22.04 | 2.26 |
| Basketball | 25 | 21.64 | 2.61 |
| Football   | 25 | 22.40 | 2.69 |

**Table 2:** Tests of Between-Subjects Effects

| Source  | Type II Sum of Squares | df       | Mean Square | F     | Sig.  |      |
|---------|------------------------|----------|-------------|-------|-------|------|
| Anxiety | Between Groups         | 7.227    | 2           | 3.613 | 0.565 | 0.57 |
|         | Within Groups          | 460.72   | 72          | 6.399 |       |      |
|         | Total                  | 36856.00 | 75          |       |       |      |

The table-1 denotes that the mean and standard deviation on anxiety of handball (22.04-2.26), basketball (21.64-2.61) and football (22.40-2.69) male players. The obtained F ratio between groups was 0.565 and Sig. 0.57. The result reveals

that there is no significant difference between the handball, basketball and football male players at 0.05 ( $p \geq 0.05$ ) level of significance.



**Fig 1:** The Male Players handball (22.04-2.26), basketball (21.64-2.61) and football (22.40-2.69)

## Conclusion

The conclusion is in regard to Sports Competition Anxiety; there was no significant difference among the State level handball, basketball and football players. It was also discovered that the anxiety level of football players was found higher as compare to the male players of Handball and Football games.

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