



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2020; 5(2): 95-98

© 2020 Yoga

[www.theyogicjournal.com](http://www.theyogicjournal.com)

Received: 20-05-2020

Accepted: 26-08-2020

**Wegene waltenegus**

Assistant Professor, Kotebe  
Metropolitan University Sport  
Science Academy, Addis Ababa,  
Ethiopia

**Sangeeta Rani**

Assistant Professor, Department  
of Sport Science, Haramaya  
University, P.O Box- 70, Dire  
Dawa, Ethiopia

**Endalew Shiferaw**

Lecturer, Bonga College of  
Education, Ethiopia

## A comparative study on pre and post competition anxiety: The case of selected Ethiopian volleyball premier league teams, Addis Ababa, Ethiopia

**Wegene waltenegus, Sangeeta Rani and Endalew Shiferaw**

### Abstract

The main purpose of this study was to compare pre and post competition anxiety level in Ethiopian volleyball premier league players. More specifically, the study tried to compare female's and male's pre and post competition anxiety level and best and substitute players' pre and post competition anxiety level. The primary sources of data were 72 volleyball players (males=48 and females=24) that were selected from six Ethiopian volleyball premier league teams using simple random sampling of Solvin's formula. Their age was ranged from 18 to 25 years. For conduct this research, descriptive survey method was employed. Data were collected from volleyball players using a Sports Competitive Anxiety Test consists of fifteen items which include 5 spurious items, 8 positive items and 2 negative items. The odd-even reliability of the test in the present study was found to be .82. The collected data were analyzed quantitatively using mean and standard deviation. The t-test was used to test the effect of anxiety level between pre and post competition. The significance level was determined as  $p < 0.05$ . The result of the study reveals that there was significant difference in 0.05 levels of confidence of pre and post competition anxiety among the male and female and also best and substitute premier league volleyball players.

**Keywords:** Anxiety, volleyball, sport competitive anxiety test, premier league

### Introduction

Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone<sup>[16]</sup>. The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact)<sup>[4]</sup>.

The ball is put in play with a service hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly. In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise<sup>[18]</sup>.

Volleyball is one of the most successful and popular competitive and recreational sports in the world. It is fast, it is exciting and the action is explosive. Yet Volleyball comprises several crucial overlapping elements whose complimentary interactions render it unique amongst rally games (FIVB, 2012). But the level of anxiety can be reducing the performance of players<sup>[19]</sup>.

Anxiety is a state consisting of psychological and physical symptoms brought about by a sense of apprehension of a perceived threat. However, levels of anxiety can differ according to situation and the individual. The level of anxiety can be increased it affects the performance of athletes. Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they are faced with challenges<sup>[2]</sup>.

The best performance could be guaranteed with an average level of arousal if the level of arousal was too low or too high poor performance would result (Yerkes and Dodson, 1980). The athletes lose concentration and confidence if they are over anxious. But athletes with less anxiety level have good skill performance and their ability reach optimal level<sup>[5]</sup> stated that

**Corresponding Author:**

**Wegene waltenegus**

Assistant Professor, Kotebe  
Metropolitan University Sport  
Science Academy, Addis Ababa,  
Ethiopia

the anxiety level of players is fluctuating based on the nature of the competition.

Pre and post competitive anxiety is one of the most pressing problems in modern sports psychology [11] stated that “psychological factors, in particular anxiety, play an important role in competition and in competitive sports, every athlete experience fear before, during and after events.” Even if any successful athlete has experience of feel nervous because of fear of failure and lack of confidence [15].

Anxiety in sports is such a huge issue for many athletes. If the higher the level of competition, the more anxiety you experience. Anxiety can have a disturbing effect on the performance of an athlete. No matter how much talent or skill one may have, he/she will never perform at his or her best if he or she lives in fear before every event. The precise impact of anxiety on sporting performance depends on how you interpret your world. In the world today, nearly every concern of human effort is thought to be affected by anxiety [2].

There seems to be an interaction effect between the amounts of anxiety necessary to maximally perform certain specific task, all studies seem to agree that maximum performance is reduced by too much anxiety. There is big difference in-between pre and post competition anxiety level among the players during the competition because the level of anxiety affects the performance of the players [15].

Most psychologists believe that the highest and lowest level of competitive anxiety will reduce athletes’ performance in sport [13, 17, 14]. On the contrary, a moderate level of anxiety was found to have enhanced the performance of athletes [13, 8].

**Methodology**

Sampling is the process by which a relatively small number of individuals are selected and analyzed in order to find out something about the entire population from which it was selected. It helps to reduce expenditure, save time and energy [12]. The sample size of this study were 72 (48 males and 24 females) Ethiopian volleyball premier league players. More specifically, primary data for this study were collected from 48 male players and 24 female players using simple random sampling technique.

The standard questions were then revised according to their feedback. Before administering the questionnaires to compare the pre and post anxiety level in the competition, the researcher primarily translated to Amharic language and checked by having two English teachers to check the quality of the Amharic translation. Following the feedbacks, obtained questionnaires were revised and distributed to 72 respondents before and after the competition. Accordingly, the respondents filled the questionnaires and returned to the researcher effectively.

The data analysis and interpretation were carried out using mean value and T-test was used to compare anxiety level between pre and post competition anxiety. The level of significance was at  $p < 5\%$ .

This study goes in line with ethical issues based on the research ethics of Haramaya University Research Guideline. And the researcher has got permission from Ethiopian volleyball Federation, (appendix H).

**Result**

**Anxiety Level of Respondents**

The respondents were asked to give information about their feelings when they compete. Accordingly, the information they provide regarding their feelings has been compared here in three ways. Such as compare pre and post competition

anxiety levels of all players, compare pre competition anxiety levels between male and female players and compare pre competition anxiety levels of best and substitute players.

**Table 1:** Pre and post competitive anxiety level

Group	Mean	SD	Variance	t' value	p' value
Pre Competitive Anxiety	24.58	2.792	7.79	10.299***	0.000
Post Competitive Anxiety	19.62	3.86	14.94		

\*\*\*Significant at 0.05 level

The above table-1 reveals that the mean values of pre competitive and post competitive anxiety scores were 24.58 and 19.62 respectively. The t-value was 10.29 which have significant at 0.05 level of confidence. Coming to the t-value, there was significant difference between pre competitive and post competitive anxiety level of volleyball players.

**Table 2:** Pre and post competitive anxiety level of premier league female’s volleyball players

Group	Mean	SD	Variance	t' value	p' value
Pre Competitive Anxiety	25.42	2.15	3.33	11.11***	0.000
Post Competitive Anxiety	17.67	2.74	9.39		

\*\*\*Significant at 0.05 level

The perusal of the above table-2 revealed that the mean values of pre and post competitive anxiety level of premier league female volleyball players’ scores were 25.42 and 17.67 respectively. The t-value was 11.11 which have significant at 0.05 level of confidence. As it indicating that there was significant difference between pre competitive and post competitive anxiety level of female volleyball players.

**Table 3:** Pre and post competitive anxiety level of premier league male volleyball players

Group	Mean	SD	Variance	t' value	p' value
Pre Competitive Anxiety	24.17	2.99	8.99	6.71***	0.000
Post Competitive Anxiety	20.60	3.99	15.95		

\*\*\*Significant at 0.05 level

The inspection of the above table-3 shows that the mean values of pre and post competition anxiety level of male volleyball players’ scores were 24.17 and 20.60 respectively. The tvalue was 6.71, which have significant at 0.05 level of confidence. This indicated that there was significant difference between pre and post competition anxiety level of male volleyball players.

In this study, the mean values of pre competitive anxiety level of female and male volleyball players as indicated in the table-2 and table-3 scores were 25.42 and 24.33 respectively. There have a significant difference between female and male volleyball players in pre competitive anxiety level. So as indicated here females were more anxious than males in the pre competition.

**Table 4:** Pre competitive anxiety level of best and substitute male and female volleyball players

Group	No.	Mean	SD	Variance	t' value	p' value
Best players	50	24.54	2.514	8.58	10.29***	0.000
Substitute players	22	24.68	2.51	7.79		

\*\*\*Significant at 0.05 level

According to the above table-4 revealed that the mean values of best and substitute volleyball players pre competitive anxiety scores were 24.54 and 24.68 respectively. The t-value was 10.29 which have significant at 0.05 level of confidence

which indicated that there have significant difference between anxiety level of best and substitute volleyball premier league players on pre competitive anxiety.

**Table 5:** Pre and post competitive anxiety level of premier league male volleyball Best players

Group	Mean	SD	Variance	't' value
Pre Competitive Anxiety	24.09	3.215	10.335	6.711***
Post Competitive Anxiety	20.45	4.063	16.506	

\*\*\*Significant at 0.05 level

The above table-5 revealed that the mean values of pre and post competitive anxiety level of premier league male volleyball best players' scores were 24.09 and 20.45 respectively. The t-value was 6.711 which indicated that there has significant difference at 0.05 level of confidence. This indicated that there was significant difference between the mean values of pre and post competitive anxiety level of premier league male volleyball Best players.

**Table 6:** Pre and post competitive anxiety level of premier league male volleyball substitute players

Group	Mean	SD	Variance	't' value
Pre Competitive Anxiety	25.43	2.554	6.524	6.711***
Post Competitive Anxiety	20.93	3.955	15.638	

\*\*\*Significant at 0.05 level

The above table-6 indicated that the mean values of pre and post competitive anxiety of premier league male volleyball substitute players' scores were 25.43 and 20.93 respectively. The t-value was 6.711 which have significant at 0.05 level of confidence. Hence this indicated that there has significant difference between the scores of pre competitive anxiety and post competitive anxiety of premier league male volleyball substitute players.

**Table 7:** Pre and post competitive anxiety level of premier league female volleyball Best players

Group	Mean	SD	Variance	't' value
Pre Competitive Anxiety	25.41	2.09	4.38	11.112***
Post Competitive Anxiety	17.71	2.95	8.72	

\*\*\*Significant at 0.05 level

The above table-6 shows that the mean values of pre and post competitive anxiety level of premier league female volleyball Best players' scores were 25.41 and 17.71 respectively. The t-value was 11.11 which have significant at 0.05 level of confidence. Therefore, there has significant difference between the scores of pre competitive anxiety and post competitive anxiety level of premier league female volleyball Best players.

**Table 8:** Pre and post competitive anxiety level of premier league female volleyball substitute players

Group	Mean	SD	Variance	't' value
Pre Competitive Anxiety	25.43	2.44	5.952	11.112***
Post Competitive Anxiety	17.57	2.370	5.619	

\*\*\*Significant at 0.05 level

As indicated in the above table-7, shows that the mean values of pre and post competition anxiety level of premier league female volleyball substitute players' scores were 25.43 and 17.57 respectively. The t-value was 11.112 which have significant at 0.05 level of confidence. Hence this indicated that there has significant difference between the scores of pre

competitive anxiety and post competitive anxiety of premier league female volleyball substitute players.

**Discussion**

In this study the pre competitive anxiety was higher than the post competitive anxiety. The findings supported by [1] who examined the acute response of female volleyball players during the game and competitive anxiety level. They found that precompetitive level of anxiety was high and post competitive anxiety was low in inter- collegiate female basketball players.

In this study pre competitive anxiety level of male premier league volleyball players was higher than post competitive anxiety level and findings supported by they examined pre competitive and post competitive anxiety level of football players and find out that the pre competitive level of anxiety is higher and post competitive anxiety is low. The subjects included 170 football players (boys=85 and girls=85) players. The results indicated that anxiety levels of substitute players were higher than best players, and there has significant difference in pre-competitive and post competitive anxiety levels between best and substitute players. Athletes with low levels of skill have the highest levels of competitive anxiety and athletes with high level of skill have low level of anxiety [17].

The effect of competitive state anxiety on sport performance among rowing athletes high skill athletes using coping strategies like positive self talk, thought stopping, relaxation techniques and imagery to reduce their competitive state anxiety level. In the other hand, most of the low skill athletes like district and university level unaware and not practicing of these techniques [17].

**Conclusions**

Clearly, competitive state anxiety has the capability to threaten a person's well-being because it can increase a person's cognitive and somatic anxiety, which has a tendency to deteriorate athletes' performance [18], this study merely focused on the level of anxiety on pre and post competition only.

- According to EVBF, Premier league is the highest level of sport competition. So the players have experience to participate in high level of competition. Studies show that experienced athletes can easily control their anxiety. But in this study pre competitive anxiety level of Ethiopian male and female volleyball premier league players is higher than post competitive anxiety. The main reason of performance to be low when high level of anxiety was that the anxiety had an effect on concentration [9]. Good concentration is known to help improve sports performance. According to [15] concentration is crucial to sports performance and is often the deciding factor in athletic competition. But the level of anxiety after the competition is not related to the athletes' performance
- There was significant difference in anxiety level of male and female volleyball Ethiopian premier league players. Females were more anxious than males before and after competition [6]. they examined on their study about the pre-competitive anxiety linked with gender difference in collegiate athletes. They found that there was significant difference in somatic anxiety levels among male and female collegiate athletes on pre competition [6]. also examined on his study about the gender differences in depression and anxiety across the adult lifespan. He found that women are on average twice as likely as men

to experience depression and anxiety disorders

- High level of competitive state anxiety is the barrier for high performances in sport. The result showed that substitute players experienced highest level of competitive anxiety, therefore their sport performances has been drop. Many research proved that high level of competitive state anxiety has been deteriorate performance in sport.

### Acknowledgement

We would like to thank Ethiopian Volley Ball Federation for all its supports and clubs who were willing to participate in this study.

### References

1. Amritpreet S, Vishaw GM. A Study of Pre-Competitive and Post-Competitive Anxiety Level of Inter- collegiate Volleyball Players. *International Journal of Sports Science and Engineering*. 2010; 5(4):237-241.
2. Athan AN, Sampson UI. Coping with pre-competitive anxiety in sports competition. *European Journal of Natural and Applied Sciences*. 2013; 1(1):1-9.
3. Catherine. *A Guide to Controlling Competition Anxiety*, 2013.
4. FIVB. *Official Volleyball Rules 2013-2016*. Approved by the 33 rd FIVB Congress 2012.
5. Foster DJ, Weigand DA, Baines D. The effect of removing superstitious behavior and introducing a pre performance routine on basketball free-throw performance. *Journal of Applied Sport Psychology*. 2006; 18:167-171.
6. Hussain F, Amir Z, Muhammad I. Pre-Competitive Anxiety Linked With Gender Difference in Collegiate Athletes of Khyber Pak. *Abdul Wali Khan University Mardan, Pakistan*, 2014.
7. Jones G. Stress and anxiety. In S.J. Bull, *Sport Psychology: A self-help Guide*. Ramsbury, 2000.
8. Krane V, Williams J. Cognitive anxiety, somatic anxiety, and confidence in track and field athletics: The impact of gender, competitive level and task characteristics. *International. J. Sports Psychol*. 1994; 25:203-217.
9. Landers W, Courtet. Peripheral narrowing among experienced and inexperienced rifle shooters under low and high stress condition. *Research Quarterly*. 1985; 56:122-130.
10. Liana S, Leach. Gender Difference in Depression and Anxiety Across the Adult Lifespan. A thesis submitted for the Degree of Doctor of Philosophy of the Australian National University, 2009.
11. Lizuka. Anxiety and performance in young table tennis players. *Sports Sci. Res*. 2005; 26(3):73.
12. Lokesh K. *Methodology of Educational Research*. Delhi, Vishal Printer, 2009.
13. Martens V, Burton R, Robin SD. *Competitive anxiety in sport*. Champaign, IL: Human kinetics, 1990.
14. Moran A. *Sport and exercise psychology: A Critical Introduction*. Rutledge, USA, 2004.
15. Nideffer RM, Sagal MS. Concentration and attention control training. In JM, 2001.
16. Ortiz J. Efficacy of relaxation techniques in increasing sport performance in women golfers. *The Sport J*. 2006; 9(1). (<http://www.thesportjournal.org/>)
17. Sangeeta R, Manoj KD. Comparison of Pre-Competitive and Post-Competitive Anxiety Level of Inter-Collegiate Football Players: *International Journal of Movement Education and Social Sciences*. 2013; 2(1):2278-0793.
18. Vincent P. The Effect of Competitive State Anxiety on Sport Performance among Rowing Athletes. *The International Journal of Indian Psychology*. 2015a; 2:2349-3429.
19. Weinberg RS, Gould D. *Foundations of sport and exercise psychology (2nd Ed.)*. Champaign, IL: Human Kinetics, 1999. [www.jersey2015.com](http://www.jersey2015.com): VolleyBall - Game Characteristics.
20. Yerkes and Dodson. The relation of strength of stimulus to rapidity of habit formation. *Journal of Neurological Psychology*, 1980.