

A COMPARATIVE STUDY OF MULTIDIMENSIONAL TRAIT ANXIETY BETWEEN INTERVARSITY AND NATIONAL LEVEL VOLLEYBALL PLAYERS OF CHATTISGARH

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ABSTRACT

The aim of this study was to compare the level of multidimensional trait anxiety between university and national level volleyball players of Chhattisgarh. For the purpose of this investigation 40 male subjects (20 university and 20 national level players) were recruited as subjects of the study. Their age was ranged from 17 to 25 years old. To find out the level of anxiety of university and national level volleyball players. The multidimensional trait anxiety Test developed by Martens (1977) was administered on the subjects. and 't' test was employed to analyze the data. Results have revealed that there was no significant difference found between intervarsity and national level hockey players of Uttar Pradesh in regard to multidimensional trait anxiety at 0.05 level of confidence.

Keywords: Multidimensional trait anxiety and volleyball

INTRODUCTION:

Athletes who participate in individual sports have also been found to experience more anxiety than those who play team sports. Common sense suggests that being part of a team alleviates some of the pressure experienced by those who compete alone. Finally, there is evidence that in team sports, when a team plays at the venue of the opposition (known as an "away" game) anxiety levels tend to be higher than when playing at home. Again, common sense would indicate that having greater fan support and more familiarity with the venue plays a role in

anxiety levels during competition. Anxiety disturbs psycho-physiological functioning of the organism in numerous ways.

For instance, anxious individuals are said to have reduced attention focus. Individual's judgment. Anxiety often results in narrowing of the field of attention as relevant cues are excluded (Kamlesh, 1998).

Volleyball has become one of the most popular games in the world and of the major game it is the only one that has remained entirely amateur, a status which has been proudly preserved by all those who play or support the game. Volleyball has witnessed unprecedented growth over the last decade. With the great success of world competitions such as the FIVB World Championships, the FIVB World League, the FIVB World Grand Prix, the FIVB World Cup, and the FIVB Grand Champions Cup as well as the Olympic Games, the level of participation at all levels internationally continues to grow exponentially. Volleyball thus became more and more a competitive sport with high physical and technical performance which depends on psychological factors also.

METHODOLOGY:

SAMPLE: For the purpose of the study 40 male (20 intervarsity and 20 national level) volleyball players of Chhattisgarh who participated in East zone intervarsity and national volleyball championships held at chitrakoot (MP) and Raipur (CG) respectively Session- 2012 were recruited as the subjects.

TOOLS:For measuring the multidimensional trait anxiety of the subjects, questionnaire developed by Martens (1977) was used. It is a likert type five points scale having a maximum

score of 84 and a minimum score of 21. The higher scores show a high and lower score shows low level trait anxiety.

DATA ANALYSIS:

The collected data were put to statistical treatment by computing 't' to find out the differences if any, between the experimental groups on the level of multidimensional trait anxiety. The result has been presented in the following table:

RESULTS:

Table 1

Showing the mean difference between intervarsity and national level hockey players of Uttar Pradesh on multidimensional trait anxiety

Sports Competition Anxiety of volleyball player	Number	Mean	Standard Deviation	't' Ratio
Intervarsity level Players	20	44.85	10.15	0.72
National Level Players	20	43.60	11.60	

*Significant at 0.05 level of Significance with 38 df. Tabulated 't' = 2.10

An examination of table 1 revealed that there were no significant difference found between intervarsity and national level volleyball players of Chhattisgarh on multidimensional trait anxiety at 0.05 level of significance with 38 degree of freedom because calculated 't' value (0.72) is less than tabulated 't' value (2.10).

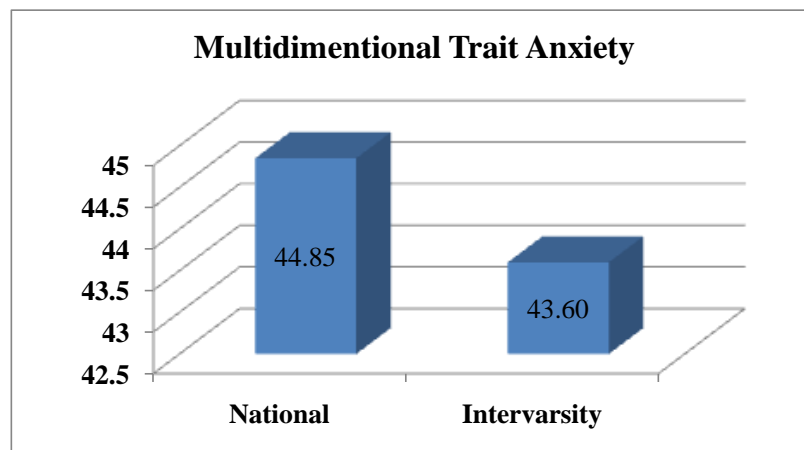


Figure 1: Illustration of multidimensional trait anxiety between intersarsity and national level volleyball players of Chhattisgarh

DISCUSSION:

From the results of this study it is evident that significant differences were not found between north zone intersarsity and national level volleyball players of Chhattisgarh on their level of multidimensional trait anxiety.

Singh & Tiwari (2009) who compare sports competition anxiety of male and female north zone intersarsity badminton players and observed no significant difference between male and female north zone intersarsity badminton players in their anxiety level. Another similar study examined by Razeena (2004) on the comparative relationship of state anxiety and aggression of defensive and offensive women hockey players and found no significant difference between defensive and offensive women hockey players on state anxiety and aggression. Hatzigeorgiadis and Chroni (2007) who have examined to explore relationships between pre-competition anxiety and in-competition coping in swimmers. Thirty nine male swimmers with international competitive experience participated in his study. Correlation analysis showed that intensity of

cognitive anxiety had low to moderate negative correlations with approach coping strategies, and low to moderate positive relationships with avoidance coping strategies.

CONCLUSIONS:

On the basis of the results obtained from the present empirical investigation, it may be concluded that the intervarsity and national level volleyball players of Chhatisgarh did not differ on their level of multidimensional trait anxiety. Furthermore it may also be inferred that both intervarsity and national level volleyball players of Chhatisgarh have a similar level of anxiety during the competition.

PRACTICAL IMPLICATIONS FOR COACHING

Results pointed out a requirement for regular controls of players' psychological factors and close cooperation between the coach, players and psychologist and need for appropriate load regarding anxiety differences of particular players.

For future of assessment of anxiety in volleyball it is essential to examine next factors affecting player's performance and performance of game skills. One of possible ways is a triangulation of scientific methods as psychological analysis and assessment methods from area of counseling during competitions.

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