

A Study of Pre-Competitive and Post-Competitive Anxiety Level of Inter- collegiate Volleyball Players

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(Received August 24, 2010, accepted September 9, 2010)

Abstract. The present study is mainly concerned with volleyball players who participated in the inter-college competition. Now days, the Game volleyball is becoming as a professional sport rather than the competitive sport. So the competitiveness among the volleyball players is growing up day by day with different color. The main purpose of this study was to compare pre-competitive anxiety and post-competitive anxiety in inter- collegiate volleyball players. A group of 170 volleyball players (boys=85 and girls=85) were selected from different colleges affiliated to Guru Nanak Dev University, Amritsar, Punjab, India through purposive sampling technique. Their age was ranged from 18 to 25 years. Data were collected from athletes using a Sports Competitive Anxiety Test - (SCAT) consists of fifteen items which include 5 spurious items, 8 positive items and 2 negative items. The t-test was used to test the effect of anxiety level between pre and post completion. The significance level was determined as $p < 0.01$. The result of the study reveals that there was significant difference in 0.01 levels of pre-competitive anxiety and post-competitive anxiety among the male and female inter-collegiate volleyball players.

Key words: Anxiety, Inter-collegiate, Volleyball players, SCAT.

1. Introduction

Psychology is the systematic study of behavior and mental processes as the study of humans is the primary focus of much of the field of psychology. Sports psychology is a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. Sport psychology is the scientific study of people and their behaviors in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, using rituals, attribution training, and periodization. It has been recognized for many years that psychological factors, in particular anxiety, play an important role in competition (C.A. Lizuka, at al 2005). Competitive sport can make even the world's most successful athlete feel nervous. Many factors such as expectations, perfectionism, fear of failure, lack of confidence, induce feelings of anxiety in athletes (Moran, 2004). In sport psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent feelings of apprehension and dread (E. Cashmore, 2002). Anxiety consists of two subcomponents, namely cognitive and somatic anxiety, which influence performance before and during competition (Weinberg and Gould, 1999; Lazarus, 1991; Anshel, 2003; Martens et al., 1990; Jarvis, 2002). Meanwhile, cognitive is the mental component, which is characterized by negative expectations about success or self-evaluation, negative self-talk, worry about performance, images of failure, inability to concentrate, and disrupted attention (Martens et al., 1990; Jarvis, 2002). The somatic is the physiological element which is related to autonomic arousals, and negative symptoms such as feelings of nervousness, high blood pressure, dry throat, muscular tension, rapid heart rate, sweaty palms, and butterflies in the stomach (Martens et al., 1990; Jarvis, 2002). One approach is that increases in competition anxiety, and particularly cognitive symptoms, always have a detrimental effect on performance. At the same time as providing challenge and stimulation, sport also provides considerable uncertainty. At the precise moment the Olympic archer releases an arrow, or the rugby fly-half kicks for goal, the outcome is unknown. The stress that sport

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provides therefore is inevitably linked with its inherent uncertainty. Sport is a cultural focal point because it is a theatre of unpredictability. While stress and uncertainty may motivate some athletes, they induce anxiety in others. There are some distinct factors that can increase athletes' level of anxiety. For example, the more important the contest the greater the stress, and the more likely it is that a competitor will be prone to anxiety. Sport is littered with the broken dreams of those who wavered when they most needed to be in control of themselves and focused on the task at hand. When a competitor 'freezes' in the big moment or commits an inexplicable error, anxiety, in one of its many guises, is very often the root cause. The precise impact of anxiety on sporting performance depends on how you interpret your world. Unfortunately, far too many athletes accept high levels of anxiety as an inevitable part of the total sporting experience and fail to reach their potential. The purpose of this study is to examine the pre and post competitive anxiety in Inter- college volleyball players.

2. Material and Methods

Subjects:

To achieve the purpose of the study a group of 170 Inter-Collegiate volleyball players (boys=85 and girls=85) were selected from different colleges affiliated to Guru Nanak Dev University, Amritsar, Punjab, India through purposive sampling technique. Their age was ranged from 18 to 25 years. All subjects, after having been informed about the objective and protocol of the study, gave their written consents and the study was approved by the local Committees of Ethics.

Methodology :

Sports Competition Anxiety Test - (SCAT) An evaluation that measures the competitive anxiety levels of athletes (Marten et al., 1990). Martens' Sport competitive Anxiety Test (SCAT) was used to measure the anxiety level of Volleyball players. The 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 .80. The lowest possible score on this test and the highest possible score is 27. A low score indicates higher anxiety and a high score indicates low anxiety. The t-test was used to test the effect of anxiety level between pre and post completion. The significance level was determined as $p < 0.01$.

3. Results

Table 1. Showing the Pre-competitive and Post-competitive Anxiety of Inter- Collegiate Female Volleyball Players

Group	N	Mean	Variance	't' value
Pre competitive anxiety	85	25.24	4.56	39.84*
Post competitive anxiety	85	22.02	4.02	

*significant at 0.01 level

The above table-1 indicates the mean values of Pre competitive and Post competitive anxiety score of inter college female Volleyball players are 25.24 and 22.02 respectively. The t-value is 39.84 which were significant at 0.01 level of confidence. Thus it indicates that there is significant difference between anxiety scores of Pre competitive and Post competitive anxiety of inter-collegiate female Volleyball players.

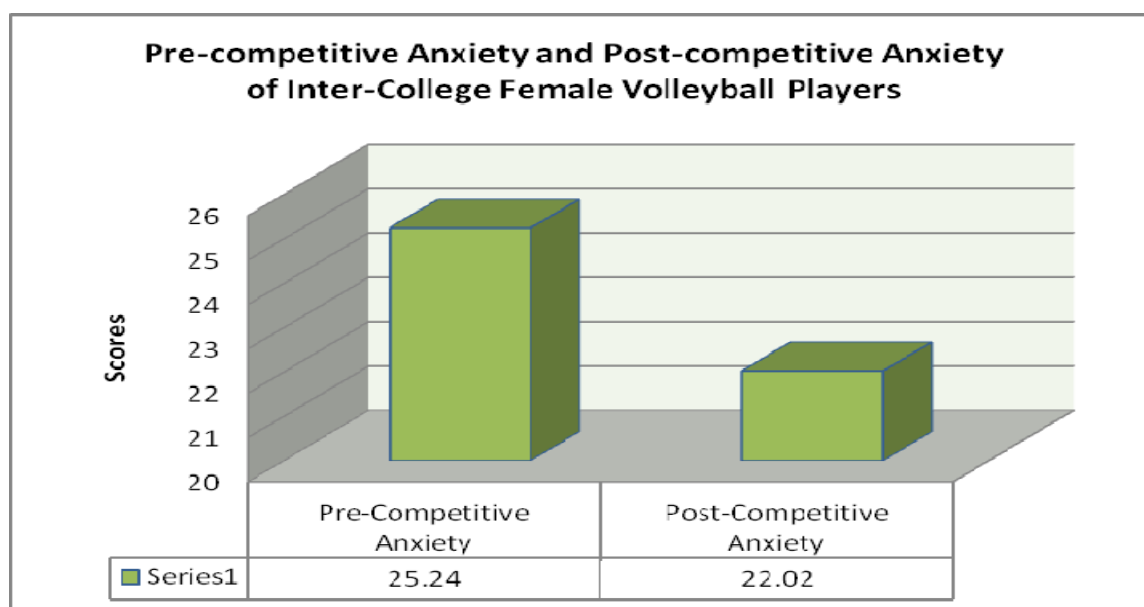


Figure1. Showing the Pre-competitive and Post-competitive Anxiety of Inter- Collegiate Female Volleyball Players

Table 2 Showing the Pre-competitive and Post-competitive Anxiety of Inter- Collegiate Male Volleyball Players

Group	N	Mean	Variance	't' value
Pre competitive anxiety	85	24.73	6.15	35.21*
Post competitive anxiety	85	21.07	6.57	

*significant at 0.01 level

The perusal of table-2 indicates the mean values of Pre competitive and Post competitive anxiety score of inter college male Volleyball players are 24.73 and 21.07 respectively. The t-value is 35.21 which are significant at 0.01 level of confidence. Hence indicating that there was significant difference between the scores of pre competitive anxiety and post competitive anxiety of inter collegiate volleyball male players.

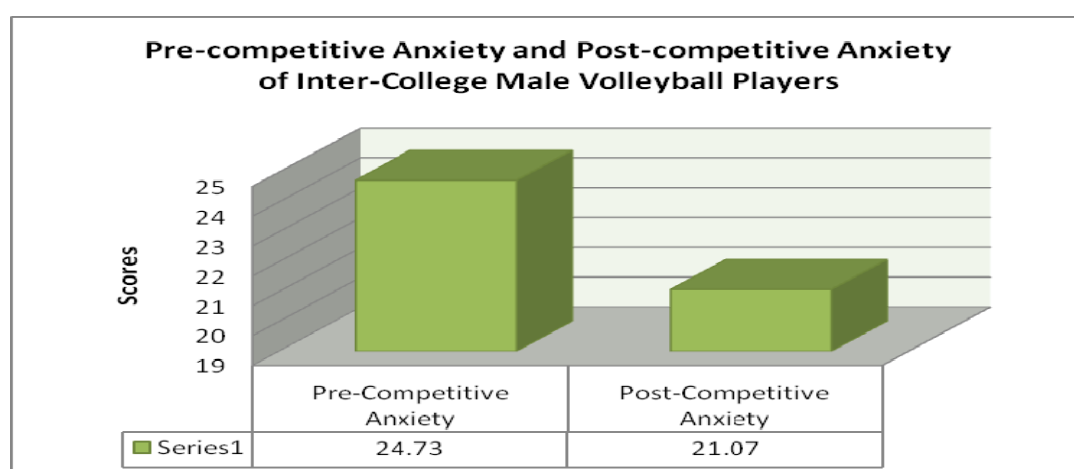


Figure 2 Showing the Pre-competitive and Post-competitive Anxiety of Inter-Collegiate Male Volleyball Players

4. Discussion

The present study is mainly concerned with volleyball players who participated in the high level competition. Now days, the game volleyball is becoming as a professional sport rather than the competitive sport. So the competitiveness among the volleyball players is growing up day by day with different color. Most psychologists believe that the highest level of competitive anxiety will deteriorate athletes' performance in sport (Martens, Vealey and Burton, 1990; Cox, Qiu and Liu, 1993; Weinberg and Gould, 1999; LeUnes and Nation 2002; Ortiz, 2006). On the contrary, a lower level of anxiety was found to have enhanced the performance of athletes (Martens et al., 1990; Krane and Williams, 1994). In sports, higher levels of anxiety before any competition can deteriorate performance (Hardy, 1999). According to Weinberg and Gould (1999), coaches fail to predict the accurate level of anxiety of athletes. According to Montgomery and Morris (1994) and Lewinsohn, Gotlib, Lewinsohn, Seeley and Allen (1998), female athletes generally exhibit higher anxiety than males because of the biological factors and their roles in the society. For example, the society can accept if females show fear, nervousness, and worry but not the males (Montgomery and Morris, 1994). According to Mahoney and Meyers (1989) and Zajonc (in Lloyd and Mayes 1999), athletes of different levels of skill show different levels of competitive anxiety. On the other hand, athletes with low levels of skill, like those whose highest achievement is taking part in school or university competitions, normally experience higher levels of competitive anxiety. Meanwhile, those athletes whose highest achievement is taking part in national or state level competitions, experienced low levels of anxiety. It is very common that low level skilled. In the present study the pre competitive anxiety was higher than the Post competitive anxiety in inter college female volleyball players. The findings supported by Evans (1983), he examined the acute response of female basketball players and anxiety to competitions. The results of the study were that Pre competitive level of anxiety in inter college basketball female players is high and Post competitive anxiety in inter college basketball female player is low. In male inter college volleyball players the pre competitive level of anxiety was higher than Post competitive anxiety and findings supported by Singh (1986), he examined pre test and post test anxiety and found out that the pre competitive level of anxiety in inter college male athletic players is high and Post competitive anxiety in inter college male athletic player is low. Findings of present study also supported by Sprange (1981) compared competitive trait anxiety levels of participants in title league and neighbourhood baseball. He found that there is significant difference in the Pre competitive and Post competitive anxiety of national baseball players. Boutin (1983) examined the level and performances in NAIA inter –college basketball games. The subjects included 5 teams and 53 players. The study revealed that the pre competitive level of anxiety in inter-college basketball players is high and post competitive anxiety in inter- college basketball players is low.

5. Conclusion

The present study has certain limitations that need to be taken into account when considering the study and its contributions. Since the level of anxiety after the competition is not related to the athletes' performance, this study merely focused on the level of anxiety pre and post competitions only. Based on the current results, it is recommended that sport psychologists, sport counsellors, and coaches use the findings to design appropriate training programmes to help athletes acquire suitable coping strategies so as to reduce their anxiety levels and enhance their performance.

6. Acknowledgements

Authors would like to thank department of Physical Education (T) Guru Nanak Dev University, Amritsar (Punjab) for providing assistance in collecting the relevant information for undertaking quality research.

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