COMPARATIVE STUDY OF ANXIETY TEST BETWEEN COLLEGE LEVEL TABLE TENNIS AND VOLLEYBALL PLAYERS

DR. DABIR UR-RAHMAN QURESHI
Associate Professor,
Shri Shivaji College of Physical Education, Amravati

ABSTRACT:
The purpose of this study was to compare the sports competition anxiety test between college level Table Tennis and Volleyball players. For the purpose of the study, thirty (30) players each of Volleyball and Table Tennis were randomly selected irrespective of gender as subjects for this study. The subject’s age ranged between 19 to 27 years. For this study sports competition anxiety test (SCAT, Martens et al., 1990) questionnaire was used to measure sports competition anxiety. SCAT questionnaire was distributed between the subjects 30 minutes before the competition. The hypothesis selected for this study was that there would be no significant difference between Table Tennis and Volleyball players. For analysis of the data independent ‘t’ test was used. The level of significance was set at 0.05. The mean score of Table Tennis players was 19.50 and Volleyball player was 22.50. The calculated ‘t’ value was 3.95 which showed that significant difference was found between Table Tennis players and Volleyball players (calculated ‘t’ 3.95 > tabulated ‘t’ 1.675).

KEY WORDS: Sports Competition Anxiety Test (SCAT), Anxiety.

INTRODUCTION:
Precompetitive anxiety [PCA] is a state of arousal that is unpleasant or negative & occurs during last 24 hour span prior to competition. The worry which is associated with PCA is not just experienced with our heads, but with our entire body. Our thoughts become self-focused, self-defeating and negative. Most of us may have a combination of these responses during the pre-competitive period. However, the degree to which they influence our performance is largely
dependent upon the interaction of our own uniqueness and the competitive situation. Sports psychology is a science in which the principles of psychology are applied in a sport or exercise setting. These principles are often applied to enhance performance. Sport psychologist is interested in helping every sport participant reach their higher potential. Sport psychology is the study of the effect of psychological and emotional factors on performance. Anxiety has been a central concept for sport psychology and has received a huge amount of investigation because of its influence on performance. Anxiety plays a paramount role in sports. It is the challenge in sports participation, which produces anxiety. It is generally defined as a negative emotion characterized by feelings of apprehension and tension. Unlike arousal it is not emotionally neutral, but rather is at the unpleasant end of the affect continuum. Anxiety is an emotion that is difficult to define and even more difficult to reliably detect in performers. "Nervousness" is often used synonymously with anxiety. It can be experienced at various levels of intensity. "Tension" is the term used to describe chronic, usually low level anxiety to which we all seem to be sensitive. Panic is the most serious level of anxiety. Anxiety plays an important role in the acquisition of motor skills as well as in player's performance. Anxiety can either enhance or inhibit performance of the players.

Trait anxiety is a relatively enduring disposition, i.e. it is a personality dimension that predisposes people at the high end of the continuum to view a wide range of non-dangerous circumstances as threatening. In contrast, state anxiety is the negative emotion of apprehensiveness and tension experienced in threatening situations. In the sporting domain much more research has been carried out on state anxiety that trait anxiety. This is probably because the performance enhancement applications that might come out of the study of sports anxiety are potentially much greater for state than trait anxiety. Changing athlete’s personalities is not really an option since there is much evidence from psychology that tells us that it is very difficult to do. In contrast, it is relatively easy to imagine ways in which we might be able to control state anxiety to improve performance. Indeed much of the focus of applied sport psychology does exactly this.

METHODOLOGY:

Selection of Subjects: For this study, thirty (30) Table Tennis players and thirty (30) Volleyball players were randomly selected irrespective of genders the subjects for this study. The subject age was ranged between 19 to 27 years.

Collection of Data: The data was collected by administering sports competition anxiety test questionnaire. The Sports Competitive Anxiety Test
(SCAT) questionnaire prepared by RAINER MARTENS has fifteen items out of which five were spurious questions, which have been added to the questionnaire to diminish response bias towards the actual test teams. These five questions were not being scored. The subjects were instructed to respond to each item according to how they generally felt before the competitive sports situation. Players were required to respond the questionnaire 30 minutes before their matches. However, no time limit was set for filling up the questionnaire. The subjects were asked to respond as quickly as possible without brooding over any question/statement once the instruction were understood clearly beforehand.

Statistical Technique: For the purpose of analysis of data descriptive statistics (mean and standard deviation) and independent ‘t’ test was applied to compare the sports competition anxiety between Table Tennis and Volleyball players. The level of significance was set at 0.05.

Results of the Study: The scores were obtained by using the key as suggested by Martens et al., 1990. All the individual sports competition anxiety test score was used to judge the level of anxiety.

Table No.1: Significance of Differences of Mean, Standard Deviation and ‘T’ Value on Sports Competition Anxiety Test between Table Tennis players and Volleyball players.

<table>
<thead>
<tr>
<th>Group</th>
<th>Sample</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>‘t’ Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton players</td>
<td>30</td>
<td>19.50</td>
<td>2.62</td>
<td></td>
</tr>
<tr>
<td>Volleyball players</td>
<td>30</td>
<td>22.50</td>
<td>3.75</td>
<td>3.59</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level tab ‘t’ (.05)(58) = 1.675

Table no.1 indicates that there was a significant difference between the means of Table Tennis players and Volleyball players on scores of sports competition anxiety test score since the obtained value of ‘T’ 3.59 was higher than the tabulated value of ‘T’ 1.675 which was required to be significant at 58 degree of freedom with 0.05 level of significance.

DISCUSSION OF FINDINGS:-

The statistical findings of the present study revealed that the mean value of Volleyball players (22.50) on sports competition anxiety was higher than Table Tennis players (19.50), which indicate that Volleyball players are more prone to sports competition anxiety in comparison to Table Tennis players. The reason behind this state of condition may be the different nature of these sports activities. Table Tennis is the individual sports activity while Volleyball is a team
sport activity. Generally, during Table Tennis competition number of spectators is less rather than the number of spectators in a Volleyball competition watching these sports activities. Hence, it is concluded that Volleyball competition is more effective than Table Tennis from spectator’s point of view. These may be some reasons why the Volleyball players are more sports competition anxiety prone than the Table Tennis players.

CONCLUSIONS:-

Within the limitations of the present study following conclusion was drawn:

There was a significant difference found on sports competition anxiety between Table Tennis players and Volleyball players. Volleyball players are more prone to sports competition anxiety compared to Table Tennis players.

REFERENCES:-