

Comparative Study of Anxiety Level between Male Players Selected for Inter-University Handball Team of Different University's of Gujarat State

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ABSTRACT

The purpose of the study to assess the compare of Anxiety Level among males players selected for Inter-University Handball Team of different university's of Gujarat State. The subjects have been selected studying in different colleges affiliated to Gujarat University, Gujarat Vidyapeeth, Sardar Patel University, Saurashtra University, North Gujarat University and Veer Narmad South Gujarat University of Gujarat State. The questionnaire was Sports Competition Anxiety (SCAT) by Reiner Martens (1977) used for the study. Questionnaire fill-up by all the subjects, which are randomly selected for this study. "F" test (one way analysis of variance) was applied to find out coefficient correlation and relation between competition anxiety levels of males players selected for Inter-University Handball Team of different university's of Gujarat State. Anxiety level in H. N. G. University Handball team was found more than other university Handball team.

1. Introduction

Sports bring out the best qualities in every individual. Every faculty of the human body, whether physical or mental, is stretched to its limits while playing a competitive game. In today's world, the standard of all games has increased considerably. Elite sportspersons are finding it increasingly difficult to sustain their dominance in their respective sports. The mental state of a sportsperson plays a vital role in his or her performance. Anxiety sets in when an individual begins to doubt his or her capacity to deal with the situation which builds stress. Quite often it is not the talent that decides your performance. It simply depends on the way you deal with the ups and downs of the game.

Sports psychology has become an area of deep study and research. The competition, especially at the international level has induced great deal of anxiety related problems. The game is played on two fields; the playing field and the mental field. For example, sportsmen like Rafael Nadal, the swimmer Michael Phelps, or the US basketball team are at the helm of their affairs, not because of their talent alone. It is their balanced mental state, which gives them an edge over their equally or perhaps more talented athletes. Experts believe and it has been proved that talent and ability can take you only to a certain level in sports. In fact, after you cross a certain threshold of performance, talent becomes almost an 'useless' virtue to possess, because it breeds pride, complacency and hence ignorance. It is only the hard working and the most stable minds with only a spark of talent, who rule sports. Performing to the best of abilities has become more relevant in today's sport, because of the extensive media exposure. Sports are at the peak of their popularity all throughout the world, cutting across the barriers of richness or poverty, nationality, race or religion. In order to sustain the tremendous expectations of the fans and also to maintain a high ranking in the international arena, it is important to perform well. Self-confidence, strong resolve, humility to accept defeat and experience are the best tools to counter the effects of anxiety. Anxiety is not a disease that a sportsperson can get rid of,

once and for all. It has to be used as a booster to improve performance, to achieve sporting glory.

2. Procedure and Methodology

The study was conducted on 12 male players of each from Gujarat University, Gujarat Vidhyapith, Sardar Patel University, Saurashtra University, Hemchandracharya North Gujarat University and Veer Narmad South Gujarat University Handball Team. The age of subjects were ranging from 18 to 21 years.

The questioner of the selected was Sports Competition Anxiety Questioner – A form (SCAT) by Reiner Martens (1977).

The Sports Competition Anxiety Questioner was distributed to the handball players and directions were read by the subjects at a dictation speed to make and understand about what they are exactly required to do. Five questioners are spurious out of fifteen questions, which have been added to the actual test items. The subjects were instructed to respond to each item according to how they generally felt in competitive Sports situations.

The ten test items which were taken for scoring were 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15. The remaining items are spurious items not scored were 1, 4, 7, 10 and 13. The subjects were responding to the questionnaire and explain the doubts if required by the research scholars. The keys are as follows by the test items for 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15 i.e.

Response	Hardly ever	Some items	Often
Score	1	2	3

In case of responses the questions no. 6 and 11 the scoring are as follows-

Response	Often	Some items	Hardly ever
Score	1	2	3

However spurious questions 1, 4,7,10 and 13 were not score out as suggested by Reiner martins.

The data was analyzed by computing “F” test (one way analysis of variance) to find out coefficient correlation of competition anxiety level male handball players.

3. Results and Discussion

Table - 1
Mean Score of Guj. Uni.,Guj. Vid.,S. P. Uni., Sau. Uni.,H. N. G. Uni.AndV. N. S. Guj. Uni.Handball Players

Group	Guj. Uni.	Guj. Vid.	S. P. Uni.	Sau. Uni.	H. N. G. Uni.	V. N. S. Guj. Uni.
Mean	19.20	18.75	18.33	19.33	20.08	18.75

Table-1 indicates that Gujarat University Mean is 19.20, Gujarat Vidhyapith Mean is 18.57; Sadar Patel University Mean is 18.33, Saurashtra University mean is 19.33, Hemchandracharya North Gujarat University Mean is 20.08, while Veer Narmad South Gujarat University Mean is 18.75.

Figure - 1

Graph showing comparison of mean Guj. Uni.,Guj. Vid.,S. P. Uni., Sau. Uni.,H. N. G. Uni. and V. N. S. Guj. Uni.Handball Players

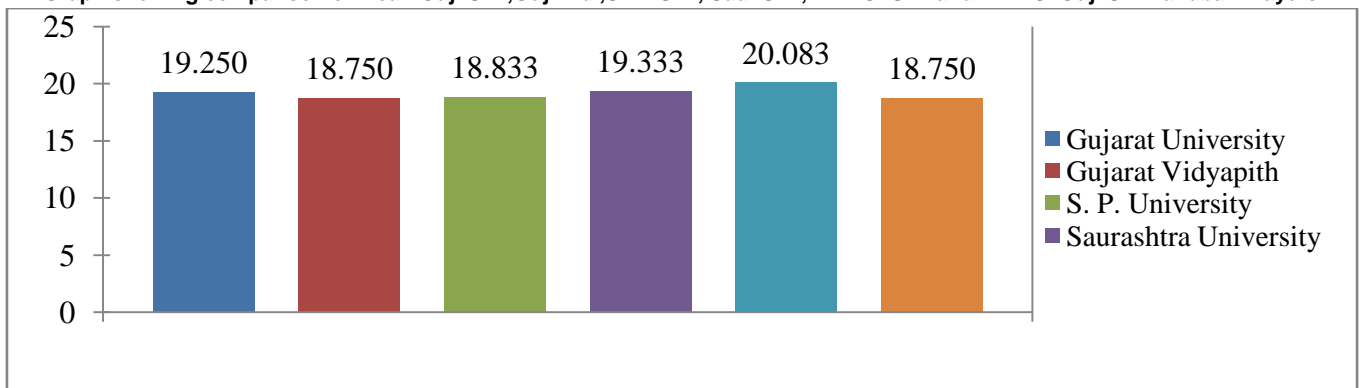


Table - 2
Analysis of Variance of the Mean for Six Groups in Anxiety Level

Source of Variance	D.F. Degree of Freedom	S.S. Sum of Squares	M.S.S. Mean of Sum of Squares	F - Ratio
Between Group	K - 1 6 - 1 = 5	16.00	3.20	1.257*
Within Group	N- K 72 - 6 = 66	168.00	2.55	

*Significant at 0.05 level of confidence.
 Table Value at 0.05% of (5.66) = 2.35*

The means of six groups Gujarat University 19.25, Gujarat Vidhyapeeth 18.75, Sadar Patel University 18.33, Saurashtra University 19.33, Hemchandracharya North Gujarat University 20.08 and Veer Narmad South Gujarat University 18.75 **respectively yielded F-ratio of 1.257 was found not significant at 0.05% level of confidence.**

4. Discussion

The finding of the study have clearly indicated that

1. Anxiety level in Hemchandracharya North Gujarat University Handball players was found more than Gujarat University Handball players.
2. Anxiety level in Hemchandracharya North Gujarat University Handball players was found more than Gujarat Vidhyapith Handball players.
3. Anxiety level in Hemchandracharya North Gujarat University Handball players was found more than Sardar Patel University Handball players.
4. Anxiety level in Hemchandracharya North Gujarat University Handball players was found more than Saurashtra University Handball players.

5. Anxiety level in Hemchandracharya North Gujarat University Handball players was found more than Veer Narmad South Gujarat University Handball players.
6. Anxiety level in Sardar Patel University Handball players was found very less in comparison to Gujarat University, Gujarat Vidhyapith, Saurashtra University, Hemchandracharya North Gujarat University and Veer Narmad South Gujarat University players.
7. Anxiety level in Hemchandracharya North Gujarat University Handball players was found more in comparison to Gujarat University, Gujarat Vidhyapith, Sardar Patel University, Saurashtra University and Veer Narmad South Gujarat University players.

5. Conclusion

The hypothesis i.e., there will be significant difference between anxiety level among Handball male players selected at Inter-University Level of different university's of Gujarat State stated earlier in the study was not accepted.

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