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## A STUDY ON ANXIETY OF KARNATAKA STATE UNIVERSITIES VOLLEY BALL PLAYERS

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### ABSTRACT :

In the present study an attempt is made to study the anxiety of the sample selected from various university players (N=91) who participated in South Zone Inter University Volleyball Championship from Karnataka State. The selected university players were administered with anxiety questionnaire. The data collected were subjected to t-test. The results showed that there are significant differences in anxiety of the university players belonging to different universities.



**KEYWORDS :** anxiety questionnaire , the performance and achievement in games .

### INTRODUCTION

Many studies show that the component anxiety interferes with the performance of an athlete. If, anxiety is too much, it can hamper or negatively affect the performance and achievement in games including sport games (Lazarus, 2009). In this vein, performance and a high degree of achievement are true reflexes of the wonderful world of competition. An anxiety is an important component that needs to be addressed properly. Nothing could have been higher, faster and further if, there had been no competition in sports. Whenever there is competition, players or actors start to think or bother about the tournament or competition on account of losing or hitting the target and this causes them partly to be anxious and this becomes very serious if their game involves football as football is the most popular and have the most audience/ followers all over the globe.

Different researchers have studied this subject and tried to identify the factors that influence sport performance of players. Some of the factors are strength, resource, orientation among others. Layel (2007) considered anxiety as an important factor and tried to provide ranking to anxiety factor. According to him, it is an important influential factor and for that matter it has been said that anxiety is one of the important psychological variables in sports and it is also needed to achieve high level of competition. Without knowledge of this variable athletes cannot give best in the competitions. Similar studies by Kornspan (2007); Grange and Kerr (2010); Singh et al. (2012); Najmuddin and Shahnawaz (2014); Suman and Kuntal (2014); Maibam and Nongdren (2015); Ratnesh and Inder (2016) have also demonstrated the impact of psychological factors on sports performance.

In essence, anxiety is a psychological and physical state characterized by somatic, emotional, cognitive and behavioral components. The root meaning of the word anxiety is to vex or trouble; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness and dread. Anxiety is considered to be a normal reaction to a stressor. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety

disorder. Physical effects of anxiety may include heart palpitation, muscles weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach ache/ head ache and immune and digestive system function are inhibited. External signs of anxiety may include pale skin, sweating, trembling and papillary dilation. Someone who has anxiety might also experience it as a sense of dread or panic (Lazarus, 2009, pp, 102). The level of anxiety differs from individual to individual, team to team but depends on the training, diet, climate, support etc. Hence the study of anxiety in relations to players is important.

#### Statement of the Problem:

To study the Anxiety of South Zone Inter University volley ball players from Karnataka Universities.

#### OBJECTIVES:

The following are the major objectives of the study:

1. To know the difference in Anxiety between sample sub groups of university first round players
2. To know the difference in Anxiety between sample sub groups of university third round players
3. To compare Anxiety between first round players and third round players

#### HYPOTHESES:

The following are the major Hypotheses of the study

1. There is a significant difference in Anxiety between sample sub groups of first round players
2. There is a significant difference in Anxiety between sample sub groups of third round players
3. There is a significant difference in Anxiety between first round players and third round players

#### The Sample:

The sample of the study consists of 91 university players who participated in south zone inter university volley Ball championship organized in Sri Krishna University Machalipatnam and who had lost I and II match (First round players, N=43) and who had lost V and VI match (Third round players, N =48). Thus there are a total of 91 players on whom self confidence questionnaire was administered to know their relative status on this measure.

Tools:

#### Sports competition anxiety:

This test consists of 15 items with three alternative responses. The test has Likert-system for eliciting responses and scoring accordingly the one who scores high is believed to have higher anxiety the reliability and validity is found to be satisfactory

#### Statistical Techniques:

t-test was used to analyze the results of the study

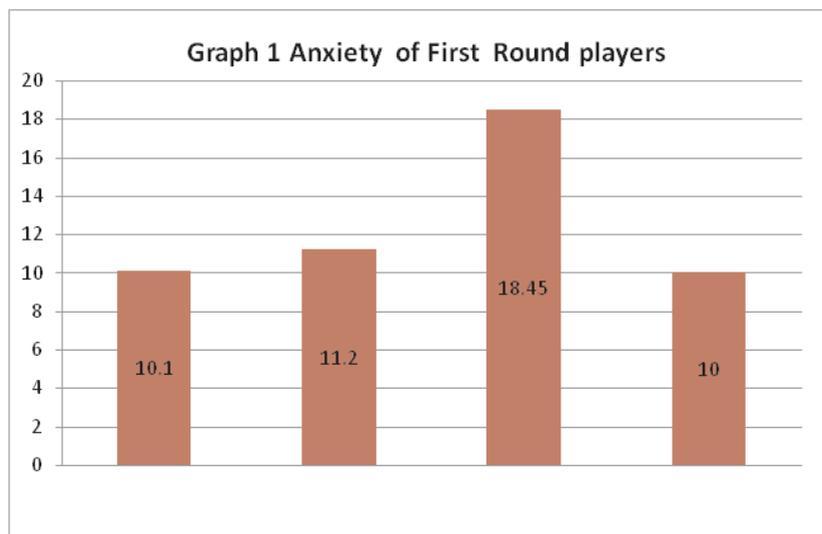
#### DISCUSSION OF THE RESULTS:

An attempt is made to assess the anxiety of the players of First Round Players (those who have lost I and II matches in inter university championship) belonging to different Universities like RGUHS, Gulbarga, KSLU and JSSU, and Third Round Players (those who have lost V and VI matches in inter university championship) belonging to the Universities like Davangere, Mangalore, VTU and Bangalore. The means scores, SDs and the t-values of anxiety are presented in tables. This enables the comparison of the players within this group on this measure.

**Table: 1 Means, SDs and t-values of Anxiety of First Round players (N=43)**

| Sl.No | University      | Mean  | SD   | t-values      |
|-------|-----------------|-------|------|---------------|
| 01    | RGUHS (N=10)    | 10.1  | 0.3  | 0.91 (1 &2)   |
| 02    | Gulbarga (N=10) | 11.2  | 3.6  | 7.26** (1 &3) |
| 03    | KSLU (N=11)     | 18.45 | 3.65 | 1.00 (1 &4)   |
| 04    | JSSU (N=12)     | 10.00 | 0.1  | 4.26** (2 &3) |
| 05    | --              | --    | --   | 1.00 (2 &4)   |
| 06    | --              | --    | --   | 7.34** (3 &4) |

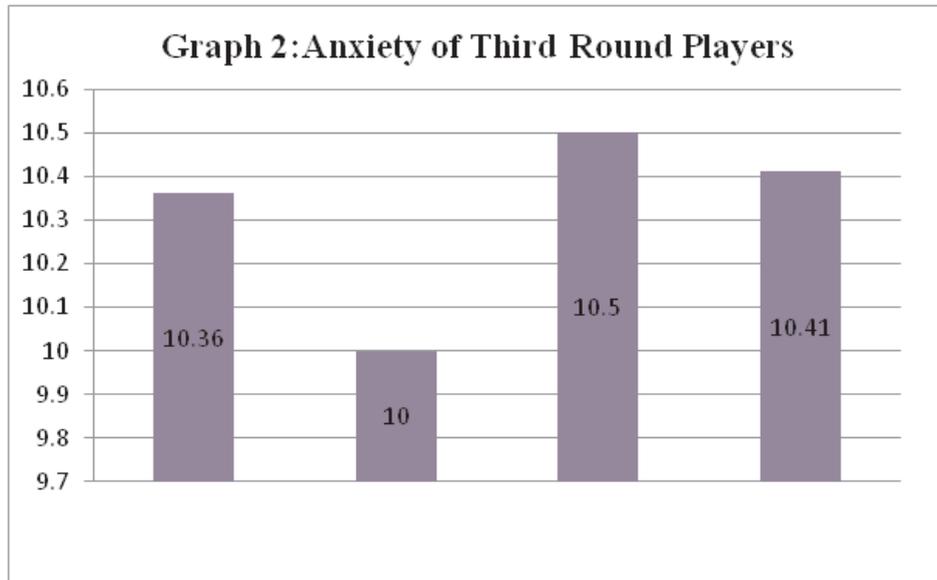
\*\* Significant at 0.01 level



The means, SDs and t-values of anxiety of first round players are presented in table-1. It can be observed that mean scores of KSLU is higher (18.45) followed by Gulbarga (11.2), RGUHS (10.1) and JSSU (10.0). This shows that the players of KSLU have more anxiety than the other university players who participated in South Zone Inter University Volley Ball Championship Competition from Karnataka Universities. All the t-values are not significant except between KSLU & RGUHS (t-value: 7.26), Gulbarga & KSLU (t-value: 4.26) and KSLU & JSSU (t-value: 7.34). This clearly reveals that KSLU university players have significantly higher anxiety than the Anxiety of Gulbarga university players are higher than JSSU and RGUHS, but the differences are not significant. The JSSU University players are found to have the least Anxiety. The graph also shows their fact of the first round players.

**Table: 2 Means, SDs and t-values of Anxiety of Third Round Players (N=48)**

| Sl.No | University       | Mean  | SD   | t-values    |
|-------|------------------|-------|------|-------------|
| 01    | Davangere (N=12) | 10.36 | 0.88 | 1.38 (1 &2) |
| 02    | Mangalore (N=12) | 10    | 0    | 0.19 (1 &3) |
| 03    | VTU (N=12)       | 10.5  | 2.29 | 0.13 (1 &4) |
| 04    | Bangalore (N=12) | 10.41 | 0.86 | 0.73 (2 &3) |
| 05    | --               | --    | --   | 1.70 (2 &4) |
| 06    | --               | --    | --   | 0.12 (3 &4) |



The means, SDs and t-value of Anxiety of League Qualifier players are presented in table-2. It is observed that mean scores of VTU is higher (10.5) followed by Bangalore (10.41), Davangere (10.36) and Mangalore (10.0). This shows that the players of VTU have more Anxiety than the other university players who participated in South zone Inter University Volley Ball championship Competition from Karnataka Universities. But the t-values are not significant. This shows that all the players have same amount of anxiety. Though there are some differences in anxiety, they are not significant at all. The graph also shows this.

Table: 3 Means, SDs and t-values of Anxiety of players in First round and Third Round Players (N=91)

| Sample                     | Mean  | SD   | t-value |
|----------------------------|-------|------|---------|
| First Round (N=43)         | 12.43 | 1.88 | 6.83**  |
| Third Round Players (N=48) | 10.31 | 1.00 |         |

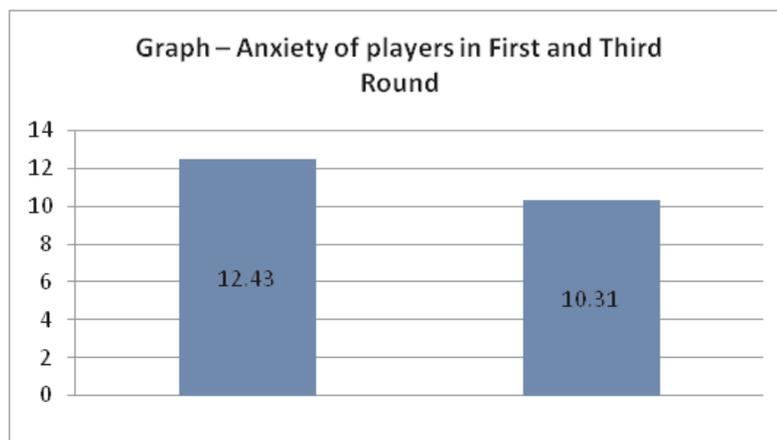


Table-3 Gives Means, SDs and t-value of Anxiety between First and Third Round Players. It is seen that the Anxiety of First Round players is 12.43 and that of Third Round is 10.31. The t-value is 6.83 which is significant at 0.01 level. This shows first round players have significantly higher anxiety than the Third Round. This reveals the fact that anxiety hinders the volley ball performance. The Graph shows same.

**CONCLUSIONS:****The following are conclusions:**

1. The KSLU university players have significantly higher anxiety than other university players.
2. The Gulbarga players have scored higher anxiety than JSSU and RGUHS but insignificant
3. The VTU university players of league qualifier round have insignificant higher anxiety scores followed by Bangalore & Davangere
4. The players of JSSU and Mangalore are found to have the least anxiety comparatively
5. The first round players have collectively scored significantly higher anxiety than the Third Round Players

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