



A COMPARATIVE STUDY - ANXIETY AMONG JUNIOR AND SENIOR BASKETBALL AND HANDBALL PLAYERS

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ABSTRACT

The purpose of this study was to compare the anxiety between junior and senior players. The study was conducted on hundred samples, consisting of fifty junior school state level players and fifty senior inter university players. Only Basketball and Handball women players were selected. The sample consists of fifty junior state players of Bhiwani & fifty senior inter university players of MDU, Rohtak. Random Sampling Technique was employed to select the subjects. Anxiety was obtained by administering Sinha's Comprehensive Anxiety Test. The data collected through aforesaid tests were analyzed with respect to anxiety. T test was applied to compute the significances among two groups. The significance of data was judged at 0.05 levels. The result of the study indicates that anxiety of junior and senior players were different.

KEY WORDS- Anxiety, Basketball Player, Handball Player.

INTRODUCTION

Anxiety is a complex emotional phenomenon. It is reflected in the negative state of disturbed feeling which warns the athlete to find some ways to meet a situation. It is found in his unusual responses to situations. In an anxiety ridden state of mind, he is now incapable of doing things which earlier were fully under his control. It has startlingly been found influencing future events. An overanxious person is not restless over the things in hand (here and now), but he is more concerned about the future happenings which bother him. This condition then becomes operative in him. It changes his state of mind.

Anxiety describes the individual's level of emotionality. Anxiety and arousal are related because at the higher levels of arousal we considerably have more emotionality than at the lower levels. Since anxiety is an inferred emotional state of the organism and cannot be directly observed, investigations of anxiety rely heavily on having the individual report her own emotional states under various stress conditions. It has been observed that anxiety is a physiological response to a real or imagined threat. It is a complex emotional state characterized by a general fear. Feelings of rejection and insecurity are usually a part of anxiety. A certain amount of anxiety is needed for peak performance.



METHODOLOGY:

Objectives of the study:

The objectives of the study are stated as follows:

- 3) To study the anxiety among junior and senior Basketball and Handball women players.
- 4) To compare the anxiety among junior and senior Basketball and Handball women players.

Hypothesis :

There would be no significant difference between junior and senior Basketball and Handball players on anxiety.

Selection of Sample:

The sample consists of fifty junior state players of Bhiwani & fifty senior inter university players of MDU, Rohtak. Random Sampling Technique was employed to select the subjects. The data was collected from senior players during inter university coaching camp and junior players during school state level sports tournaments. The present study is based on survey method.

Tools used : Sinha's Comprehensive Anxiety Test has been taken to assess the anxiety. This questionnaire consisted of ninety statements.

STATISTICS USED:

Student's t test has been applied to find out the significant differences among two groups at 0.05 levels of significance. The collected data were tabulated to find out the difference of anxiety among two groups.

RESULTS AND DISCUSSION:

Table – 1
anxiety between Junior and Senior women players

Variables	Group	N	Mean	SD	T-ratio
Comprehensive	Junior	50	13.5	2.21	4.30*
	Senior	50	12.3	2.28	

* Significant at 0.05 levels.

The means of anxiety for junior was 13.5 and senior was 12.3. The calculation of mean, standard deviation and T ratio of junior and senior on anxiety are presented in table 1. Table 1 reveals that there is significance between junior and senior women players on anxiety. Thus it may be concluded that anxiety of both junior and senior women players are different.

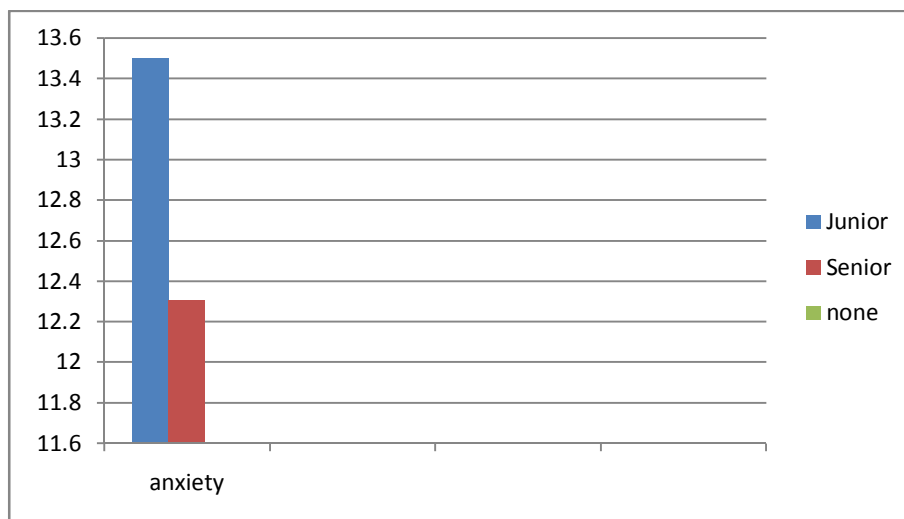


Fig.1:
The mean of the anxiety of junior and senior players

The means of anxiety of junior and senior players was 13.5 and 12.3 respectively. The T ratio obtained is significant at 0.05 level of confidence. Hence the hypothesis that senior and junior women players have not differ on anxiety was rejected. Senior women players have low anxiety than junior women players.

CONCLUSIONS :

On the basis of the study the following conclusions were drawn:

1. Senior women players were less anxiety than junior women players.
2. There was significant difference between junior and senior women players on anxiety.

RECOMMENDATIONS:

1. While giving psychological training along with yoga and meditation, special attention must be given on anxiety
2. Sports Competition Anxiety help in improving performance.
3. During competition players are mentally anxious and this affects them in handling performance. To avoid such effects players prepared psychologically.

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