

ANALYSIS OF SPORTS COMPETITION ANXIETY AND AGGRESSION BETWEEN COLLEGE VOLLEYBALL AND BASKETBALL PLAYERS

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ABSTRACT

The purpose of the study was to compare the selected psychological variables such as sports competition anxiety and aggression between college men volleyball and basketball players. To achieve this purpose of the study, sixty men players studying in the CSSR & SRRM Degree College, Kamalapuram, YSR (D), Andhra Pradesh, India were selected as subjects at random. The selected subjects were divided into two equal groups of thirty volleyball players and thirty basketball players. Among psychological variables, the following variables namely sports competition anxiety and aggression were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using standard questionnaire namely sports competition anxiety test questionnaire and Smith's Aggression Test questionnaire respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. There was a significant difference between volleyball players and basketball players on sports competition anxiety and aggression.

KEYWORDS: Anxiety, Aggression, Volleyball, Basketball.

INTRODUCTION

Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations. Sport psychology involves the study of the psychological factors associated with participation and performance in sport. Introduction to Sport Psychology provides a fundamental understanding of how the various aspects of psychology can be applied to sport participation. Assessment of personality types will be discussed relating to sport participation. This will be expanded to discuss motivation and leadership contribution to sport participation as well as the relationship between anxiety and arousal with respect to enhancing sporting performance. Psychological skills training will then be demonstrated, including goal setting, team dynamics, imagery, positive self-in relation to achieving peak sporting performance. Introduction to Sport Psychology provides a greater understanding of the psychological processes of individual athletes and team dynamics to enhance sporting performance.

METHODOLOGY

The purpose of the study was to compare the selected psychological variables such as sports

competition anxiety and aggression between college men volleyball and basketball players. To achieve this purpose of the study, sixty men players studying in the CSSR & SRRM Degree College, Kamalapuram, YSR (D), Andhra Pradesh, India were selected as subjects at random. The selected subjects were divided into two equal groups of thirty volleyball players and thirty basketball players. Among psychological variables, the following variables namely sports competition anxiety and aggression were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using standard questionnaire namely sports competition anxiety test questionnaire and Smith's Aggression Test questionnaire respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

ANALYSIS OF THE DATA SPORTS COMPETITION ANXIETY

The mean, standard deviation and 't' ratio values on sports competition anxiety of volleyball players and basketball players have been analyzed and presented in Table 1.

TABLE 1
THE MEAN , STANDARD DEVIATION AND ‘T’ RATIO VALUES BETWEEN VOLLEYBALL AND BASKETBALL PLAYERS ON SPORTS COMPETITION ANXIETY

Groups	Mean	Standard Deviation	‘t’ ratio value
Volleyball Players	18.23	0.22	6.21*
Basketball Players	19.11	0.20	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 shows that the mean values on sports competition anxiety for volleyball players and basketball players were 18.23 and 19.11 respectively. The obtained ‘t’ ratio value on sports competition anxiety 6.21 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men volleyball

players and basketball players on sports competition anxiety.

AGGRESSION

The mean, standard deviation and ‘t’ ratio values on aggression of volleyball players and basketball players have been analyzed and presented in Table 2.

TABLE 2
THE MEAN, STANDARD DEVIATION AND ‘T’ RATIO VALUES BETWEEN VOLLEYBALL AND BASKETBALL PLAYERS ON AGGRESSION

Groups	Mean	Standard Deviation	‘t’ ratio value
Volleyball Players	24.98	0.97	6.92*
Basketball Players	26.61	0.85	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002)

The table 2 shows that the mean values on aggression for volleyball players and basketball players were 24.98 and 26.61 respectively. The obtained ‘t’ ratio value on aggression 9.92 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men volleyball players and basketball players on aggression.

CONCLUSIONS

1. There was a significant difference between volleyball players and basketball players on sports competition anxiety.
2. There was a significant difference between volleyball players and basketball players on aggression.

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