

A COMPARATIVE STUDY OF ANXIETY STATE AMONG DIFFERENT LEVELS OF BASKETBALL PLAYERS

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Abstract:

The purpose of the present study was to compare the anxiety state on different levels of Basketball players. The total hundred (50 State level and 50 All- India intervarsity level of Basketball players males were selected for this study. The age of the subjects were ranged between 18 to 25 years. The data on anxiety state of the subjects were obtained by using a questionnaire developed by Neary and Zuckerman (1976). The t test was used to determine the difference between the mean score of different levels of Basketball players. Results revealed that there was a significant difference between different levels of Basketball players at 0.05 level of significance with 98 degree of freedom. Study showed that All- India intervarsity level of Basketball players have higher level of anxiety state as compared to State level of Basketball players.

1. Introduction:

Today's games/ sports Performing to the best of abilities has become more relevant. Because of the extensive media exposure and monumental monetary gains. Now a days sports are at the peak of their popularity throughout the world, cutting across the barriers of richness or poverty, nationality, race or religion. In order to sustain the tremendous expectation of the fans and also to maintain a high ranking in the international arena, it is important to perform well. Self confidence, strong resolves, humility to except defeat and experience are the best tools to

counter the effects of anxiety. Anxiety is not a disease that a sports person can get rid of once and for all. It has to be used as a booster to improve performance, to achieve sporting glory.

Anxiety can be classified in two ways: trait and state anxiety. State anxiety is situational stress induced by situations in the games and sport. A sports person's autonomic nervous system is aroused in this state which is the natural reaction of any individual. On the other hand, trait anxiety can be thought of as a world view that an individual uses when coping with stress. In sports, individuals who are state anxious and low on the trait anxiety in tough situations, often deliver good performances concisely. Whereas, athletes who have higher levels of trait anxiety, added with the state anxiety, tend to perform below expectations.

The ability to deal with anxiety is an integral part of sports training. People, who are able to overcome their anxiety, perform much better than some of the strongest contenders of the games and sports. Sports bring out the best qualities in every individual. Every faculty of the human body, whether physical or mental, is stretched to its limits playing a competitive game and sports. In today's world, the standard of all games and sports has increased considerably. Elite sport persons are finding it increasingly difficult to sustain their dominance in their respective games and sports. The mental state of a sports person 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.

There are many causes for an athlete's anxiety prior to competition. It is prudent to consider that an athlete competing in an aesthetic sport feels more competition anxiety than an athlete competing in a non-aesthetic sport. The well-known association between physical appeal and a successful performance in aesthetic competition could be linked to higher levels of anxiety in athletes who feel their physiques are not satisfactory. In regards to understanding the concept of competitive anxiety, Martens, Vealey, and Burtons (1990), contended that common

terminology is necessary. They utilized Spielberger's (1966) theory of state-trait anxiety in their competitive anxiety theory.

Spielberger (1966) defined state anxiety as "subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated with activation or arousal of the autonomic nervous system, (p.17)." He went on to define trait anxiety as "a motive or acquired behavioral disposition that predisposes an individual to perceive a wide range of objectively non-dangerous circumstances as threatening and to respond to these with state anxiety reactions disproportionate in intensity to the magnitude of the objective danger" (p.17).

Other terms requiring clarity are cognitive and somatic anxiety. Martens et al.

(1990) referenced Morris, Davis, and Hutchings (1981) as they defined cognitive anxiety as "conscious awareness of unpleasant feelings about oneself or external stimuli, worry, or disturbing visual images," (p.547). Somatic anxiety was then characterized as the perceived physiological elements of the anxiety experience that develop directly from autonomic arousal (i.e., rapid heart rate, clammy hands, & tense muscles). Additional terms that are closely related to cognitive and somatic anxiety are arousal and stress. Arousal is universally defined as the measurement of the intensity and activation of the biological system. Martens et al. (1990) placed the state of arousal on a continuum from deep sleep to intense excitement. According to Martens et al. (1990), stress has been defined as a stimulus, intervening, and response variable, which can make stress a precipitator, a mediator, and a behavior.

Subjects

A total of hundred (50 State level and 50 All- India intervarsity level Basketballers) male were randomly selected for this study. The age of the selected subjects were ranged between 18 to 25 years.

2. Methodology.

2.1 Instruments

Investigators used the Anxiety State Test (AST) developed by Neary and Zuckerman (1976), to obtain data on sensation seeking of the subjects.

2.2 Procedure

The data were collected from the various university players who had participated in State levels and AllIndiaInter-University level. The tool consists of 15 statements regarding Anxiety State (AS). The scoring varies from 1 (not at all) to 5 (very much) for each item (range=15 to 75). It is a Likert type 5 points scale.

2.3 Statistical Analysis

The t test was used to determine the differences between the means of different levels of Basketballers score. Further the level of significance was set at 0.05 level.

4. Results

Table 1: Indicating mean differences between different levels of Basketballers on their anxiety state

	Mean	SD	Cal.T
All-India intervarsity level Basketballers	59.26	5.24	5.26*
State level Basketballers	53.62	8.62	

*Significant at 0.05 level of significance

Tab t = 1.980

When we go through table 1, it is documented that calculated t was higher than tabulated t which indicated that significant difference between different levels of Basketballers in their anxiety state at 0.05 level of significance with 98 degree of freedom.

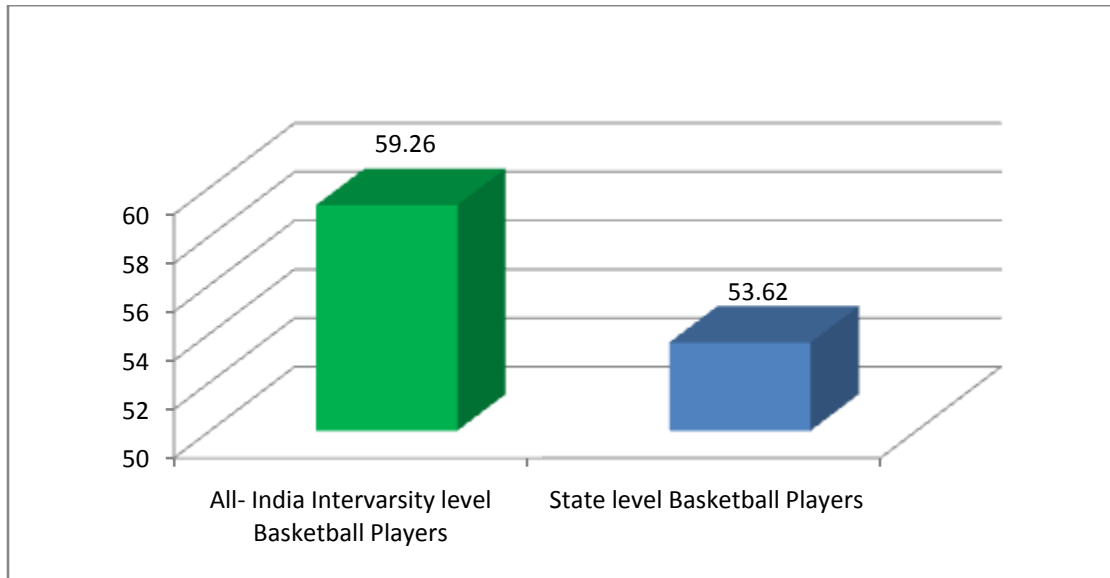


Figure 1: Showing graphical representation of mean difference between Intersarsity and State Level Basketballers.

5. Discussion

The result of the study showed that there was a significant mean difference between the different levels of Basketballers in their anxiety state. All India level Basketballers were found to have more anxiety state in comparison to State level Basketballers. This could be due to the fact that All India level Basketballers have taken their sport as a career whereas State level Basketballers have somewhat amateur approach to their competitions.

Conclusion

On the basis of obtained results it is concluded that there was a statistical significant difference between different levels of Basketballers in their anxiety state.

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