

# Analysis of Competition Anxiety between Men and Women, College and University Handball Players



**Deepali Nigam**

Research Scholar,  
Dept. of Physical Education,  
University of Lucknow,  
Lucknow, U.P., India

## Abstract

It is generally recognized that psychological factors are of crucial importance in high-level competitive sports. The relation between anxiety and performance has been the subject of many thorough researches (Craft, Magyar, Becker & Feltz, 2003; Parfitt & Pates, 1999; Martens, Vealey & Burton, 1990). As far as handball is concerned, Roguli, Nazor, Srhoj and Bozin (2006) supported that it is a sport, which includes complex and accurate motor skills, and they suggested that psychological factors play an even more decisive role in a competition, differentiating between successful and less successful teams. The purpose of the study was the analysis of sports competition anxiety between men and women, college and university handball players. For this purpose, list of students who represented Intercollegiate and Interuniversity tournaments was prepared and from these players subjects were selected using method of purposive sampling. The final sample consisted of 12 men college handball players and 12 women college handball players & 12 men university handball players and 12 women university handball players making total of 48 players. The age range of samples was between 18 to 25 years. In the processing of the data mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the groups using 'F' test. In order to locate the pairs where significant differences exist the L.S.D test has been applied. The level of significance was fixed at 0.05 level. This study reveals that significant differences exist between University women and University men, and College men and University men. Where as the College women and University women, College women and College men, College women and University men, and University Women and College Men were not found to be significantly related.

**Keywords:** Competition Anxiety.

## Introduction

It is generally recognized that psychological factors are of crucial importance in high-level competitive sports. The relation between anxiety and performance has been the subject of many thorough researches (Craft, Magyar, Becker & Feltz, 2003; Parfitt & Pates, 1999; Martens, Vealey & Burton, 1990).

There is no doubt that level of anxiety is high in players not only when in the play ground, in a competition but it is there when they are preparing for the competition in the exercise session. The anxiety of the players generally is related to their success or failure or about the level of their performance while participating in the sport. As far as handball is concerned, Roguli, Nazor, Srhoj and Bozin (2006) supported that it is a sport, which includes complex and accurate motor skills, and they suggested that psychological factors play an even more decisive role in a competition, differentiating between successful and less successful teams.

In fact the psychologists are of the view that a certain amount of anxiety is helpful in raising the level of achievement or performance of the individual but if its level is too high it is going to hamper the performance of individual. Anxiety may be defined in two ways. It is a trait of the personality as well as a state of mind. Anxiety state means emotional state characteristics by apprehension of some danger right now. An anxious person thinks about the danger then and there. It may disappear after some time thus it is transitory in nature. As a trait anxiety refers to a disposition to perceive certain situation as threatening and to respond to

this situation with varying levels of anxiety. This idea has been elaborated by Spielberger (1966). Sportspersons anxiety level also follows this pattern; players have trait anxiety in general when they think of success and failure in the out come of the game. They also have state anxiety when special situations arise during the game or there are high stakes are involved in the competition. Effect of anxiety on performance depends directly on the type of task considered. In most cases a heightened arousal state has been found to facilitate simple performances. On the other hand, as anxiety reaches a certain level, a breakdown of psychological and physiological integrative mechanism is often seen to occur, finding in less efficient performance in more complex tasks. Anxiety has a temporal relationship to performance. In general, anxiety level increases prior to a dangerous situation until they become relatively high just before it is encountered. During performance anxiety is often lessened. The individual must concentrate on his own actions rather than on his internalized fears. The present study was undertaken to compare the sports competition anxiety between men and women, college and university handball players.

**Aim of the Study**

The aim of the study was to analysis of sports competition anxiety between men and women, college and university handball players.

**Review of Literature**

Jones and Cale (1989) examined changes in cognitive anxiety, somatic anxiety and self confidence in a sample of 40 male and female university players during the period leading up to the quarter-final stage of the English and Welsh University Athletic Union Championship. Subject responded to the Competitive State Anxiety Inventory -2 (CSAI-2) on six occasions during the pre-competition period. 2 week, 2 days, 1 days, 2 hour and within 30 minutes. The results demonstrated different patterns of change for the females on all three CSAI-2 sub scales. In the case of cognitive anxiety, three was no change across time in the male but females showed a progressive increase as the competition neared. Females also showed an earlier increase in somatic anxiety than males. Self-confidence remained stable in males but decreased in females on the day of the competition.

**Hypothesis**

There will not be significant difference between college and university men and women handball players on competition anxiety.

**Methodology**

The purpose of the study was the analysis of sports competition anxiety between men and women, college and university handball players. For this purpose, list of students who represented Intercollegiate and Interuniversity tournaments was prepared and from these players subjects were selected using method of purposive sampling. The final sample consisted of 12 men college handball players and 12 women college handball players & 12 men university handball players and 12 women university handball players making total of 48 players. The age range of samples was between 18 to 25 years.

In order to ensure the full cooperation from the subjects, the researcher had a meeting with them in presence of their coach/managers. The purpose of this study was made clear by giving a detailed explanation in order to ascertain that there was no ambiguity among the subjects regarding the efforts, which they had to put in the successful completion of the investigation. All subjects voluntarily agreed to extend full cooperation.

**Selection of Questionnaire**

Anxiety has been assessed using Sports Competition Anxiety Test (SCAT). This test was developed by Rainer Martens, Diane Gill, Tara Scanlan, and Julie Simon in the year 1990 at Champaign, IL. The tool consisted of 15 items to be answered by putting a mark of X. Each statement consisted of three responses; hardly ever, sometimes and often, the respondents made a cross mark (X) on any one of the response that fitted to them. The scores for positive statement that is question number 1,2,3,4,5,7,8,9,10,12,13,14 and 15 are awarded by giving 1 marks for Hardly ever, 2 for Sometimes and 3 for often. The scores for negative statement that is question number 6 and 11 are awarded by giving 3 marks for Hardly ever, 2 for Sometimes and 1 for often. The scores obtained for both positive and negative statements were added. The higher is the score the higher is the anxiety.

**Analysis and Interpretations of the Data**

In the processing of the data mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the groups using 'F' test. In order to locate the pairs where significant differences exist the L.S.D test has been applied. The level of significance was fixed at 0.05 level.

**Findings**

**Table - 1**  
**ANOVA results of Competition Anxiety**

Source of Variation	Sum of Squares	Degree of Freedom	Mean Squares	F
Between	309.6	3	103.2	4.708*
Error	964.3	44	21.92	
Total	1274	47		

\*Significant at 0.05 level of confidence (3.49)

An observation of the table reveals that obtained 'F' value is 4.708 which are statistically

significant as it is more than tabulated value of 3.49. Thus the hypothesis is rejected. In order to locate the

pairs where significant differences exist L.S.D test has been applied. The results are presented in Table- 2.

**Table -2**  
**L.S.D Analysis of Competition Anxiety**

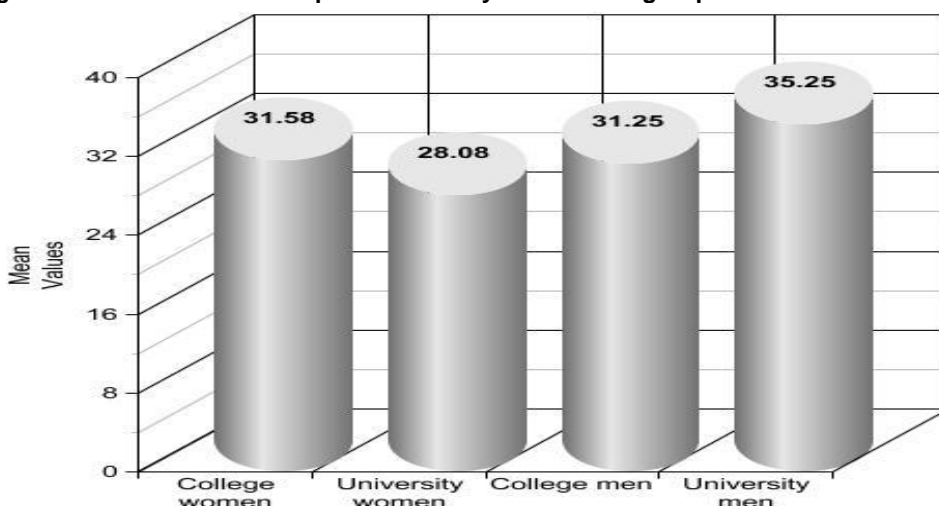
Groups				Mean Difference	CD at 0.05 level
College Women	University Women	College Men	University Men		
31.58		28.08		3.50	3.86
31.58	31.25			0.33	3.86
31.58			35.25	3.67	3.86
	28.08	31.25		3.17	3.86
	28.08		35.25	7.17	3.86*
31.25	35.25			4.00	3.86*

\* Significant at 0.05 level of confidence

An observation of this table also reveals that significant differences exist between University women and University men, and College men and University men. Where as the College women and University women, College women and College men,

and College women and University men, and University Women and College Men were not found to be significantly related. The L.S.D comparisons for the mean value among different groups are graphically presented in figure-1.

**Figure-1: Mean value of Competition Anxiety for different groups**



### Conclusion

The study reveals that significant differences exist between University women and University men, and College men and University men. Comparison between College women and University women, College women and College men, College women and University men and group University women and College men is not found to be statistically significant. The significant difference is due to the fact that University women handball players and university men handball players don't have same level of anxiety. The reason for this may be that university women handball players are more anxious, have less control on their emotions, less mature and have less support from family and university men handball players are anxious for their performance, achievement and their mental status is more stable. The findings of this study disagree with the finding that is "female had significantly higher state anxiety than male" of Bowger, Garry R. (1989).

The data findings also register the significant difference between College men and University men is due to the fact that college men handball players and university men handball players don't have the same level of anxiety. Which may be because the college men handball players are more anxious, have

less control on their emotions and less mature and university men handball players are anxious for their performance and achievement, and their mental status is more stable. The findings of this study support some findings of Vivgil Engels (1962). The study is a useful information in the field of sports psychology and may help trace the psychological profiles of inter collegiate and inter university level sportspersons.

### Suggestion

Physical education teachers, coaches, and selectors can use the result of this study as an aid in screening, identification and selection of handball players at different levels.

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