Comparision of anxiety between senior National and All India inter University volleyballers

■ **HARISH KUMAR TIWARI**

■ **ABSTRACT**

The study was designed to compare the anxiety level between the senior national and All India inter university volleyballers. The subjects (n=24) were male senior national and All India university volleyball players who had secured first place in senior national and All India inter university volleyball players, 2010. It was hypothesized that there would be a significant difference of anxiety among senior national and All India university volleyball players .The anxiety level of the subjects was obtained by administering self evaluation state and trait anxiety inventory questionnaire. The anxiety among the groups was compared by the two sample t-test at 0 .05 level of significance. The statistical analysis of data revealed that senior national and All India university volleyball players had significant difference in relation with state anxiety, as the calculated t value (2.53) was found more than tabulated t value 2.074 for state anxiety. Whereas, calculated t value, 1.48 for trait anxiety was found lesser than tabulated t value, 2.074 to be insignificant at 0.05 level of significance. The study will be helpful in the self- assessment of the senior national and All India university volleyball players and also helpful for coaches and psychologists to provide guidelines to the senior national and All India university volleyball players about problems related with anxiety.

■ *Key Words* : Anxiety, Volleyball players

■ *How to cite this paper* : Tiwari, Harish Kumar (2012). Comparision of anxiety between senior National and All India inter University volleyballers. *Internat. J. Phy. Edu.*, **5** (1) : 10-12 .

Author for Correspondence :

HARISH KUMAR TIWARI
Lakshmibai National University of Physical Education, GWALIOR (M.P.) INDIA
Email: harishvolleyball@gmail.com

Anxiety is a state of emotional and physical disturbance induced in person by real or imagined threat (Encyclopedia American,1966). Anxiety is one of the most interesting and important areas of focus in sports psychology and has continued to attract great research interest (Weiss and Gill, 2005). A variety of studies have focused on anxiety experiences and characteristics of athletes, coaches and referees (Kirby and Liu, 1999). Applied sports psychology is approaching a time in which pre-competition anxiety may be accurately assessed and effectively regulated on an individualized basis, there by enhancing athlete's working mental state and performance. While the predominant anxiety performance theory of the 1980s,the inverted U hypothesis, has largely failed to substantiate itself (Weinberg 1990) a developed intra-individual paradigm, the individual zone of optimal functioning theory(IZOF;Hanin 1980) has proven promising (Turner and Raglin, 1991;Weinberg,1990). Further knowledge is needed about the relationship between anxiety characteristics and elite sports performance. Some researchers have argued that low trait anxiety is necessary for sports success. On the other hand, other researchers have proposed that athletes tend to display lower anxiety over time as a consequence of experience. It is useful to differentiate anxiety from related concepts such as the emotion of fear. Fear is a brief reaction to a threatening stimulus. Anxiety represents a longer lasting, broader reaction to a greater range of stimuli than those that induce fear. In contrast to fear, anxiety often occurs in the absence of an obvious external stimulus and is generated in association with substantial cognitive process. Several related, yet distinct concepts have been employed in attempts to describe and understanding anxiety. The most well established of these is the distinction between