

The Relationship between Psychological Variables to Performance in State University Handball Players

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Abstract

Aim: The purpose of the study was to find out relationship between Competition Anxiety and performance among university handball players. **Selection of Subjects:** Forty Eight men Handball players, who participated in MP state university handball tournament, held at Shadol, M.P. were selected for this study. The men handball players were going through their regular university course and were from top four team's of state university handball tournament. Their age ranged between 18 to 28 years.

Selection of Variables: The data on sports competition anxiety was calculated by administrating SCAT (Sport Competition Anxiety test) (Adult Form) by R. Marten few hours before the competition. to state university handball players,

Hypothesis: It was hypothesized that no significant relationship would be found between Competition Anxiety and performance among university handball players.

Statistic: The statistical technique used was "Pearson's Product Moment Method" of correlation to find out any relationship in between Competition Anxiety and sports performance of state university handball players. The significance of 'r' correlation was seen with 46 degree of freedom and at .05 level of confidence for state university handball players.

Results: The statistical technique used was "Pearson's Product Moment Method" of correlation to find out any relationship in between Competition Anxiety and sports performance of state university handball players. The significance of 'r' correlation was seen with 46 degree of freedom and at .05 level of confidence for men handball players.

Conclusion: There is significant relationship was that between Competition Anxiety and sports performance of men handball players.

Key Notes: - SCAT, Handball.

INTRODUCTION

Physical Education is an educational process that has its aim, the improvement of human development through the medium of physical activities selected to realise this outcomes and also physical education is the acquisition and refinement of motor skills. The development and maintenance of fitness for optimum health and well being, the attainment of knowledge about physical activities and exercise, and the development of positive attitudes towards physical activity as a mean to improve human performance.

Success in competitive sports is no doubt related to a very high level of physical fitness, mastery over the skill particularly to a sports tactics and strategy applied in a particular position or situation. The recent research reveals that besides these factors success in sports to a considerable extent depends upon the personality of the sportsman. For instance sports participation may relieve aggressive behaviour in some and it may aggravate it in others. Some only gain proficiency in sports to overcome the high stress or tension.

Cratty describes tension as being over muscular contraction caused by an emotional state or increased muscular effort. Nervous tension results from anxiety and from the hectic pace of our society. The anxious person is one who tends to worry and has an unusual amount of

undefined manifested in pathological systemic condition prolonged anxiety and emotional stress may also lead to psychosomatic disorders.

Today performance in sports not only demands systematic training to develop physical, physiological variable and technical aspect of sports but also demands training and consideration of psychological characteristics for success in this field.

It is believed that superior athletic performance has benefited from knowledge about the physiology and mechanics of human motor activity. However, many coaches and psychologists throughout the world believe that future records will be broken primarily because of increased attention to the psychological parameter of human personality.

The success and failure of an individual athlete depends upon the blending of physical ability, conditioning training mental preparation and the ability to perform well under pressure. It is not uncommon to hear, coaches and athletes express disbeliefs on how poorly their team performed against a certain opponent or how they feel apart in a critical situation.

Purpose: The purpose of the study was to investigate the relationship among competitive state anxiety with handball player's performance.

Hypothesis: It was hypothesized that there may not be significant and positive relationship between the variables i.e. cognitive anxiety, somatic anxiety and self-confidence to the handball player's performance.

Selection of Subjects: Forty Eight men Handball players, who participated in MP state university handball tournament, held at Shadol, (M.P.) were selected for this study. Their age ranged between 17 to 28 years.

Selection of Questionnaire and Procedure: SCAT (Sport Competition Anxiety test) (Adult Form) by R. Marten was selected for the study because it is a sports specific anxiety test. Further it assesses competitive anxiety on the basis of three dimension anxiety i.e., cognitive anxiety, somatic anxiety and self-confidence.

Administration of Questionnaire: The test was administered on the subjects before one hour of the competition. The subject was assembling in a group; clear instructions were specifically given that all the items in the questionnaire must be attempted.

Handball Players Performance: The scored by the player in during a match is considered as a performance of an individual player.

Statistical Procedure: To determine the relationship between competitive state anxiety and the playing performance of handball players of state university participants with sub-variables somatic anxiety, cognitive anxiety and self-confidence with the handball player's performance Pearson's Product Moment Correlation was employed. The level of confidence was set at 0.05 level.

Findings

Table no.-1 Descriptive Statistics of Sport Competition Anxiety test in Handball

	Range	Minimum	Maximum	Mean	Std. Deviation
Somatic Anxiety	17.00	18.00	35.00	29.29	3.74
Cognitive anxiety	17.00	15.00	32.00	25.35	3.60
Self-confidence	19.00	15.00	34.00	19.62	3.30
Plying performance	23.00	00.00	23.00	5.28	4.57

Table-1 reveals the descriptive analysis of Sport Competition Anxiety test in Handball. Somatic Anxiety, Cognitive anxiety, Self-confidence and playing performance, mean and SD values were 29.29 ± 3.74 ; 25.35 ± 3.60 ; 19.62 ± 3.30 and 5.28 ± 4.57 respectively. The minimum and maximum values of Somatic Anxiety, Cognitive anxiety, Self-confidence and playing performance, were 18 & 35, 15 & 32, 15 & 34, 00 & 23, respectively. The range value of Somatic Anxiety, Cognitive anxiety, Self-confidence and playing performance were 17, 17, 19 and 23.

The graphical representation of psychological variables of Sport Competition Anxiety test in Handball in Handball has been presented in figure 1.

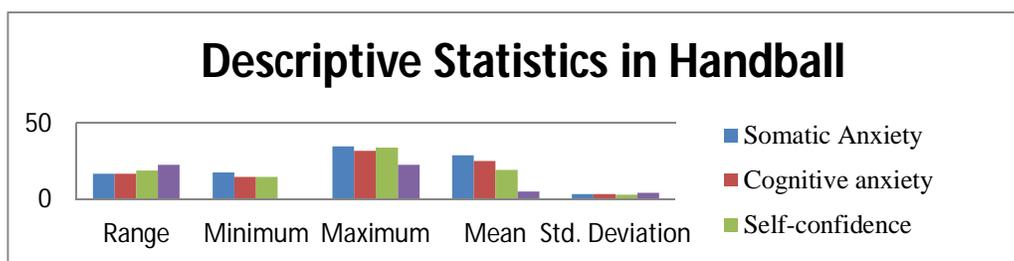


Table – 2 Relationship of Somatic Anxiety to Player’s Performance

Independent Variables	Correlation coefficient
Somatic anxiety	0.358*
Cognitive anxiety	0.486*
Self confidence	0.581*

* Significant at 0.05 level

r 0.05 (46) = 0.288

The results obtained from the analysis of data in table 1 reveal that the attribution variable i.e. somatic anxiety ($r = 0.358$) was significantly related with the performance at 0.05 level of significance, since the obtained value of co-efficient correlation is greater than the Tabulated value. Cognitive anxiety ($r = 0.486$) was significantly related with the performance at 0.05 level of significance since the obtained value of coefficient correlation is higher than the Tabulated value. self confidence ($r = 0.581$) was significantly related with the performance at 0.05 level of significance since the obtained value of coefficient correlation is greater than the Tabulated value ($r = 0.232$).

Discussion of Findings

From the findings it was revealed that somatic anxiety was having positive relationship with the performance of player probably due to their repeated exposure to competitive situations.

Cognitive anxiety has shown significant impact on performance of player and perceived abilities may be because of psychology maturity of an athlete at advance level of competition is higher than the low level of athlete. Therefore at this stage these types of psychological problems encroach on the player’s performance.

Self – confidence has also shown a positive impact on performance of player probably because self – confidence makes them cognizant about his positive abilities or may be because it is the basic pre-requisite for giving his best performance in handball.

Discussion of Hypothesis

On the basis of the findings the hypothesis stated early that there may not be significant relationship between the variables i.e. somatic anxiety, cognitive anxiety and self-confidence to handball player's performance is rejected.

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