



## A COMPARISON OF ANXIETY BETWEEN STATE LEVEL MALE AND FEMALE VOLLEYBALL PLAYERS OF PALWAL DISTRICT

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### ABSTRACT

*Reason: This examination has the reason to display an investigation to feature the correlation of uneasiness between state level male and female volleyball players of palwal locale. Material and Method: The paper is an uncertain ponder performed on 50 players (25 male and 25 female volleyball players). Result: The t – esteem is 0.219 which is not exactly the table esteem 2.01 at 0.05 dimension of certainty with 48 df. End: The test accentuated the way that there is no critical contrast in tension between state level male and female volleyball players of palwal locale. Amid the exploration we utilized the accompanying technique (t – test)*

**KEYWORDS:** accompanying technique , palwal locale , science and innovation.

### INTRODUCTION

Nervousness is a characteristic response to dangers in the earth and part of the battle or flight reaction. The earth we are living in is physically , rationally , inwardly, socially and ethically powerful and testing. We have viable instruments to meet regular pressure. Once in a while ordinary versatile systems can be over initiated and along these lines wind up maladaptive. A typical result of such over initiation is tension and a sleeping disorder.

Tension is an abstract sentiment of unease, inconvenience , worry or frightful concern joined by a large group of autonomic and physical signs. Nervousness is a typical, passionate, sensible and anticipated that reaction would genuine or potential risk.

At various occasions in our lives we will all stress over things like our wellbeing, funds or family concerns. Anyway dissimilar to the gentle uneasiness that is caused by an explicit occasion and leaves after a brief timeframe , more serious nervousness can last atleast a half year and can compound on the off chance that it isn't dealt with.

In the games rivalries , Anxiety is one of the vital mental factor affecting games execution . The communication of tension with execution results reliant on a few dimensions is more than what is required for good execution by upsetting the sportsman.

Tension is multidimensional and it assumes a fundamental job in the games bearers of the players. Uneasiness typically alludes to an unpalatable passionate state comprising of misgiving , strain, wrong and apprehension . Uneasiness enable us to envision and plan for essential occasion later on.

Uneasiness is a perspective which the individual reacts with inconvenience to some occasion that has happened or will happen.

### OBJECTIVE OF THE STUDY:

1. To discover the tension between state level male and female volleyball players of palwal locale.

2. To analyze the uneasiness between state level male and female volleyball players of palwal area.

### **HYPOTHESIS OF THE STUDY:**

There is a significant difference in the anxiety of stat level male and female volleyball players of palwal district.

### **METHODOLOGY:**

1. DESIGN OF THE STUDY: The investigation close by is a study type examine where the information accumulation was held through the mental polls.
2. SAMPLE: For the gathering of information 50 (25 male and 25 female state level volleyball players) were chosen of palwal area. This subjects were chosen arbitrarily.
3. TOOL USED: For the gathering of information required for the examination the examiner utilized the accompanying devices " Sinha Anxiety Scale" by D. Sinha (Hindi adaptation).

### **ADMINISTRATION OF TEST AND COLLECTION OF DATA:**

1. Instruction imprinted on the test shape were clarified by me to the subjects.
2. No time limit was settled for finished the test. Be that as it may, as a rule an independently were requested to finish it with 15-20 minutes.
3. They were stressed that there is no set in stone reaction to the inquiries.
4. It is shut that every thing needs to react in either positive or negative terms-yes or no and that no announcement ought to be forgotten. At the point when the subjects were reacting to the inquiries, the explores need to see that subjects are giving reaction according to guidance. Questions if any were cleared at the spot.

**SCORING:**For any reaction demonstrated at yes the players were granted they score of one and zero was granted for no. The aggregate of all the positive reactions was add up to up for tension score of the person. The scores acquired on the test are given in a table . The specialist had by and by way to deal with the subjects for gathering the information . The above poll was conveyed to the subjects.

### **DISCUSSIONAND FINDINGS:**

After the examination and discourse of the information the specialist watched the accompanying consequence of the present investigation . It is discovered that there is no huge contrast in tension of state level male and female volleyball players of palwal area as estimated sinha's Anxiety Scale. Hence the theory is rejected.

### **CONCLUSION:**

The mean an incentive if there should be an occurrence of tension of male is 36.6 and female 35.48 separately and Sd is 14.70 and 20.9 and the S.ed is 5.110. The t – proportion got was 0.21, it isn't huge. In the finish of study we can state that it demonstrates that the nervousness of state level female and male volleyball players of palwal area are same.

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