



THE RELATIONSHIP BETWEEN COMPETITION STATE ANXIETY TO PERFORMANCE IN UNIVERSITY LEVEL FEMALE BASKETBALL PLAYERS

Nazia Khan

Research Scholar

Abstract:- Aim: The purpose of the study was to find out relationship between Competition State Anxiety and performance among female basketball players. **Method:** 80 female basketball players, who participated in north zone inter university women basketball championship, held at Kanpur, U.P. in November 2014 were selected for this study. Their age ranged between 17 to 28 years. The data on sports competition anxiety was calculated by administering SCAT (Sport Competition Anxiety test-2) by R. Marten few hours before the competition to the inter university women basketball players. **Statistics:** 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 female basketball players. The significance of 'r' correlation was seen with 64 degree of freedom and at .05 level of confidence for inter university women basketball players. **Conclusion:** There is significant relationship was that between Competition Anxiety and sports performance of inter university women basketball players.

Keywords :- Anxiety, Sports and Basketball.

INTRODUCTION

Modern competitive sports of today demands more emphasis on the training of psychological aspects of sports. The high level performance seen in competitive sports is nothing but a perfect optimum harmonious relationship between one's psychological preparedness and technical preparation.

It is believed that superior athletic performance has been fitted, from knowledge about the psychology and bio-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 psychological parameters of human personality.

Anxiety affects psychological and physiological working of the organism in numerous ways. For instance, anxious individuals are said to have reduced attention control. During heightened activity (anxiety inclusive) attention cannot remain one-pointed, it is distributed to various aspects of the organismic activity which is chaotic and intense. There is numbing effect on the individual's judgment. Anxiety often results in narrowing of the field of attention as relevant cues are excluded.

Games and sports significantly differ from one another in skill, structure, organization, procedures, performance dynamics etc. the type and intensity of stress (the root cause of anxiety) they generate in sports – persons in significantly different from sport to sport for instance the way individuals competing in individual sports encounter anxiety is different qualitatively and quantitatively from the anxiety confronting team-game players.

Performance in sports is no longer dependent on physiological well being of the athlete. It is well established by now that there are numerous psychological factors which effect & improve sports performance like, individual differences among the athletes, personality, intelligence, attitude, motivating, aggression, mental imagery, group dynamics etc. All these factors may effect the sports performance in both, positive and negative way.

PURPOSE

The purpose of the study was to investigate the relationship among competitive state anxiety with basketball female 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 basketball player's performance.

SELECTION OF SUBJECTS

Total eighty questionnaires were distributed to female basketball players who participated in north zone inter university women basketball championship, held at Kanpur, U.P.in November 2014 were selected for this study. Their age ranged between 17 to 28 years. Out of 80 questionnaires only 66 responses could be collected.

SELECTION OF QUESTIONNAIRE AND PROCEDURE

The Competitive State Anxiety Inventory-2 (CSAI-2) by Rainer 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 assemble in a group; clear instructions were specifically given that all the items in the questionnaire must be attempted.

BASKETBALL PLAYER'S PERFORMANCE

The overall highest score of the player of the north zone basketball tournament, individualy was considered as her performance on the basis of that the study has been conducted.

STATISTICAL PROCEDURE

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

FINDINGS

Table – 2
Relationship of Cognitive Anxiety to Player's Performance

Variable Correlated	Co- efficient correlation
Cognitive anxiety and Performance of players	0.045

*Significant at 0.05 level
 $t_{0.05 (64)} = 0.24$

The results obtained from the analysis of data in table 1 reveal that the attribution variable i.e. somatic anxiety ($r = 0.251$) 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 ($r = 0.24$).

Table – 2
Relationship of Cognitive Anxiety to Player's Performance

Variable Correlated	Co- efficient correlation
Cognitive anxiety and Performance of f players	0.045

*Significant at 0.05 level
r 0.05 (64) = 0.24

The results obtained from the analysis of data in table 2 reveal that the attribution variable i.e.; cognitive anxiety ($r = 0.045$) was insignificantly related with the performance at 0.05 level of significance since the obtained value of coefficient correlation is less than the Tabulated value ($r = 0.24$).

Table – 3
Relationship of Self Confidence to Player's Performance

Variable Correlated	Co-efficient correlation
Self confidence and performance of players	0.358*

* Significant at 0.05 level
r 0.05 (64) = 0.24

The results obtained from the analysis of data in table 3 reveal that the attribution variable i.e. self confidence ($r = 0.358$) 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 ($r = 0.24$).

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.

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 basketball.

Cognitive anxiety has shown no 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 do not encroach on the players performance.

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 basketball player's performance is partially accepted and partially rejected.

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