



Academic Sports Scholars

RELATIONSHIP BETWEEN SPORTS COMPETITION ANXIETY AND PERFORMANCE OF WEST ZONE INTER-UNIVERSITY VOLLEYBALL PLAYERS

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ABSTRACT

The purpose of present study was to find out the relationship between Competitive Anxiety and Volleyball Performance of Male Volleyball players. For this purpose 48 male Volleyball players of west zone inter university level were selected as subjects for this study. Their age ranged between 19 to 28 years. The sports competition anxiety test by Rainer Martin was also selected for this study. The calculated value is 0.339 (Moderate anxiety- Pre-competitive anxiety) and -0.139 (High Anxiety -Pre-Competitive Anxiety) To determine the relationship between Moderate and high Anxiety (Pre-competitive anxiety) and Volleyball performance among west zone inter university level male Volleyball players, Pearson's product moment method of correlation was used. The level of significance will set at .05 in order to check the significance.

KEYWORDS : Volleyball, Competitive Anxiety, Moderate anxiety and high Anxiety.

INTRODUCTION :

The application of psychological principles to the improvement of performance in the sports has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their



best in their performance. It is important to know about the role of emotional phenomenon like incentive motivation, achievement motivation and anxiety of the players during training as well as competitive situations.

In modern competitive sports, the anxiety in sportsman has affected their performance. The physical load during the training of sportsman from international competition is also intensified. The

sportsman like other athletes are anxiety prone while participating in competitive sports.

Motivation in general is a process, which indicates why people participate in sports, the way

r. _{.05} (39) = .304	Variable Correlated	Correlation Coefficient
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	Moderate Anxiety (Pre-Competitive Anxiety), and Volleyball Performance	0.339*
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An examination of table 1 clearly reveals that there is a significant relationship between Moderate anxiety (Pre-competitive anxiety) and Volleyball performance of west zone inter university level male Volleyball players as the correlation coefficient of calculated value is 0.339 is significantly higher than the tabulated value (0.304) required being significant at 0.05 level of confidence.

Table 2
RELATIONSHIP BETWEEN HIGH ANXIETY (PRE- COMPETITIVE ANXIETY) AND

r. _{.05} (21) = .413	Variable Correlated	Correlation Coefficient
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	High Anxiety (Pre-Competitive Anxiety) and Volleyball Performance	-0.139
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An examination of table 2 clearly reveals that there is no significant relationship between High anxiety (Pre-competitive anxiety) and Volleyball performance of west zone inter university level male Volleyball players as the correlation coefficient of calculated value is -0.139 is lower than the tabulated value (0.413) required to be significant at 0.05 level of confidence.

This value indicates to negative relationship between High anxiety (Pre-competitive anxiety) and Volleyball performance.

CONCLUSIONS

- There is a significant relationship between Moderate anxiety (Pre-competitive anxiety) and Volleyball performance of west zone inter university level male Volleyball players.
- There is a no significant relationship between High anxiety (Pre-competitive anxiety) and Volleyball performance of west zone inter university level male Volleyball players.

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