

**EFFECT OF PRE-COMPETITIVE ANXIETY ON THE PERFORMANCE OF INTER-COLLEGE BASKETBALL PLAYERS****Dr. Dilbag Singh^{*1}, Dr. Baldev Singh²**¹Astt. Prof., Dept. of Phy.Education, K.U.K. (Haryana), India.²V. Chairman (Nissing), Karnal (Haryana), India.**ABSTRACT**

The purpose of the study to investigate the anxiety level of Basket ball player in Kurukshetra University Kurukshetra. The present study was conducted 44 male basket ball player who were participated inter college championship 2003-04 held it K.U.K. First four team select as a sample. For the collection of data, the investigator selected the state Trait Anxiety inventory by spielberger at all (in English) and adopted by S.Sharma and M.singh (1973). T-test was used to analyse the data. After Analyse the data the result showed that winning team out of the four team revealed the most stable anxiety level. High performing male basketball team having more stable pre-competitive anxiety in comparison to low performing male basket ball teams.

INTRODUCTION

Physical Education is one of the most important factor in promoting health and longevity. Physical education increase the scope of human abilities and rich the life of the individual and that of the society as a whole sports and physical activity are essential part of human resource development.

It could also a deduce from the available and recorded literature that sports activities have a significant effect in doing a way with a sports men sublimating antisocial tendencies and inferiority complexes and developing healthy attitude, personality, adjustment, aspiration and other personal characteristics.

The psychological dimensions and concepts needed for measuring personality and emotional stages in sports performance have been documented by Cattell, Cne, Tutko, Croll and others. However, isolation of specific psychological trades and the researches relating to a single unitary trade in sport performance seem to be lacking among the psychological stages appearing significant to sports performance is anxiety and its relationship to achievement in sports needs further investigation.

In recent years a numbers of studies involving human subjects have been devoted to comparisons of anxiety and conditioning and reactions, anxiety and stress and performance of particular interest to those interested in sports are the testing implications of certain hulla notions concerning the relationship between performance and level of total effective drives (Hardman, 1973).

Anxiety

Anxiety has been described as a painful uneasiness of the mind concerning in pending or anticipated it represents a danger or threat within the individual rather then an external

danger. In anxiety the disturbing stimulus does not physically precede or accompany the emotional state but is anticipated or expected to occur in the future. The response to this anticipated danger or threat is apprehension. Uneasiness or foreboding from which one cannot immediately escape. Even more important anxiety is accompanied by a sense of helplessness due to the person feeling blocked and unable to find a solution to his problem.

Anxiety differs from fear and worry. Though it develops from them. It is vaguer than fear. Unlike fear, it does not come from a present situation which can be perceived but from some situation the person anticipates. Anxiety is more often stimulated by qualities within the person than by external stimuli. Frequently the person is not aware of the conditions within himself which make him uneasy.

Competitive anxiety is one of the psychological parameters which affects the performance of a player. Keeping in view the determining role of anxiety in competitive performance the investigator decided to undertake the research to study the level of pre-competitive anxiety at various league matches of competition in the game of Male Basketball. Such a study would enable us to make an assessment of competitive anxiety of Male Basketball team of different colleges of Kurukshetra University, Kurukshetra. The situation specific analysis will reveal how the players perceive the various competitive situations as threatening before actual competition.

OBJECTIVES OF THE STUDY

The objectives of the present study are as under:

- To study the pre-competitive anxiety level of different Male Basketball teams which participated in the inter-college Male Basketball Championship of Kurukshetra University, Kurukshetra.
- To compare the pre-competitive "Anxiety" level of high and low performing Male Basketball teams.

HYPOTHESIS

On the basis of analysis of available data and review of previous studies, the following hypothesis were formulated to achieve the stated objectives:

1. There exists low level of pre-competitive "Anxiety" in winner team in comparison to other.
2. There exists a significant difference between the pre-competitive "Anxiety" of high and low performing Male Basketball teams.

DELIMITATION

1. The study is limited to pre-competitive "Anxiety" levels only.
2. The subject of the study has been drawn from different colleges team taking part in the "Inter College Male Basketball Championship".
3. The study is restricted to one game Basketball only.
4. The study is restricted to Male Basketball players only.

METHODS USED

There are several methods of collecting data. Choice of the method is determined by the nature of the problem. The present study attempts to study the pre-competitive anxiety level among Male Basket Ball players of Kurukshetra University, Kurukshetra. It is obvious that the variable like pre-competitive anxiety level cannot be deliberately arranged and manipulated by the researcher in an artificial setting like a laboratory situation. Nor it is desirable to do so. It is an ex-part-facts type of study and, therefore, the descriptive method of research is found to be most appropriate. So, survey/ descriptive method is adopted for the present study as it is the most appropriate method for such type of studies. Hence, the present study was designed to study the pre-competitive anxiety level among Male Basket Ball players of Kurukshetra University, Kurukshetra and also to compare high and low Male Basket Ball performance of different teams.

SAMPLE

A total of 44 Male Basket Ball players served as sample for the present study. The sample consists of all the Male Basket Ball players, for Male teams i.e. Guru Nanak Khalsa College, S.A.Jain, B.A.R.Janta and N.C.C.E. College who participated in inter-college Basket Ball championship of Kurukshetra University, Kurukshetra. The 1st and 2nd position were considered as high performers and those who got 3rd and 4th positions were considered as low achievers.

TOOLS USED

As has been stated earlier, the variable under investigation in the present study is pre-competitive anxiety level. For the collection of data, the investigator selected the State Trait Anxiety Inventory by Spielberger et. al. (in English) and adopted by S. Sharma and M. Singh (1973). The Inventory has two forms-one to measure State anxiety and other to measure trait anxiety. In the present STAI form X-1 was used which measure state anxiety. This scale (Hindi version) consists of twenty statements which ask people to respond how the feel at a particular moment in time.

ADMINISTRATION OF TESTS

The data was collected administering the Hindi version of the STAI (Speilberger, Sharma and Singh 1973) Inventory as this language was more familiar to the competitions. For Male teams participated in league matches of Inter-College Basket Ball Championship of Kurukshetra University, Kurukshetra held at Guru Nanak Khalsa College were taken as subjects of the study. These matches were held from 1st December to 2nd December 2003 Guru Nanak Khalsa College. The four teams were.

1. Guru Nanak Khalsa CollegeU-^
2. S.A.Jain College
3. B.A.R. Janta College
4. N.C.C.E. College

Each team consisted of 12 players except N.C.C.E., Israna which consist 8 players. The data was collected one hour before each competition. Each time, they were asked to sit for 3 minutes to cool down. Then the questionnaire was explained and the subjects were asked to fill up. Same procedure followed very time. The pre-competitive anxiety level were estimated between all four teams, with each other. These matches were computed in 2 days.

SCORING

In the form of STAI, the items are rated on 94 points scale by the subjects viz, 1) No anxiety, 2). Somewhat, 3). Moderate and 4). Very much.

In this forms some of the items are worded in such a way that response to '4' indicates high anxiety. Other items are so worded that a response of '1' indicates high anxiety. The latter has to be reversed for scoring purpose on the "A" from (State Anxiety) 1,2,5,8,10,11,15,16,19 and 20 items are scored reversibly. Thus, the scores range from 1 to 4 direct items viz., 1 for two anxiety, 2 for somewhat, 3, for moderate and 4 for very much response. In the reversed items, the scores range from 4 to 1 for various alternatives for no anxiety to "very much" response. The score for the forms can range from 20 to 80.

In this forms of anxiety scale, a high score was meant to indicate high anxiety and low score was meant to indicate stable anxiety of the players.

STATISTICAL TECHNIQUES USED

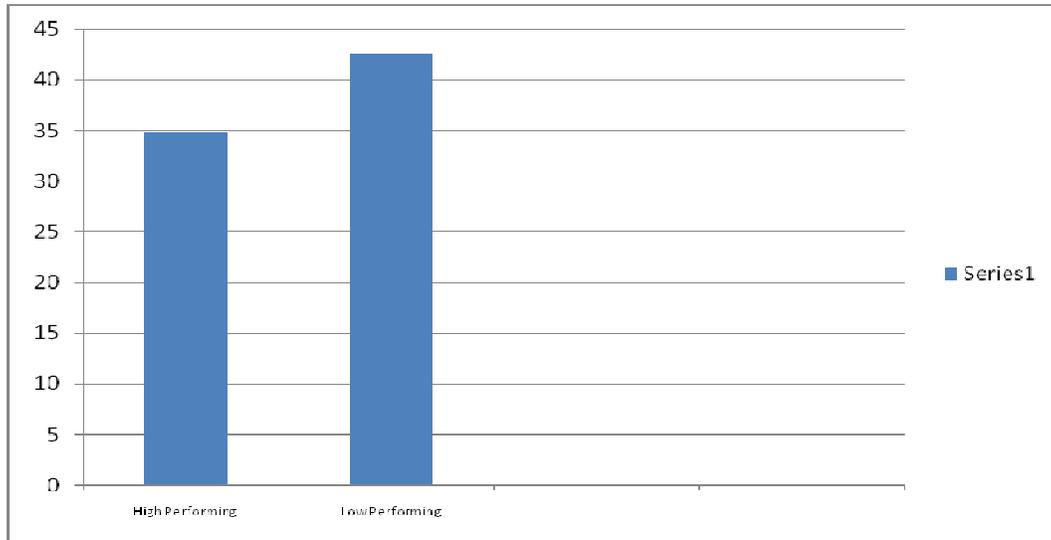
Procedure for analysing the data and to find out the results statistically used as follows.

The obtained data were analysed by applying mean, standard deviation and the 't' test.

ANALYSIS AND DISCUSSION OF DATA

Table 1: Pre-Competitive Anxiety Level of Male Basket Ball Players Belonging to Different Colleges of Kurukshetra University, Kurukshetra

S. No.	Name of the college	Mean	SD	Position	Pre-competitive level anxiety more stable
1.	G.N.Kh.College, Yamuna Nagar	34.63	5.21	1st	stable
2.	S.A. Jain College, Ambala City.	35.17	6.44	2 nd	Stable
3.	B A R . JANTA College, Kaul	43.57	6.60	3rd	Modirate
4.	N.C.C.E. Israna	43.54	8.28	4 th	Modirate



It can be observed from table 1 the mean pre-competitive Anxiety Score to G.N.KH. Collge is 34.63 with a standard deviation 5.21. This team is winning team and shows the stable anxiety level. Whereas, college S.A. Jain sciences Mean pre-competitive anxiety score is 35.17 with a standard deviation 6.44. This team got 2nd position an showed stable anxiety level, it can be further seen from the table that Mean pre competitive anxiety score of B.A.R. JANTA College is 43.57 with a standard deviation 6.60. This team got 3rd position and showed moderate level of pre-competitive anxiety. It can also be observed from the Table 1 that Mean Pre-competitive anxiety score of college of N.C.C.E. is 43.54 with a standard deviation of 8.28. This team got 4th position in the tournament and showed modirate anxiety level. On this basis of above interpretation, it can be inferred that pre-competitive Anxiety level seems to be related to performance is playing Basket Ball. Higher the pre-competitive anxiety level lower will be performance of the teams.

Thus the hypothesis no. one that there exists low-level of pre-competitive anxiety in winner team in comparison to other team is retained.

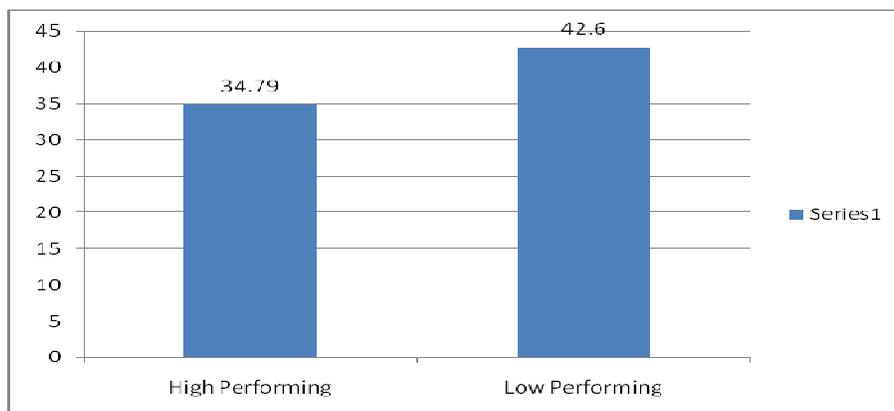
4.2 PRE-COMPETITIVE ANXIETY DIFFERENCE

One of objectives of the present study is to see the difference between the pre-competitive anxiety of High and low performing teams in the Male Basket Ball Championship of Kurukshetra University Kurukshetra. Hence 't' ratio between high and Low performing tremble Basket Ball team was computed and provided in the Table 2 below :

Table 2: Significance of Difference Between Mean Pre-Competitive Anxiety Scores of High and Low Performing Teams

Team	N	Mean	SD	SED	't' *
High performing	24	34.79	7.50	2.22	3.52
Low performing	20	42.6	7.22		

*Significant at: .05 level.



It can be observed from Table 2 that Pre-Competitive anxiety of the High and Lower performing Male Basket Ball teams are found to have mean scores 34.79 and 42.6 with S.D.s 7.50 and 7.22 respectively. The 't' ration between the Mean Scores of two teams comes out to be 3.52. It is significant at .05 level. It indicates that high and low performing Male Basket Ball teams differ in their pre-competitive anxiety. It can be interpreted to mean that the high performing team is found to be having more stable anxiety level in comparison to the low performing Male Basket Ball teams is retained.

MAIN FINDINGS

The study was undertaken to investigate the pre-competitive anxiety level of Male Basket Ball Players of Kurukshetra University, Kurukshetra, and also to find out the differences pre-competitive anxiety level among different teams. On the basis of their performance and position held in tournament. The main findings of the present study are presented in this Section. It follows as under.

1. The four team i.e. (I) Guru Nanak Khalsa College (ii) S.A. Jain College (iii) BAR. Janta College (iv) N.C.C.E. College participated in Inter College Male Basket Ball Championship of Kurukshetra University Kurukshetra. G.N.Kh.College i.e. winning team out of the four teams revealed the most stable anxiety level, College of S.A.Jain was 2nd position holder in this tournament and shows stable anxiety level. The position of B.A.R. Janta College and N.C.C.E. College were 3rd and 4th respectively. The B.A.R. Janta College was having moderate level of pre-competitive anxiety, whereas college N.C.C.E. College was moderate level of pre-competitive anxiety level. Thus on the basis of Male Basket Ball team included in the present study. It can be inferred that pre-competitive anxiety level seems to be inversely related to performance in team game of Basket Ball.

2. It was found that there is significant difference in the pre-competitive anxiety level of players belonging to High and Low performing Male Basket Ball team. High performing Male Basket Ball teams were having more stable pre-competitive anxiety in comparison to low performing Male Basket Ball teams.

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