ANALYSIS OF SPORTS COMPETITION ANXIETY BETWEEN KARNATAKA AND TAMILNADU INTER-UNIVERSITY MEN BASKETBALL PLAYERS

EXECUTIVE SUMMARY

MINOR RESEARCH PROJECT

Submitted
To
The University Grants Commission
South Western Regional Office
BANGALORE

By
Shri. C. Ramarao
Physical Education Director
Department of Physical Education and Sports

K.L.E. Society’s
LINGARAJ COLLEGE, BELAGAVI
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Executive Summery

By nature human beings are competitive and ambitious for the excellence in all athletic performance. Anxiety plays a paramount role in sports. It is challenge in sport participation, which produce anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be positive motivating force or it may interfere with successful performance in sports events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non competitive sports because in the competitive sports, participants are expected to win and great demands are made upon them to succeed. The study of the effect of anxiety on sports performance has become a major topic of interest to sports psychologists in recent years. The degree of perceived anxiety is an important variable to be considered in the performance of an individual.

In modern competitive sports, basketball has become one of the most popular games in the country. Today basketball is essentially a team game and has developed into a fast and highly skillful one.

The study is intended to investigate in detail of the sports competition anxiety level of Basketball players. Hence, the study is mainly directed by the following objectives:

- To examine the competition anxiety level of Basketball players of Karnataka and Tamilnadu State Inter University Players.
- Identify the psychological qualities through SCAT.
- To access the impact of anxiety on the performance.
- To analyse the anxiety level on both offensive and defensive players.

The subjects were 60 male basketball players who participated in the South zone Inter University Men basketball tournaments. The subjects were selected
randomly from different Universities (30 from Karnataka University and 30 from Tamil Nadu University), those who were qualified in Pre-quarter final of the tournament. The age ranged from 17 to 25 years, the average age being 21 years. The data were collected by employing sports competition anxiety questionnaire (SCAT) by Renier Maertens, one day prior to the competitions. The players were divided into two categories according to their State i.e. Karnataka and Tamilnadu.

A survey was made of different tests of sports competition anxiety of Inter-University payers of Basket Ball. There were son may tests to measure the sports competitive anxiety of selected players of Basket Ball. The Rainer Marten Questionnaire to measure the trait anxiety level. The above mentioned questionnaire and standardized, valid, reliable and objective which are widely used for measuring anxiety related to sports situations in most advanced countries.

The Researcher explained the purpose of the study to the subjects before and after the treatment. The SCAT questionnaire was distributed to the subjects the direction was read by the researcher at a dictation speed to make the subjects understand about what they exactly required to do. The inventory had no time limit but at an average it required about five minutes for responding to 15 questions.

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To compare the sports competition anxiety of Karnataka and Tamilnadu Interuniversity Men Basketball players, the t-test is applied.

The statistical analysis of data collected on 60 subjects who took part in South Zone Inter-University Basket Ball Championship held at Kakinada for the purpose of the study. To test the level of anxiety the SCAT questionnaire were circulated to the subjects.
The data was explained by applying analysis of t-test and anova to find out the level of significance was at 0.55 which was considered adequate for the purpose of the study.

Findings:

Mean of Karnataka Players is less i.e. 45.33 compared to Tamilnadu players i.e. 51.47. Whereas, the standard deviation shows that SD of Anxiety of Karnataka Players is more than Tamilnadu Men Basket Ball players by 2.369.

The difference of Std. Error Mean is 0.44 between the Karnataka and Tamilnadu Men Basket Ball players.

Therefore, it is proved that there might be a significant difference between their anxiety level of Karnataka and Tamilnadu Inter-University Men Basketball Players.

Since, t-value lies in critical region null hypothesis is rejected. There is a significant difference in the anxiety level of Karnataka and Tamilnadu Inter-University Basket Ball Players.

Summary

The purpose of the study was to investigate effect of sports Competitive Anxiety in relation to the age of the college students. 60 South Zone Inter-University Men Basket Ball players were selected. From the State of Karnataka players of three Universities viz; Rani Channamma University, Belagavi, Karnatak University, Dharwad and Gulbarga University, Gulbarga participated in the study. From the State of Tamil Nadu players of thee Universities viz; Alagappa Univeristy, Karaikudi, Satyabhama University, Chennai and Bharathiar University Coimbatore participated in the study.
The students were circulated SCAT questionnaire. The requirements of the study were explained to all the subjects. All subjects agreed to undergo a test. The subject voluntarily participated in the study.

**Conclusion**

On the basis of the finding of the study following conclusion may be drawn:

1. In case of Karnataka State University Players the anxiety level is more than the Tamil Nadu players.
2. In case of Karnataka State University Players significant effect was found in trait anxiety level.

**Recommendations**

1. Same study may be repeated on large sample of students.
2. Similar study may be conducted by selecting other variables.
3. Similar study may also be conducted on various age groups.
4. The study may be conducted on other games as well as different levels to find out the trait anxiety.