

**A COMPARATIVE STUDY OF MULTIDIMENSIONAL TRAIT ANXIETY  
BETWEEN INTERVARSITY AND NATIONAL LEVEL HANDBALL  
PLAYERS OF MADHYA PRADESH**

**MOHIT SINGH\***  
**KUNAL KUMAR\*\***

\*Assistant Professor, MGKM Sahi Sports College of Physical Education, Punjab, India

\*\*Assistant Professor, MGKM Sahi Sports College of Physical Education, Punjab, India

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**ABSTRACT**

An investigation was conducted with a purpose of compare the level of multidimensional trait anxiety between university and national level handball players of Madhya Pradesh. For the purpose of this investigation 40 male subjects (20 university and 20 national level players) were recruited as subjects of the study. Their age was ranged from 17 to 25 years old to find out the level of anxiety of university and national level handball players. The multidimensional trait anxiety Test developed by Martens (1977) was administered on the subjects. and 't' test was employed to analyze the data. The results indicate that there was no significant difference found between intervarsity and national level handball players of Madhya Pradesh in regard to multidimensional trait anxiety at 0.05 level of confidence.

**KEYWORDS:** Multidimensional Trait Anxiety and Handball

**INTRODUCTION**

For coaches, dealing with anxiety is especially important, because an anxious athlete does not function correctly, has trouble concentrating, remembering, and noticing things which are necessary for a good performance. The result of anxiety is that the athletes are not able to perform as well as they can, their performance is influenced during a game and they seldom reach the desired result, which is victory. Anxiety in general is defined as: a) a learned bodily reaction to danger (Euler, 1983), b) a form of self-centeredness which is characterized by self-observation, doubts and low self-esteem (Krohne, 1975; Krohne & Hock, 1994), c) one of the ten basic human emotions which is similar to instinct (Izard & Buechler, 1980), d) the result of the inconsistency between the inner and outer value system (Fisseni, 1996; Patsiaouras, 1999). In sport psychology theory, anxiety has been most often analyzed in terms of state, trait, cognition and somatic (Martens & Gill, 1976; Martens, Vealey & Burton, 1990; Spielberger 1966). Athletes who participate in individual sports have also been found to experience more anxiety than those who play team sports. Common sense suggests that being

part of a team alleviates some of the pressure experienced by those who compete alone. Finally, there is evidence that in team sports, when a team plays at the venue of the opposition (known as an "away" game) anxiety levels tend to be higher than when playing at home. Again, common sense would indicate that having greater fan support and more familiarity with the venue plays a role in anxiety levels during competition. Anxiety disturbs psycho-physiological functioning of the organism in numerous ways. For instance, anxious individuals are said to have reduced attention focus. Individual's judgment. Anxiety often results in narrowing of the field of attention as relevant cues are excluded (Kamlesh, 1998). As far as handball is concerned, Roguli, Nazor, Srhoj and Bozin (2006) supported that it is a sport, which includes complex and accurate motor skills, and they suggested that psychological factors play an even more decisive role in a competition, differentiating between successful and less successful teams. The game is quite fast and includes body contact, as the defenders try to stop the attackers from approaching the goal. Handball thus became more and more a competitive sport with high physical and technical performance which depends on psychological factors also.

### **STATEMENT OF THE PROBLEM**

The purpose of the study was to find out, whether; there is a difference in multidimensional trait anxiety between intervarsity and national level handball players of Madhya Pradesh.

### **METHODOLOGY**

#### **Ethical Approval**

All the subjects were given a thorough explanation of the procedure and a written informed consent was obtained before participating in the study.

#### **Selection of Sample**

For the purpose of the study 40 male (20 intervarsity and 20 national level) handball players selected from Madhya Pradesh.

#### **Variables and Materials**

For measuring the multidimensional trait anxiety of the subjects, questionnaire developed by Martens (1977) was used. It is a likert type five point's scale having a maximum score of 84 and a minimum score of 21. The higher scores show a high and lower score shows low level trait anxiety.

**Data Analysis**

The collected data were put to statistical treatment by computing<sup>''</sup> to find out the differences if any, between the experimental groups on the level of multidimensional trait anxiety between intervarsity and national level handball players of Madhya Pradesh. The result has been presented in the following table:

**RESULTS**

**Table 1** Showing the mean difference between intervarsity and national level handball players of Madhya Pradesh on multidimensional trait anxiety

| Sports Competition Anxiety Of Handball Players | Number | Mean  | Standard Deviation | t - Ratio |
|--|--------|-------|--------------------|-----------|
| Intervarsity level Players                     | 20     | 44.85 | 10.14              | .70       |
| National Level Players                         | 20     | 43.60 | 11.61              |           |

\*Significant at 0.05 level of Significance with 38 df. Tabulated,  $t'' = 2.10$

An examination of table 1 revealed that there were no significant difference found between intervarsity and national level handball players of Madhya Pradesh on multidimensional trait anxiety at 0.05 level of significance with 38 degree of freedom because calculated t- value (0.70) is less than tabulated t- value (2.10).

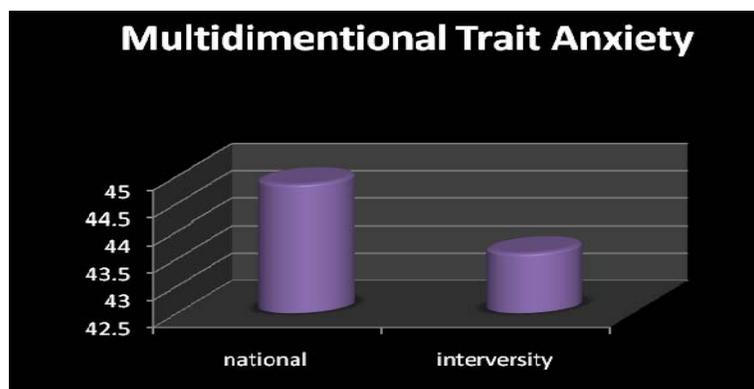


Figure 1: Illustration of multidimensional trait anxiety between intervarsity and national level handball players of Madhya Pradesh

## **DISCUSSION AND CONCLUSIONS**

The purpose of the present study was to compare multidimensional trait anxiety between intervarsity and national level handball players of Madhya Pradesh. From the results of this study it is evident that significant differences were not found between intervarsity and national level handball players of Madhya Pradesh on their level of multidimensional trait anxiety.

Singh & Tiwari (2009) who compare sports competition anxiety of male and female north zone intervarsity badminton players and observed no significant difference between male and female north zone intervarsity badminton players in their anxiety level. Another similar study examined by Razeena (2004) on the comparative relationship of state anxiety and aggression of defensive and offensive women hockey players and found no significant difference between defensive and offensive women hockey players on state anxiety and aggression. Hatzigeorgiadis and Chroni (2007), who have examined to explore relationships between pre-competition anxiety and in-competition coping in swimmers, Thirty nine male swimmers with international competitive experience participated in his study. Correlation analysis showed that intensity of cognitive anxiety had low to moderate negative correlations with approach coping strategies, and low to moderate positive relationships with avoidance coping strategies.

On the basis of the results obtained from the present empirical investigation, it may be concluded that the intervarsity and national level handball players of Madhya Pradesh did not differ on their level of multidimensional trait anxiety. Furthermore it may also be inferred that both intervarsity and national level handball players of Madhya Pradesh have a similar level of anxiety during the competition. Results pointed out a requirement for regular controls of player's "psychological factors and close cooperation between the coach, players and psychologist and need for appropriate load regarding anxiety differences of particular players. For future of assessment of anxiety in handball it is essential to examine next factors affecting player's performance and performance of game skills. One of possible ways is a triangulation of scientific methods as psychological analysis and assessment methods from area of counselling during competitions.

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