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Analysis of Pre & Post-Competitive Anxiety Level of Inter- Collegiate Basketball Players**Dr. Pramod Narayanrao Humbad**

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Abstract

The present study is mainly concerned with Basketball players who participated in the inter-college competition. Now days, the Game Basketball is becoming as a professional sports rather than the competitive sport. So the competitiveness among the Basketball players is growing up day by day. The main purpose of this study was to compare pre-competitive anxiety and post-competitive anxiety in inter- collegiate Basketball players. A group of 170 Basketball players (boys=85 and girls=85) were selected from different colleges affiliated to Gant Gadge baba Amravati University, Amravati through purposive sampling technique. Their age was ranged from 18 to 25 years. Data were collected from athletes using a Sports Competitive Anxiety Test - (SCAT) consists of fifteen items which include 5 spurious items, 8 positive items and 2 negative items. The t-test was used to test the effect of anxiety level between pre and post completion. The significance level was determined as $p < 0.01$. The result of the study reveals that there was significant difference in 0.01 levels of pre-competitive anxiety and post-competitive anxiety among the male and female inter-collegiate Basketball players.

Introduction

Psychology is that the systematic study of behavior and mental processes because the study of humans is that the primary focuses of a lot of the sphere of science. Sports science could be a specialization inside the brain science and physiology that seeks to grasp psychological mental factors that have an effect on performance in sports, physical activity and exercise and apply these to reinforce individual and team performance. Sport science is that the scientific study of individuals and their behaviors in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance a number of the foremost necessary skills tutored square measure goal setting, relaxation, visualization, self-talk, awareness and management, concentration, exploitation rituals, attribution coaching, and periodization. it's been recognized for several years that psychological factors, above all anxiety, play a vital role in competition (C.A. Lizuka, at al 2005). Competitive sport will build even the world's most eminent contestant feel nervous several factors adore expectations, disposition, worry of failure, lack of confidence, induce feelings of tension in athletes (Moran, 2004). In sport science, associate degree anxiety refers to an unpleasant feeling that is characterized by imprecise however persistent feelings of apprehension and dread (E. Cashmore, 2002). Anxiety consists of 2 subcomponents, particularly psychological feature and bodily anxiety, that influence performance before and through competition (Weinberg and Gould, 1999; Lazarus, 1991; Anshel, 2003; Martens et al., 1990; Jarvis, 2002). Meanwhile, psychological feature is that the mental part, that is characterized by negative expectations concerning success or self-evaluation, negative self-talk, worry concerning performance, pictures of failure, inability to concentrate, and non continuous attention (Martens et al., 1990; Jarvis, 2002). The bodily is that the physiological component that is said to involuntary arousals, and negative symptoms adore feelings of nervousness, high pressure level, dry throat, muscular tension, speedy pulse rate, perspiring palms, and butterflies within the abdomen (Martens et al., 1990; Jarvis, 2002). One approach is that will increase in competition anxiety, and notably psychological feature symptoms, invariably have a pre judicious result on performance. At identical time as providing challenge and stimulation, sport additionally provides wide uncertainty. At the

precise moment the Olympic archer releases associate degree arrow, or the rugby football fly-half kicks for goal, the end result is unknown.

The stress that sport provides so is inevitably joined with its inherent uncertainty. Sport could be a cultural focus as a result of it's a theatre of unpredictability. Whereas stress and uncertainty might inspire some athletes, they induce anxiety in others. There are some distinct factors which will increase athletes' level of hysteria. let's say, the a lot of vital the competition the larger the strain, and therefore the a lot of possible it's that a competition are vulnerable to anxiety. Sport is suffering from the broken dreams of these UN agency wavered once they most required to be au fait of themselves and targeted on the task at hand. once a competition 'freezes' within the massive moment or commits comprehensible error, anxiety, in one amongst its several guises, is extremely usually the basis cause. The precise impact of hysteria on sporting performance depends on however you interpret your world. sadly, way too several athletes settle for high levels {of Anxiety of hysteria of tension} as an inevitable a part of the entire sporting expertise and fail to achieve their potential. The aim of this study is to look at the pre and post competitive anxiety in Inter- faculty basketball players.

Material and Methods

Subjects:

The purpose of the study a group of 170 Inter-Collegiate Basketball players (boys=85 and girls=85) were selected from different colleges affiliated to Sant Gadge Baba Amravati University, Amravati through purposive sampling technique. Their age was ranged from 18 to 25 years. All subjects, after having been informed about the objective and protocol of the study.

Methodology:

Sports Competition Anxiety Test - (SCAT) An evaluation that measures the competitive anxiety levels of players (Marten et al., 1990).Martens' Sport competitive Anxiety Test (SCAT) was used to measure the anxiety level of Basketball players. The test consists of fifteen items which include 5 spurious items, 8 positive items and 2 negative items. The odd-even reliability of the test in the present study was found to be .80. The lowest possible score on this test and the highest possible score is 27. A low score indicates higher anxiety and a high score indicates low anxiety. The t-test was used to test the effect of anxiety level between pre and post completion. The significance level was determined as $p < 0.01$.

Results

Table 1. Showing the Pre-competitive and Post-competitive Anxiety of Inter- Collegiate Female Basketball Players

Group	N	Mean	Variance	t value
Pre competitive anxiety	85	25.24	4.56	39.84*
Post competitive anxiety	85	22.02	4.02	

*significant at 0.01 level

The above table-1 indicates the mean values of Pre competitive and Post competitive anxiety score of inter college female Basketball players are 25.24 and 22.02 respectively. The t-value is 39.84 which were significant at 0.01 level of confidence. Thus it indicates that there is significant difference between anxiety scores of Pre competitive and Post competitive anxiety of inter-collegiate female basketball players.

Table 2 Showing the Pre-competitive and Post-competitive Anxiety of Inter- Collegiate Male Basketball Players

Group	N	Mean	Variance	t value
Pre competitive anxiety	85	24.73	6.15	35.21*
Post competitive anxiety	85	21.07	6.57	

*significant at 0.01 level

The perusal of table-2 indicates the mean values of Pre competitive and Post competitive anxiety score of inter college male Basketball players are 24.73 and 21.07 respectively. The t-value is 35.21 which are significant at 0.01 level of confidence. Hence indicating that there was significant difference between the scores of pre competitive anxiety and post competitive anxiety of inter collegiate Basketball male players.

Discussion

The present study is mainly concerned with basketball players who participated in the high level competition. Now days, the game basketball is becoming as a professional sports rather than the competitive sport. So the competitiveness among the basketball players is growing up day by day. Most psychologists believe that the highest level of competitive anxiety will deteriorate athletes’ performance in sport (Martens, Vealey and Burton, 1990; Cox, Qiu and Liu, 1993; Weinberg and Gould, 1999; LeUnes and Nation 2002; Ortiz, 2006). On the contrary, a lower level of anxiety was found to have enhanced the performance of athletes (Martens et al., 1990; Krane and Williams, 1994). In sports, higher levels of anxiety before any competition can deteriorate performance (Hardy, 1999). According to Weinberg and Gould (1999), coaches fail to predict the accurate level of anxiety of players. According to Montgomery and Morris (1994) and Lewinsohn, Gotlib, Lewinsohn, Seeley and Allen (1998), female athletes generally exhibit higher anxiety than males because of the biological factors and their roles in the society. For example, the society can accept if females show fear, nervousness, and worry but not the males (Montgomery and Morris, 1994). According to Mahoney and Meyers (1989) and Zajonc (in Lloyd and Mayes 1999), athletes of different levels of skill show different levels of competitive anxiety. On the other hand, athletes with low levels of skill, like those whose highest achievement is taking part in school or university competitions, normally experience higher levels of competitive anxiety. Meanwhile, those athletes whose highest achievement is taking part in national or state level competitions, experienced low levels of anxiety. It is very common that low level skilled. In analysis of the pre competitive anxiety was higher than the Post competitive anxiety in inter college female basketball players. The findings supported by Evans (1983), he examined the acute response of female basketball players and anxiety to competitions. The results of the study were that Pre competitive level of anxiety in inter college basketball female players is high and Post competitive anxiety in inter college basketball female player is low. In male inter college basketball players the pre competitive level of anxiety was higher than Post competitive anxiety and findings supported by Singh (1986), he examined pre test and post test anxiety and found out that the pre competitive level of anxiety in inter college male athletic players is high and Post competitive anxiety in inter college male athletic player is low. Findings of present study also supported by Sprange (1981) compared competitive trait anxiety levels of participants in title league and neighborhood volleyball. He found that there is significant analysis Pre and Post competitive anxiety of national baseball players. Boutin (1983) examined the level and performances in NAIA inter –college basketball games. The subjects included 5 teams and 53 players. The study revealed that the pre

competitive level of anxiety in inter-college basketball players is high and post competitive anxiety in inter-college basketball players is low.

Conclusion

The analysis of the present study has certain limitations that need to be taken into account when considering the study and its contributions. Since the level of anxiety after the competition is not related to the player performance, this study merely focused on the level of anxiety pre and post competitions only. Based on the current results, it is recommended that sports psychologists, sport counselors, and coaches use the findings to design appropriate training programmes to help players acquire suitable coping strategies so as to reduce their anxiety levels and enhance their performance.

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