



EFFECT OF PRE- COMPETITIVE ANXIETY LEVEL OF HANDBALL FEMALE PLAYERS

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Introduction

Greek Philosopher Aristotle Stated “The body is the temple of the soul and to reach harmony of body ,mind and the body must be physically fit”, Physical education is a combination of two words I.e. Physical and education. Physical refers to the Physical properties including done framework and other orfere to the Physical being Education can be defined as transfer of knowledge from one individual to other.

Handball: It is considered as one of the second fastest and thrill packed game all over the world . It is a game of great Physical and psychological skills. It is being played in almost all the countries of the world.

Handball Movement In India: Sh. Jagat singh chauhan is called the father of Handball l in india . He successfully organize two all India handball seminars at Rohtak (Haryana) in 1971 , with the aim of to popularize the handball activities in the country and with his great efforts the amateur handball federation of india (A.H.F.I) was formed in 1972 states were affiliated beginning.

The first national handball championship was conducted by the Haryana state Handball l association in 1972 at Rohtak for the first time the India Handball team (men) participated in the second asian’s Handball championship held in china in (1979) The SAIN.S.N.I.S were introduced the regular diploma course in 1983-84 and organize the courses to train the high caliber coaches to promote this game throghut the country.

Sports Psychology:- It is recent but extremely important branch of modern science of sports. Sports Psychology is an area which attempts to apply psychological facts and principles to teaming, performance and associate human behavior in the whole field of sports.

Anxiety. Sports psychology is playing an important role which has made us realize the relationship of different psychological factors with competitive performance. The problem of anxiety has been considered important in all areas of human activity including Sports. To maintain the internal balance the organism must function with a certain level of anxiety always present. It is related to the bodies alarm system and provides for vigilance against disruptive forces in the environment. Fear is still higher level of anxiety can have a serious effect on sport performance. Panic is another serious level of anxiety it is the condition in which the anxiety has become so great that person losses complete control of himself and the situation. Psychologically anxiety is a very important phenomenon. Freud (1936) was the first one to define anxiety within the context of psychological theory. According to Roger (1959) “Anxiety is experienced when the individual perceives something that is threat to his Self concept.: Athlete who choke or get psyched out during athletic competition are those who can not cope with the an anxiety that is present in sports. According to Speilberger (1960) the anxiety in sports is mainly due to fear of failure. Athlete becomes too emotionally aroused before a competition they may experience excessive muscular tension they inhibit their performance rather enhance it. The tendency for track and field athletes to become anxious especially before competition has prompted by them investigator to find out as to how different situation are perceived by them.

Objectives of the Study:

1. To study the pre-competitive anxiety level of different female handball teams.
2. To compare the pre-competitive “Anxiety” level of high and low performing female in a Handball teams.
3. To compare pre- competitive “Anxiety” level of 1 and 2 position holder.
4. To compare pre- competitive “Anxiety” level of 1 and 3 position holder.
5. To compare pre- competitive “Anxiety” level of 1 and 4 position holder.
6. To compare pre- competitive “Anxiety” level of 2 and 3 position holder.
7. To compare the pre- competitive “Anxiety” level of 2 and 4 position holder.
8. To compare the pre- competitive “Anxiety” level of 3 and 4 position holder.

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

1. There exist low level of pre-competitive “Anxiety” in winner team in comparison to other.
2. There exist a significant reference between the pre-competitive “Anxiety” of high and low performing female handball team.
3. There exist a significant differences among the pre-competitive “Anxiety” of female handball team holding different position in this tournament.

Delimitation:-

1. The study is limited to pre-competitive level only.
2. The subjects of the present study has been drawn from different districts teams taking part in the senior handball state championship .
3. The study is restricted to one game handball only.
4. The study is restricted to female handball players only.

Design and Methodology

Method Used: There are several methods of collecting data in this study the variable like pre-competitive anxiety level cannot be arranged or manipulated by the researches in an artificial setting it is an ex-part facts types of study descriptive method is found to be most appropriate.

Sample:- A total of 48 female handball players served as sample for present study the sample consists of all the female handball players four female teams i.e. Bhiwani, Kaithal, Hisar and Ambala who participated in senior handball state championship.

Tools Used:- For the collecting 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 investigator has forms one to measure state anxiety and other measure trait 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 statement which ask people to respond how they feel particular movement in time.

Main Findings

1. Bhiwani 2. Kaithal 3. Hisar 4. Ambala participated in Haryana senior state handball championship Bhiwani teams out of four teams revealed most stable anxiety . Kaithal team shows stable anxiety . Hisar holding shows stable anxiety Hisar holding 3 position also have quite stable anxiety whereas the 4 position Ambala has high level of anxiety level.
2. It was found that there is significant difference in the pre-competitive anxiety of players belonging to high and low performing female handball teams.

3. It was found that 1 position holder female team was having significant most stable pre-competitive anxiety level in comparison to 2,3. and 4 position holder female handball team.
4. It was found that 2 position holder female handball team i.e. of Bhiwani was having significantly stable pre-competitive anxiety level in comparison to 3 and 4 position holder female teams.
5. It was also found that there is significant difference between anxiety level of 3 and 4 position holder female teams.
6. It was also found that there is significant difference between anxiety level of 3 and 4 position holder female teams.

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