

## **DECLARATION**

I do hereby declare that the dissertation entitled “A COMPARATIVE STUDY ON THE PRE COMPETITION ANXIETY BETWEEN MALE VOLLEYBALL AND HANDBALL PLAYERS OF LOVELY PROFESSIONAL UNIVERSITY PHAGWARA ”, submitted in partial fulfillment of the requirement for the award of the degree of M.P.Ed. is entirely my original work, and all ideas and references have been duly acknowledged. It does not contain any work that has been submitted for the award of any other degree or diploma of any university.

Signature

Sukhvir Singh

Registration No: 11503360

## **CERTIFICATE**

This is to certify that Mr Sukhvir Singh has completed dissertation titled “**A COMPARATIVE STUDY ON THE PRE COMPETITION ANXIETY BETWEEN MALE VOLLEYBALL AND HANDBALL PLAYERS OF LOVELY PROFESSIONAL UNIVERSITY PHAGWARA**” under my guidance and supervision. To the best of my knowledge, the present work is the result of his original investigation and study. No part of the dissertation has been submitted for any other degree or diploma to any other university. The dissertation is fit for submission for the partial fulfillment of the requirement for the award of M. P.Ed. degree.

**Date: -.....**

**Advisor**

**Dr. Taswinder Singh**

**Assistant Professor**

**Lovely Faculty of Physical Education**

**Lovely Professional University**

**(Jalandhar, Punjab)**

## **ACKNOWLEDGEMENT**

First and above all, I praise and acknowledge Allah, the most beneficent and the most merciful for providing me this opportunity and granted me the capability to proceed successfully. This dissertation appears in its current form due to the assistance and guidance of several people. I would therefore like to offer my sincere thanks to all of them.

I find it as a privilege to express my profound gratitude, deep regards and sincere thanks to my esteemed and worthy guide and advisor Dr. Taswinder Singh, Assistant Professor, Lovely Faculty of Physical Education, Lovely Professional University, for her exemplary guidance, vital suggestions, constructive criticism, continuous encouragement and constant supervision throughout the work. The blessing, help and guidance given by her time to time shall carry me a long way in the journey of life on which I am about to embark.

I am highly indebted to all the faculty members, library staff and other people belonging to Lovely Faculty of Education for their cordial support, valuable information and guidance, which helped me in completing this task through various stages.

My heartfelt gratitude goes to my parents for their assistance, constant inspiration, encouragement and blessings which played a pivotal role for my higher academic pursuits.

I am very grateful to all my friends who supported, assisted and encouraged me in every possible way throughout the research work. Last but not the least, I express my gratefulness to all those people who have selflessly stood by me whenever I needed.

Everyone can't be mentioned but none is forgotten...

Dated:

Sukhvir Singh

## **ABSTRACT**

*In the present scenario of competitive world of sports, it is not only physical differentials which matter but the psychological makeup of an individual is also of paramount considerations as it plays decisive role in the performance of the competitors. Sport psychology is concerned with psychological factors that influence participation and performance in sports. Sport psychology is a division of psychology aimed at better preparing the mind of an athlete for competition. Sports psychologists study motivation, personality, anxiety, group dynamics, leadership, mental imagery, self-concept, aggression, and many other dimensions of participation in sports and games. It is well established by now that there are numerous psychological factors which effect and improve the sports performance. Sports psychologists, coaches and physical educators teach sports psychology and work with athletes to improve performance and enhance the quality of the sports and games. So, the objectives of the present study were, to explore the level of pre competition anxiety between male volley ball and hand ball players of LPU Phagwara and to find out difference on pre competition anxiety between male volley ball and hand ball players of Lovely Professional University Phagwara. The hypothesis was framed as: there exists no significant difference on pre competition anxiety between volley ball and hand ball players of Lovely Professional University Phagwara. The study was descriptive in nature and convenience sampling technique was used to collect the data. In this study 30 sports persons were recruited, among them 15 were volley ball players and 15 were handball players. The results of the study were: About 26.67% male volley ball players of Lovely Professional University Phagwara have low pre competition anxiety, 53.33% have average pre competition anxiety and 20% have high level of pre competition anxiety and About 20% male hand ball players of Lovely Professional University Phagwara have low pre competition anxiety, 46.67% have average pre competition anxiety and 33.33% have high level of pre competition anxiety further, no significant difference was found between male volley ball and handball players of Lovely Professional University Phagwara on pre competition anxiety. The study suggests that Government should provide coaches for all players in different games which could enhance their skills.*

**Keywords: Pre competition Anxiety, Volley ball and Hand ball players.**

## TABLE OF CONTENT

Chapter No.	DESCRIPTION	Page No.
	<i>Declaration</i>	I
	<i>Certificate</i>	ii
	<i>Acknowledgement</i>	iii
	<i>Abstract</i>	iv
	<i>Table of contents</i>	v-vi
	<i>List of Figures</i>	vii
	<i>List of Tables</i>	xiii
<b>Chapter I</b>	<b>INTRODUCTION</b>	<b>1-10</b>
<b>I.1</b>	Introduction of the problem	1-8
<b>I.2</b>	Significance of the problem	8
<b>I.4</b>	Objective of the study	8
<b>I.5</b>	Hypotheses	9
<b>1.6</b>	Delimitation of the study	9
<b>I.7</b>	Operational definition of the terms	10
<b>Chapter-II</b>	<b>REVIEW OF LITERATURE</b>	11-15
<b>Chapter-III</b>	<b>METHODOLOGY</b>	16
<b>3.1</b>	Research Method	16
<b>3.2</b>	Design of study	16
<b>3.3</b>	Sampling	16
<b>3.4</b>	Tools of data collection	16
<b>3.5</b>	Statistical techniques	16
<b>Chapter-III</b>	<b>ANALYSIS AND INTERPRETATION</b>	17-32
4.1	<b>Results pertaining to level of pre competition anxiety among male volley ball and hand ball players of Lovely Professional University Phagwara.</b>	17
4.1.1	Level of pre competition anxiety among male volley ball players of Lovely Professional University Phagwara.	17-18

4.1.2	Levels of pre competition anxiety among male hand ball players of Lovely Professional University Phagwara.	19-20
4.2	<b>Results pertaining to difference of pre competition anxiety among male volley ball and hand ball players.</b>	22
4.2.1	Difference in pre competition anxiety between male volley ball and hand ball players.	22
<b>Chapter-V</b>	<b>SUMMARY, SUGGESTIONS AND RECOMMENDATIONS</b>	
<b>5.1</b>	Summary	35
<b>5.2</b>	Suggestions	36
<b>5.3</b>	Recommendations	37
	<b>Bibliography</b>	

## LIST OF TABLE

<b>Table no</b>	<b>TITTLE</b>	<b>Page No</b>
4.1.1	Level of pre competition anxiety among male volley ball players of Lovely Professional University Phagwara.	17
4.1.2	Levels of pre competition anxiety among male hand ball players of Lovely Professional University Phagwara.	18
4.2.1	Difference in pre competition anxiety between male volley ball and hand ball players.	19

## LIST OF FIGURES

Figure No	Title	Page No
4.1.1	Bar graph showing level of pre competition anxiety among male volley ball players of Lovely Professional University Phagwara.	17
4.1.2	Bar graph showing level of pre competition anxiety among male handball players of Lovely Professional University Phagwara.	19
4.2.1	Bar graph showing difference of pre competition between male volley ball and hand ball players.	20



**A COMPARATIVE STUDY ON THE PRE COMPETITION ANXIETY BETWEEN  
MALE VOLLEYBALL AND HANDBALL PLAYERS OF LPU PHAGWARA**

A Research thesis Submitted to the

Department of Physical Education

In partial fulfillment of the requirement for the award of degree of

Master of Physical Education

Sukhvir Singh

Dr. Taswinder Singh

Regd. No :



Lovely Professional University

Phagwara, Punjab (India)

2017

## INTRODUCTION

In this present scenario's competitive sports world, physical differences now not only matters but the psychological setup of an person is likewise of dominant considerations because it acts critical role within the sports activities performance of the sports activities competition. In bodily education Sport psychology is linked with mental elements that at once have an effect on on participation and sports activities overall performance in sports activities field. In psychology, recreation psychology is subset of psychology which meant at advanced getting ready the mind of an athlete for the sports opposition.

Sports psychologists examine persona, attitudes, encouragement, organization dynamics, motivation, tension, mental imagery, management, aggression, self-idea, and numerous other components of contribution in video games and sports activities. It is properly documented by now that there are various mental impacts which can have an effect on and expand the sports activities and games presentation. Sports psychologists, physical educators and coaches educate sports activities psychology and occupation with athletes to get better success and improve the superiority of the sports activities and video games.

The main subject which was labeled as physical Education which is painstaking to be a fundamental component of instructive procedure has become an inclusive discipline in education itself. The content of information of physical education has been extracted from diverse non medical and medical disciplines such as Psychology, kinanthropology, Anatomy, Physiology, sociology, measurement and evaluation, Biomechanics, Philosophy, History, Research methodology etc.. It has very enormous boundaries. The key center of physical education is to care for healthiness and fitness of general population with a purpose of mass contribution in sports. There are several presentation factors; however, bodily fitness is painstaking to be leading factors of all others. Ever since the beginning of contemporary Olympics, the sports education has become extremely aggressive activity. Every country is demanding its best to control other countries through sports. In present study sports or in high performance events, Athletes are exhibiting restraint of winning and flouting more presentation barriers It seems as if dispersion points has arrived. Therefore the countries are penetrating and developing new technologies to assemble the aggressive troubles inside the global of sports activities. It is supposed that prospect

proceedings will be recognized by exploring psychological powers to break the challenges of bodily fitness.

In recent years, the field of applied sports psychology has full-fledged enormously as manifest by the figure of coaches, physical educators, physical administrators and athletes now seeking to sports activities education for a competitive boundary. These individuals have bowed to unique psychological coaching programmes to have a look at, amongst supplementary matters, conduct to deal with aggressive stress, develop self assurance, manage concentration, team concord and growth communication abilities. The cause of psychological application is to examine whenever to generate the ideal mental weather that unleashes the ones bodily competencies that allow athletes to provide at their best. From past two decades, the sports psychologists have concerned in psychological and physical issues and they have extended their hard work to comprise illness and physical health problems. This expansion is definitely significant, since physical health and mental health frequently go hand to hand. Rushall (1989) has quoted, "Psychology is the key to athletic excellence". For example, when technical, physical, and mental willingness of Olympic athletes was measured; only psychological willingness notably predicted Olympic success.

The researchers of different fields focused on competitive sports in categorize to analyze the likelihood to identify the diverse mental variables which stand winning it. Sports psychologists are examining to classify such attributes which contribute to competitive achievement and also the behavioral patterns which outcome from preparation and contribution in one games movement or the other. In the current milieu, a person is certainly also predisposed by collective forces which influence the performance of sports. Hence, the determinants of psychology are important in the study of human presentation in any sports ground; as presentation is the consequence of these detailed characteristics.

## **PRE COMPETITION ANXIETY**

Performance is the first-rate of competencies has come to be extra pertinent in today's sports and games, because of the vast exposure. Sports and games are at the pinnacle in their repute all around the global, reducing throughout the regulations of richness or nationality, race, poverty or religion and culture. In order to preserve the spectacular ability of the enthusiasts and additionally to uphold a towering function within the international area, it's miles substantial to

execute better. Self-warranty, physically effective, humbleness to just accept beat and occurrence are the high-quality strategies to counteract the have an effect on of tension. Competitive Anxiety is not an infection that a competitor can dispose of, as soon as and for all. It has to be used as an inoculation to develop performance, to accomplish honorable glory.

Anxiety can be classify in two aspects; state anxiety and trait anxiety. State anxiety is situational stress caused with the aid of situations inside the opposition. A sportsperson's autonomic anxious system is aroused on this. That is the ordinary reaction of any man or girls. On the opposite way, trait tension may be keep in mind of as a international view that a person makes use of after handling strain. In games and sports activities activities, individuals who're nation annoying and espresso on the trait anxiety in difficult situations, often supply accurate presentation constantly. Whereas, players who have advanced tiers of trait anxiety, introduced with the kingdom tension, normally tend to execute under universal overall performance.

The capability to treaty with anxiety is a crucial thing of sports activities practise. Natives, who're talented to overcome their anxiety, execute tons stronger than some of the strongest contenders of the game. Games and Sports convey out the great attributes in each person. Every college of the man or women, whether or not mental or physical, is prolonged to its confines even as gambling an aggressive sport. In modern day Google world, the standard of all athletic opposition has multiplied substantially. Elite players are ruling it increasingly more complex to preserve their supremacy of their particular recreation. The psychological country of sports players plays a key function in performance. Anxiety units in when a person begins to distrust his or her ability to agreement with the occasions which builds strain. Reasonably, it isn't always the potential that decides your presentation; it basically relies upon at the way you covenant with the downs and ups of the game.

There is continuously a pre-established location of anxiety in a participant, earlier than the start of any recreation. But when this anxiety is at the greatest degree, it can direct to a significantly precise overall performance. If the anxiety degree falls beneath this vicinity of hysteria, it is able to unfavorably have an effect on the overall performance. Competitive anxiety has been defined because the predisposition to perceive opposition situations with feeling of apprehension or anxiety. It is a normal incident. No person is liberated from fear and anxiety. It is common to scrutinize an athlete who whichever is not capable to do something because of fear. The concept

'Fear' here implies to a rational appraisal of a real threatening situation and the term anxiety confines an abnormal hesitation of such a condition. Well skilled sportsperson is fewer exaggerated by emotionally affecting stimuli as compared to a regular sportsperson. During contest, the sportsmen are by and large afraid to some amount which ultimately affects their competitive performance.

The competitive anxiety is a negative emotional state that is developed when an individual feels powerless to manage with competitive difficulty. These subjective perceptions lead to failure or loss of self-esteem among sports persons. The raise of mental stress in sports competition can reason for sports player to react both physiologically and psychologically in a way that can unconstructively affect their sports achievement. This may become anxious, quicker heartbeat, cold sweat; they agonize about their presentation in their competition and they find it hard to contemplate on their games. Such situation clearly indicates towards anxiety, which is often faced by the sports players during the sports competition. Anxiety among players is created by the fear of collapse in a sports competition. Sports persons are not only fearful of losing the game or achieving less point than usual, but not doing as well as they have predictable too. Psychologically, anxiety is a very vital phenomenon. Different Psychologists articulated their beliefs about anxiety in diverse ways;

Freud (1936), "Anxiety is something felt, unpleasant effects of state or condition". This condition is characterized by all that is covered by the word nervous anxious expectation and many discharge phenomena.

Spilberger (1966) Anxiety is a perception that exist an individual's nature. It comes under frustrating circumstances. The excess tension may additionally effect in bizarre functions for the sports people. Everyone feels various tension and physiological components play very vital function in this case. Levitt (1967) considered that in athletics performance almost every problem of human attempt is attention to be affected somehow with the aid of tension. Frost (1971) Anxiety is nervousness and feeling of foreboding whilst an character is ready to embark on a risky assignment, it's miles regularly accompanied by using robust preference to excel.

Link (1993) Anxiety starts off evolved progressively and increases step by step. In case it cannot to be constrained, it rises and irritates the sports people. The principal phenomena of tension are

smoking, enterprise tour, alcohol, failure, overweight, inappropriate physical facade. Anxiety effects can be being worn-out, bone pains, nervous, headache, terrible slumbering, hesitations, forgetting, hypochondriacs and so forth.

Terry and Slade (1995) examined of anxiety within the daily games and sports activities literature shows that tension is a multi-dimensional concept which entails both cognitive and somatic components; cognitive anxiety has an terrible courting with overall performance such that an increase in unreasonable thoughts related to anxiety will diminish performance while somatic anxiety has an inverted dating with sports activities overall performance such that an finest point of hysteria improves sports activities overall performance whilst an excessive amount of tension will lessen sports overall performance.

Taylor (1996) analyzed the significance of conceptualization of tension as depth because performers may also misinterpret the phrases anxiety, arousal or nervousness. Similarly, troubles may be produced for athletes by means of each under depth and over intensity; consequently, every athlete wants to extend the functionality to discover and preserve their leader intensity stage this is finest to sports activities performance. Therefore, it's far summarized from above considerations and definitions that an anxiety earlier than or in the course of competitions can hinder one's sports activities overall performance. The harmonized progress requisite by means of athletic schedules/activities will become increasingly more complicated whilst one's body is in a nerve-racking kingdom. A certain degree of bodily arousal is useful and prepares us for contest. But whilst the bodily signs of anxiety are too high, they may dangerously hinder with athlete's capacity to compete. Correspondingly, a specific amount of agonize about how to perform in competition, however harsh cognitive signs of nervousness which includes poor contemplation patterns and outlook of failure can deliver about a self-pleasant forecast. If there is a significant difference between how one performs in the course of practice and how someone performs for the duration of competitions, anxiety may be demanding their sports activities performance.

### **Volleyball Players**

Now-a-days, games and sport has become enlightening occurrence of great magnitude and complication. Its range is awesome; nearly every person has become implicated in some or other

way in it. It has got mass involvement. Different research studies examined by researchers in sports and physical education have emphasized the significance of investigating the detailed structures, co-related with the different games and sports activities, for the collection and growth of capacity in sports education and for better sports performance at different levels of sports competition. There are many factors which are accountable for the presentation of a sportsperson. These are technical physical, mental, and tactical. Amongst them, physical capabilities are most vital. Sports performance also depends on training, skills, motivation, psychological and physiological factors. The reduced performance of Indian sportspersons at the international competition has been of enormous concern, particularly to the physical educationists, coaches and sports scientists. Efforts have been prepared to recover the standards of our athlete since long; though, little achievement has so far been achieved in this reverence. Volleyball game is one of the most prevalently played games in the world. It is the game of command quickness as well as velocity. Bodily fitness is of dominant significance in this game. Hence, the fitness related components play a crucial role in the presentation of the sports players.

Volleyball is a fixed recreation wherein companies of six gamers are separated via a net. Each institution attempts to score points via grounding a ball at the possibility team's court below organized hints. It has been part of the valid software program of the Summer Olympic Games because of the fact 1964. The entire policies are big. But honestly, play proceeds as follows: a participant on one of the agencies begins a 'rally' thru serving the ball (tossing or releasing it and then hitting it with a hand or arm), from within the decrease lower back of the returned boundary line of the court, over the net, and into the receiving organization's courtroom. The receiving organization need to no longer permit the ball be grounded inside their courtroom. The group may also furthermore touch the ball up to a few instances however person players may not touch the ball instances consecutively. Typically, the primary touches are used to installation for an assault, an attempt to direct the ball yet again over the net in taken into consideration one in every of this way that the serving organization is unable to save you it from being grounded in their court. The rally continues, with each group allowed as many as 3 consecutive touches, until every (1): a group makes a kill, grounding the ball on the opponent's court docket docket and triumphing the rally; or (2): a team commits a fault and loses the rally. The business enterprise that wins the rally is furnished a factor, and serves the ball to begin the following rally. A few of the most not unusual faults embody:

- Causing the ball to touch the ground or floor outdoor the fighters' courtroom docket or without first passing over the internet.
- catching and throwing the ball;
- double hit: consecutive contacts with the ball made through the same participant;
- four consecutive contacts with the ball made via manner of the identical corporation;
- net foul: touching the internet during play;
- Foot fault: the foot crosses over the boundary line while serving.

### **1.3 Handball Players**

The handball has evolved over an era of time and the design of game seems to have undergone a substantial change. A game, fairly related to the Handball has been mentioned in the Greek epic entitled “The Odyssey”. Not only the Greeks, but even the Romans knew a sport similar to it. A Roman Doctor by name Claudius Galenus (130-200AD) makes a orientation to it. This apart, Rabelais (1494- 1533) makes an orientation to a game comparable to Handball being played in France.

The subsection above makes an orientation to the earliest history of the handball. But, the actual verification to the Handball game seems to be from Holger Nielsen of Denmark. He constructed rules and noticeable an initial point for this game. The regulations that were finalized in 1897 shaped the foundation of the present day regulations. In the year 1928 a fashionable sports organization for Handball game was developed which was then replaced by the International Handball Federation (IHF) in 1946. The game evidenced a leap with its addition in the 1936 Olympic Games held in Berlin. The Olympic championship was intimately followed by the first Handball World Championships held in 1938. Since, the game did not have its own field stipulation in the commencement, it was played on football grounds and each team held eleven players. Handball indoors came into being in the 1960s. The present day format and rules of Handball emerged and was first introduced during the 1972 Olympics for men and during 1976 for women<sup>11</sup>. Of late, the world university Handball championship held in 2006 in Poland incorporated both men’s and women’s tournaments.



The Handball game has gained a vast popularity all over the world. The European nations represent the best Handball teams with the eastern and western European nations striving to hold the competition titles. The western European nations of Germany, Sweden and France have a very strong national Handball teams while the nations like Spain, France and Germany hold the popular Handball leagues in the world.

Handball game entered India in 1971. The first National eleven-a-side Handball Championship (Men) was held at Rohtak (Haryana). Seven-a-side Handball started in India in 1976 following the latest rules of the game. India toured China in 1979 and Germany in 1982. Indian team participated in the Asian Games in 1982. At present, India is an upcoming country in Handball and had been participating regularly. Indian Handball Federation has been organizing National level competition in Juniors and Seniors for both men and women. Handball is a game which demands high standard of physical fitness and mastery of techniques and excellent coordination

Handball has become one of the popular sports in the world and is known for its speed. This game is also a part of Olympic Sport. The simple rules of game, minimal ground and equipment facilities and the speed of game itself along with the scope for players to exhibit their exclusive skills makes it a popular game among even the schools and educational institutions. An effective handball players needs to possess several physical and mental abilities such as high-speed action, neuro muscular coordination, explosive jumping and hand power with proper aiming at goal. Additional abilities like explosive power of arms and legs, sprint velocity and kinesthetic feeling in ball control add to the playing efficacy. These physical activities, most crucial for playing Handball, are considered anaerobic mainly because of the speed at which the game is played. In the recent days, a Handball player is required to possess the longitudinal dimensions like stature, arm span, hand span and length.

The Handball players are allowed to handle and throw the ball the usage of their palms, but they ought to no longer contact the ball with their feet. The goal of the sport is to score their desires and keep away from opponent getting desires. The team that rankings extra goals in a given period of time wins the match. The recreation is played at a high velocity and frame contact is allowed. The key attraction for audience to this game is its holding excitement until the final minute of the game because of the continuous scoring of goals by the teams. Though handball is

played in indoors, playing it outdoor also exists and the game can be adapted according to the facilities available.

### **1.3 Handball Players**

The handball played today has evolved over a period of time and the format of game seems to have undergone a considerable change. A game, somewhat similar to the Handball has been mentioned in the Greek epic entitled “The Odyssey”. Not only the Greeks, but even the Romans knew a sport similar to it. A Roman Doctor by name Claudius Galenus (130-200AD), makes a reference to it. This apart, Rabelais (1494- 1533) makes a reference to a game similar to Handball being played in France.

The paragraph above makes a reference to the ancient history of the game. But, the concrete evidence to the Handball game seems to be from Holger Nielsen of Denmark. He formulated the rules and marked a starting point for game. The rules that were finalized in 1897 formed the basis of the present day rules. In the year 1928 an exclusive sports institution for Handball game was started which was then replaced by the International Handball Federation (IHF) in 1946. The game evidenced a leap with its inclusion in the 1936 Olympic Games held in Berlin. The Olympic championship was closely followed by the first Handball World Championships held in 1938. Since, the game did not have its own field specifications in the beginning, it was played on football grounds and each team held eleven players (unlike the present 6 players). Playing Handball indoors came into being in the 1960s. The present day format and rules of Handball emerged and was first introduced during the 1972 Olympics for men and during 1976 for women. Of late, the world university Handball championship held in 2006 in Poland included both men’s and women’s tournaments.

The Handball game has gained a vast popularity all over the world. The European nations represent the best Handball teams with the eastern and western European nations striving to hold the competition titles. The western European nations of Germany, Sweden and France have a very strong national Handball teams while the nations like Spain, France and Germany hold the popular Handball leagues in the world.

The Handball game entered India in 1971. The first National eleven-a-side Handball Championship (Men) was held at Rohtak (Haryana). Seven-a-side Handball started in India in

1976 following the latest rules of the game. India toured China in 1979 and Germany in 1982. Indian team participated in the Asian Games in 1982. At present, India is an upcoming country in Handball and had been participating regularly. Indian Handball Federation has been organizing National level competition in juniors and seniors for both men and women. Handball is a game which demands high standard of physical fitness and mastery of techniques and excellent coordination

Handball has become one of the popular sports in the world and is known for its speed. This game is also a part of Olympic Sport. The simple rules of game, minimal ground and equipment facilities and the speed of game itself along with the scope for players to exhibit their exclusive skills makes it a popular game among even the schools and educational institutions. An effective handball players needs to possess several physical and mental abilities such as high-speed action, neuro muscular coordination, explosive jumping and hand power with proper aiming at goal. Additional abilities like explosive power of arms and legs, add to the playing efficacy. These physical activities, most crucial for playing Handball, are considered anaerobic mainly because of the speed at which the game is played. In the recent days, a Handball player is required to possess the longitudinal dimensions like stature, arm span, hand span and length.

The Handball gamers are allowed to address and throw the ball the use of their palms, but they ought to now not contact the ball with their feet. The goal of the sport is to attain their dreams and keep away from opponent getting goals. The team that rankings greater desires in a given period of time wins the healthy. The recreation is played at a high velocity and body touch is permitted. The key attraction for audience to this game is its holding excitement until the final minute of the game because of the continuous scoring of goals by the teams. Though handball is played in indoors, playing it outdoor also exists and the game can be adapted according to the facilities available.

#### **1.4 STATEMENT OF THE PROBLEM**

The problem has been stated as follows, “A COMPARATIVE STUDY ON THE PRE COMPETITION ANXIETY BETWEEN MALE VOLLEYBALL AND HANDBALL PLAYERS OF LPU PHAGWARA”.

#### **1.5 OPERATIONAL DEFINITION OF TERMS**

**Player**

Player means to the individual who participates in any organized sports competitions at different levels.

**Anxiety**

Anxiety refers to the feeling of foreboding when a sports person is about to embark on a hazardous venture, it is often accompanied by strong desire to excel.

**Competitive Anxiety**

Competitive anxiety operationalized as perceive competitive situations with feeling of tension or apprehension.

**Volley ball**

Volley ball refers in which there are two teams, usually of six players, in which a large ball is hit by hand over a high net, the aim being to score points by making the ball reach the ground on the opponent's side of the court.

**Handball**

It is a fast and exciting game played by two teams of seven players who pass, throw and dribble the ball.

**1.6 SIGNIFICANCE OF THE STUDY**

Modern research has been geared to focus on athletes to undergo homes of strenuous training. Every day, to excel and to outdoor, athletes taking part in the same event and competition having merely the same potential and to learn coping techniques for optimum performance is highly demanding sports situations.

Anxiety recognized as sports psychological issue. It plays both a positive and negative role in the sports performance. It may be conceived as a state of cognitive disintegration. It entails the disruption of a person's sense of personal identify. So, it may be referred to as a formal property of a wide variety of reactions to a threatened situation. Anxiety results when the individual's ego needs are threatened Freud (1961) also indicated that the ego is the only seat of anxiety. Ego is both conscious and unconscious, and controls motor as well as mental operations. But the extent to which the ego of a person is able to play its role effectively depends very much on the strength of his ego. In fact ego strength is an important factor determining the capacity of an individual to perceive a challenging situation realistically to decide the course of action rationally and to execute the response effectively. An accurate self picture should include all the

significant self-related perceptions even if they are in consistent and unfavorable, when the ego (strength) is forced to acknowledge its weakness, it breaks out into Anxiety. The previous studies related to competitive anxiety of sports person have been conducted in relation to academic achievement, self-efficacy, stress etc. But the present study explored the pre competition anxiety of volley ball and handball players. Therefore, the present study is an attempt on the part of investigator to fill the existing research gap. Keeping all the points in mind the investigator resolved to undertake the present study.

### **1.7 OBJECTIVES**

1. To explore the level of pre competition anxiety between male volley ball and hand ball players of LPU Phagwara.
2. To find out difference on pre competition anxiety between male volley ball and hand ball players of LPU Phagwara.

### **1.8 HYPOTHESES**

1. There exists no significant difference on pre competition anxiety between volley ball and hand ball players of LPU Phagwara.

## **CHAPTER-II**

### **REVIEW OF LITERATURE**

The review of related literature acts as a guideline for identifying the general trend in the research work already done in the concerned field or area. The review also helps the investigator in formulating the problem and in providing direction to the research undertaken. The present investigator has made sincere attempts to conduct a comprehensive and thorough survey of the related literature with respect to the variables under investigation. It is also necessary to acquaint oneself with the results of the research which helps the investigator to formulate his/her objectives and hypotheses.

#### **Competition Anxiety**

Husman (1954) examined the analysis of wrestlers, aggression in boxers, and cross-country runners. The result suggests the tension stages often exchange when put up-opposition and pre-competition measures are associated; a few studies research in this subject matter endorse that, as a minimum in wrestlers, extraordinarily strong measures are discovered previous to competition. The result shows that there are insignificant variations in put up-in shape and pre-suit anxiety in a group of university wrestlers.

Matarazzo et.al (1956) examined the pursuit motor performance and anxiety level. The result indicates there's relationship of overall performance to tension of each a simple and complicated nature have been demonstrated in research of motor tests and verbal assessments. The subjects falling inside the center quantities of a tension scale finished satisfactory on a small maze assignment, even as those scoring at each extremes evidenced inferior performance.

Langer et.al (1963) investigated a research on Getting to without a doubt know your gamers. They assessed college basketball group on some of the mental parameters gift between athletes in aggressive situations. They used a Taylor Manifest Anxiety Scale to assess the anxiety stages of the crew. The result suggests the performance of sports activities men and women with very high stages of anxiety changed into bad. They additionally finish that sportspersons who scored extraordinarily low in anxiety did now not carry out properly both, perhaps due to loss of dedication. The results of Langer's and Nelson research support the end result of an earlier have a look at on the results of anxiety on mastering.

Hutson (1966) examined the correlation between learning of skill and level of anxiety in beginning horseback riding. Parallel Anxiety Battery was used to measure the anxiety in six

women joined in beginning riding class. The result indicates that the students increased in skill, their anxiety level lean towards to decrease.

Griffen (1972) examined the trait anxiety and state anxiety experience in sports competition by women at various age groups. State anxiety of women engaged in competitive sports differ among sports. The state anxiety of women engaged in competitive sports decrease with age. The effects of age upon state anxiety are not consistent in all sports or the effects of sports upon state anxiety for varying age levels. Trait anxiety levels of women engaged in competitive sports differ between sports and the effects of age upon trait anxiety are not consistent in all sports or the effects of sports upon trait anxiety consistent for varying age levels. Trait anxiety levels of women engaged in competitive sports are significantly different at three age levels.

Novaczyk's (1977) examined a research for comparing state and trait anxiety levels among 3 partitions of youth ice hockey participants and comparing the trait anxiety among non-athletes and athletes. The respondents of the study is 103 of eight and ninth class athletes. The state anxiety inventory and sports competition anxiety test was used to collect data from respondents. Respondents were given tests into two sessions like before and after rehearsal sessions. There was significant differences between competitive situation and among post-test and pre-test situations.

Deshai and Gerson (1978) examined the observe performance and aggressive trait anxiety as predictors of pre-competitive kingdom anxiety. In this have a look at they studied batting averages of woman varsity softball gamers taking part in a national event and located that, certainly, better pre-competitive state anxiety turned into associated with a decrease batting common. Perhaps the expectation of acting poorly does in truth cause low overall performance.

Genuchi and Weinbreg (1980) examined the association among state tension, golfing performance and competitive trait tension. They tested the overall overall performance of golfers, as golfing is a game that requires coordination, precision and the combination of extraordinary muscle motion. It is an in particular appropriate venue for observe the consequences of tension diploma at the athletic overall performance. Excessive tiers of anxiety may intervene with the execution of golfing responses that should arise inside a exceptionally slender variety of know-how. It additionally located that the golfers with excessive tension trait levels have been much more likely than golfers low in trait to revel in extended kingdom tension

on days first and of a collegiate match. Moreover end result indicates that robust expectancies of terrible overall performance and excessive stages of country anxiety had been associated with how well golfers did in the event. Better overall performance becomes related to poorer overall performance and occasional anxiety was related to high anxiety.

Conklin et al. (1987) examined the competitive trait anxiety among boys and girls secondary school athletes. There are 120 respondents which contain sixty boys and sixty girls of secondary school athletes. High competitive trait anxiety athletes conveyed more frequent evaluation and performance worries and more anticipated negative feelings when playing poorly than low competitive trait anxiety. These groups did not differ on perceived importance of success in sport, in satisfaction with sport experiences, or perceptions of their success/failure in sports. Boys and girls differ significantly in only team performance expectancies.

Horn and Bird (1990) tested the mental errors and cognitive tension in sports activities. They examine the relationship among degree of mental mistakes and degree of cognitive anxiety in a recreation setting. The dimensions of somatic anxiety, self assurance and cognitive anxiety were assessed with the aid of administering aggressive states anxiety stock-2 developed by using (Martens et al. 1978). Analysis of variance yielded a unmarried full-size foremost impact which indicated that the two mental-errors businesses differed in cognitive tension.

Gill and Davids (1995) examined a examine on multidimensional kingdom tension previous two distinct levels of sport competition. The facts accumulated from 120 respondents out of which sixty boys and sixty ladies from junior excessive faculty athletes within the age institution of 12 to fifteen years. The motive of the observe was to duplicate the concern of failure and fear of assessment portions of Passer's (1983) observe, however with more heterogeneous samples. These groups did no longer fluctuate on perceived importance of success in sports, pride with recreation de-experiences, or perceptions in their fulfillment/ failure in recreation. Males and ladies differed drastically simplest in crew overall performance studies.

Frank et al (2000) Examined a examine on predicting tension in aggressive sports activities and to examine the relationship among competitive anxiety and attitudes in the direction of prevailing turned into explored in 59 undergraduate college students competing on 4 distinct New Jersey primarily based, NCAA Division 3 sports groups. The multiple regression evaluation suggests, cognitive anxiety turned into predicted drastically simplest by means of self-



self assurance, whilst somatic tension was anticipated substantially through self-confidence and the rated significance of the competition.

Singh (2002) investigated a comparative take a look at of Psychological variables of athletes of Individual and group sports activities. He achieved an research on athletes from decided on disciplines of sports activities at the dependent variable Aggression, Cohesion, Anxiety and motivation in terms of the unbiased variable of individual and crew spots. There are a hundred and sixty five respondents (Fourty five from individual sports activities and 100 twenty from group sports). There exists insignificant variations were found some of the athletes of character and group sports in either 'Trait or State' Anxiety.

Pannier et al (2006) examined the size of competitive tension during balance beam overall performance in gymnasts. The main intention of the have a look at changed into to analyze aggressive anxiety during stability beam performance in gymnasts. Competitive anxieties became assessed continuously with the aid of coronary heart price tracking and by retrospective self-file of anxiety in 8 female country wide stage gymnasts at some stage in their stability beam habitual throughout one opposition and schooling periods. There exists vast poor correlation most of the score of the retrospective self report of nervousness and overall performance in the course of the ordinary. There is insignificant differences in overall performance score by way of the judges between the three check classes. There is also insignificance variations in the retrospective self-document of anxiousness. However, heart price changed into appreciably better throughout the competition session than at some stage in the training sessions. The ability fee of the retrospective document of anxiousness for the take a look at of critical occasions at some stage in gymnastic overall performance is illustrated.

Polmanet al (2010) tested the subjective overall performance, pre-aggressive anxiety, and coping self-efficacy and among athletes. The predominant reason of the have a look at turned into to explore the relationships among (1) pre-aggressive anxiety and coping self-efficacy,(2) subjective overall performance and pre-aggressive anxiety and (3) subjective overall performance and coping self-efficacy. There are three hundred seven athletes which contains hundred two males and fifty five ladies elderly sixteen-34 years, who competed at global/country wide (n = 18), county (n = Fifty 4), college/membership (n = a hundred thirty nine), and newbie (n = ninety six) level. All contest ants completed a degree of anxiety and coping self-efficacy before a aggressive event and a subjective overall performance measure after competing. The

result suggests that there was a enormous and superb courting amongst subjective overall performance and coping self-efficacy. Negative relationships among each somatic, coping self-efficacy and cognitive tension have been also determined. So cognitive and somatic anxiety did not predict subjective performance.

### **Volleyball Players**

Gourav & Singh (2010) examined the post-competitive anxiety and pre-competitive anxiety in volleyball players. The sample consists one hundred seventy volleyball players out of which male eighty five and female eighty five were collected from different colleges affiliated to Guru Nanak Dev University, Amritsar, and Punjab, India by the use of purposive sampling technique. Their age was ranged from 18 to 25 years. Data were together from athletes using a Sports Competitive Anxiety Test. The t-test was used to test the effect of anxiety level between pre and post completion. The result shows that there was significant difference in 0.01 level of significance of post-competitive anxiety and pre-competitive anxiety between the male and female volleyball players.

Kerketta, I. (2015) investigated the sports competition anxiety among soccer and volleyball male players. The sample of the for this study was sixty male were thirty from Soccer and thirty volleyball male players and age ranged from 18 to 25 years. The sample was selected by purposive sampling technique selected. The Sports Competitive Anxiety questionnaire developed by Martin (1990) was used. Result shows that there is insignificant difference among soccer male players and volleyball male players and in their Sports competition anxiety.

Buvanendiran (2013) investigated the pre-competition sports anxiety between Volleyball and Handball players. The sample of the study was thirty players. The sample consisted fifteen volley ball players and fifteen hand ball players between the ages range of 17 to 19 years. The “t” test was used to find out the difference among pre-competition sports anxiety between Volleyball and Handball players. The result indicates the significant difference among Volleyball and Handball players on pre-competitive sports anxiety.

Goswami and Mukesh (2017) examined the level of anxiety between female and male national level Volleyball players. Sports Competition Anxiety test standardized by Martens was used on thirty national level (fifteen female and fifteen male) Volleyball players. The age of the respondents ranged between 19 to 22 years. The aim of the study was to compare the level of Anxiety among female and male and national level Volleyball players. t-test was used to find out

the difference. The t-test indicated that there was insignificant difference between female and male national level volleyball players in relative to sports competition anxiety.

### **Handball Players**

Jeffreys, et.al. (2013) studied the jumping, speed and strength abilities in twenty nine male and twenty nine female junior elite Handball players and second to compare to Under-sixteen players and under- eighteen in the selected bounds. The players were chosen by the Norwegian Handball Federation, and all were tested in strength with squat and bench press, speed with 10m, and 30m repeated sprint ability, and jumping abilities. Anthropometric qualities were also measured. Independent t-tests were employed to find out possible mean differences between the under-18 and under16 years players within each sex. The study found no significant differences in anthropometry were observed between the under 18 and under16 years players within both sex. In addition, they did not watch any significant between group differences among the male hand players in any of the tested performance parameters. On common, nonetheless, the under 16 male players performed better in all the tests compared with in the under 18 male players. In the same way, they did not discover any significant differences in test performances between under 18 female players and under 16 female players.

Hatzimanouil, et al (2009) investigated the performance on agility, flexibility and velocity, or a typical physical education program was examined in participants and after 6 months of specific handball training. Who engaged in three sessions per week including fast breaks, ball handling exercises, some defensive skills and explosive jump shots. The result shows that there were significant differences between the two groups on, flexibility, agility and velocity with differences favoring the Handball group.

## **CHAPTER-III**

### **RESEACH METHODOLOGY**

Research methodology is a detailed paradigm of the investigation in which a comprehensive method of testing the proposition and analyzing the collected data. The research methodology may be defined as the series of those steps taken in advance to make sure that the pertinent data will be composed in a manner that permits objective investigation of the diverse hypotheses developed with reverence to the problems. Through this, research paradigm helps the investigator to testify the hypothesis by reaching valid generalization and objective conclusion regarding the assessment of independent variable and dependent variables. It should be adequate, consistent and applicable. The choice of devices and techniques for an examination is determined by the nature of the research problem. The selection of tool, proper method, and technique is a very complicated task and must be handled with every prudence, consideration and care with reverence to procedure, time, and cost. Keeping in view all these objectives, the present section deals with the following steps:

- ❖ Research method
- ❖ Sampling
- ❖ Tools
- ❖ Statistical technique

#### **3.1 RESEARCH METHOD**

In every research work, research methods are most vital to conduct any investigation. Research is not an easy task; it requires one to carry on in a specific way along with clear-cut shape. In the present study Descriptive Survey method was employed for recruitment of sample. This method analyzed records and interprets setting that exists at present. It involves some kind of contrast and comparison, and attempts to find out differences, affect and relationship existing among those variable which are not manipulated (Best 1992). Descriptive study explores and interprets “what is”. It is alarmed with situation that exists, opinions that are held, processes that are going on consequence that are evident that are constructed. This method involves fact and surveys to explore finding of different kinds. The main objective of descriptive research is explanation of

the state of relationships as it exists at present. So, the present study was conducted to explore the differences in handball and volleyball players of Lovely Professional University.

### **3.2 SAMPLING**

Sampling is the process of selecting units from a population of interest so that by studying the sample we may fairly generalize our results back to the population from which they were chosen.

In this present study purposive sampling technique was used to collect the data

### **3.3 TOOLS USED**

For the present study, following tools were used:

- Sports Competitive Anxiety Test (SCAT) standardized by Marten (1977).

### **3.4 DESCRIPTION OF THE TOOLS**

#### **3.4.1 Sports Competitive Anxiety Test**

##### **Sports Competitive Anxiety Test (SCAT)**

Sports Competitive Anxiety Test developed by Marten (1977). The Competitive Anxiety Test contains 15 items, 10 of which measure symptoms associated with anxiety of the players. The five items that are not scored are included in the inventory to reduce the likelihood of an internal response-set bias. The standard instructions of the Sports Competitive Anxiety Test ask respondents to indicate how they “usually feel when competing in sports and games.”

##### **Reliability and validity**

Martens (1977) reported that test-retest reliability was .77 of the tool. The internal consistency of the overall scale is adequate and is sufficient to measure the player’s competitive anxiety.

##### **Scoring of the test**

On a 3-point scale (hardly ever = 1, sometimes = 2, often = 3) respondents indicated the frequency with which they generally experienced the 10 anxiety related symptoms. The scores for the 10 items are summed to provide an overall measure of Competitive Anxiety, with a high composite score (as opposed to a low composite score) reflecting a greater tendency to experience competitive anxiety. The scored items are respectively (2, 3, 5, 8, 9, 12, 14, and 15). Whereas the 2 statements (6 and 11) have negative (reverse) scoring.

### Interpretation of the results

S. no	Scores	Levels of sports competitive anxiety test (SCAT)
01	0-17	Low competitive anxiety
02	17-24	Average competitive anxiety
03	24-40	High competitive anxiety

### 3.5 Procedure of Data Collection

In this research work, researcher was recruited the sample of 30 sports persons. Keeping in view the objectives of the study, Investigator was developed the bond with the subjects before real administration of security and insecurity research scale. Investigator was briefly explained but definitely the rationale of the research and asked subjects to fill up personal information given in a separate Performa. Investigator also affirmed them to read instructions given on the first page of each scale. After the information regarding research, security and insecurity scale was administer individually basis on subjects and was asked to record the responses for each item given in security and insecurity scale. The subjects were guaranteed that their names would be kept confidential. After collection of data scoring was done according to directions given in the security and insecurity manuals.

### 3.6 Statistical analysis

In order to analyze the data with suitable statistical techniques, the following statistical procedure was adopted in present study.

1. SPSS version 21.0 will be used to analyze the collected data.
2. Percentage and t-test was used to obtain the results.
3. The significance level was selected as 0.05.

## **CHAPTER-IV**

### **RESULT AND DISCUSSION**

This chapter deals with data analysis, results, interpretation and discussion, of the outcome in accordance with propose of the investigation. Data is not meaningful unless analysis and discussions were made. The analysis and discussion of results represents the function of deductive and inductive logic to the research process. Data analysis is essential and critical step in research work. It means, in order to study the classify material in order to determine inherent facts. Presentation of results and discussion of the data follows the sequences given below:

#### **4.1: Results pertaining to level of pre competition anxiety among male volley ball and hand ball players of LPU Phagwara.**

- 4.1.1: Level of pre competition anxiety among male volley ball players of LPU Phagwara.
- Table 4.1.2: Levels of pre competition anxiety among male hand ball players of LPU Phagwara.

#### **4.2: Results pertaining to difference of pre competition anxiety among male volley ball and hand ball players.**

- 4.2.1: Difference in pre competition anxiety between male volley ball and hand ball players.

#### **4.1: RESULTS PERTAINING TO LEVELS OF PRE COMPETITION AMONG MALE VOLLEY BALL AND HAND BALL PLAYERS.**

The analyses and interpretation of the level of pre competition among male volley ball and hand ball players have been studied under this heading. Firstly level of male volley ball has been explored and secondly level of hand ball players has been explored. Details' pertaining to the analysis has been given separately for pre competition among male volley ball and hand ball players of LPU Phagwara.

##### **4.1.1: Levels of pre competition anxiety among male volley ball players of LPU Phagwara.**

In order to explore the level of pre competition among male volley ball, the investigator used pre competition scale for getting information from respondents. The scores of the pre competition scale were calculated as per norms was given in the manual. It was divided into different levels like low level of pre competition anxiety, average level of pre competition anxiety and high level of pre competition anxiety. The results pertaining to different levels of pre competition anxiety among male volley ball players of LPU Phagwara have been presented in the table 4.1.1

**Table 4.1.1: Levels of pre competition anxiety among male volley ball players of LPU Phagwara.**

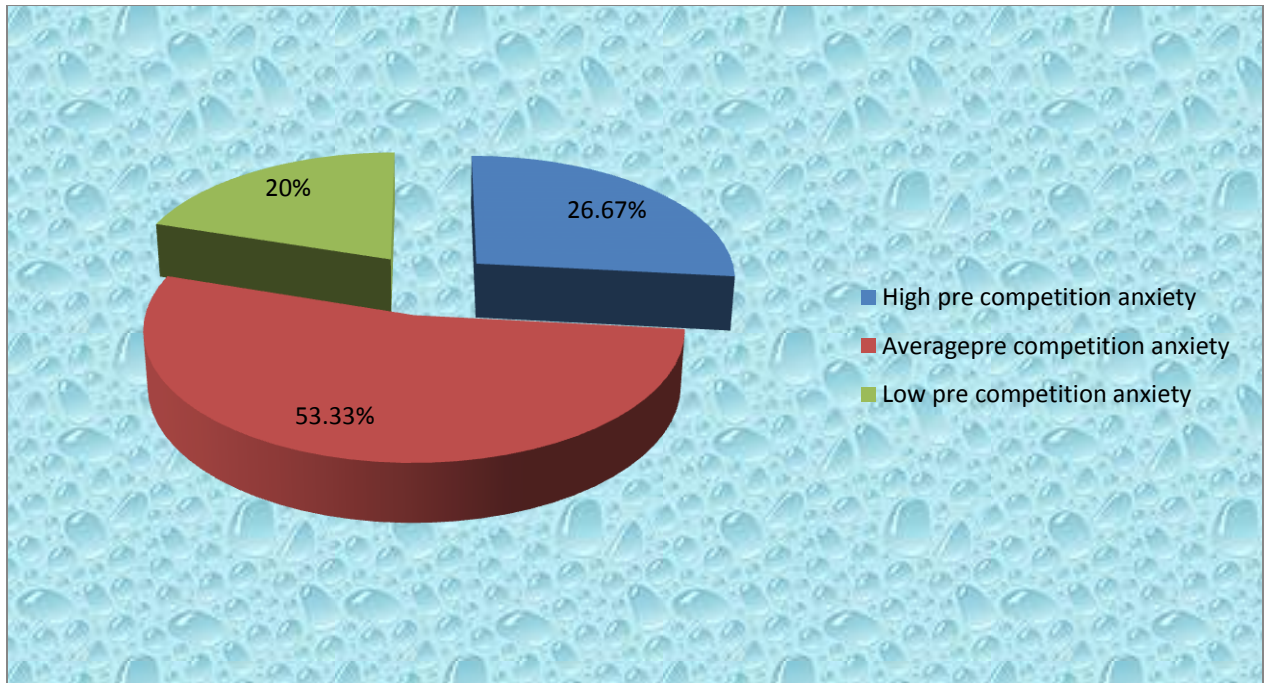
<b>Levels</b>	<b>N (15)</b>	<b>Percentage</b>
low level of anxiety	04	26.67%
average level of anxiety	08	53.33%
high level of anxiety	03	20%

The result of the table 4.1.1 shows the percentage wise data of pre competition anxiety among male volley ball players of LPU Phagwara. From the table it was revealed that 26.67% male volley ball players of LPU Phagwara have low pre competition anxiety, 53.33% have average pre competition anxiety and 20% have high level of pre competition anxiety. It means majority of male volley ball players of LPU Phagwara falls in average level of pre competition anxiety. The result of the above table has been presented graphically through the figure 4.1.1

**Figure 4.1.1**

**Bar graph showing level of pre competition anxiety among male volley ball players of LPU Phagwara.**





**4.1.2: Levels of pre competition anxiety among male hand ball players of LPU Phagwara.**

In order to explore the level of pre competition among male hand ball, the investigator used pre competition scale for getting information from respondents. The scores of the pre competition scale were calculated as per norms was given in the manual. It was divided into different levels like low level of pre competition anxiety, average level of pre competition anxiety and high level of pre competition anxiety. The results pertaining to different levels of pre competition anxiety among male hand ball players of LPU Phagwara have been presented in the table 4.1.2

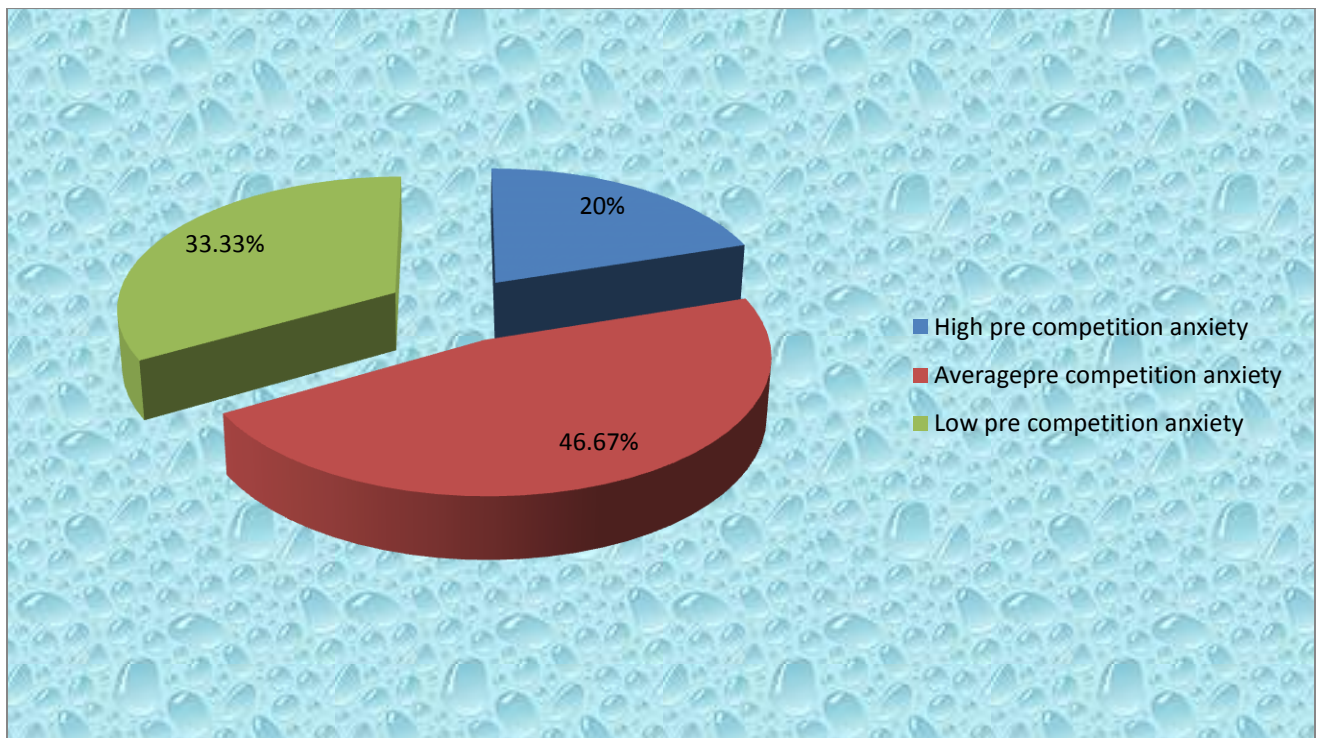
**Table 4.1.2: Levels of pre competition anxiety among male hand ball players of LPU Phagwara.**

Levels	N (15)	Percentage
low level of anxiety	03	20%
average level of anxiety	07	46.67%
high level of anxiety	05	33.33%

The result of the table 4.1.2 shows the percentage wise data of pre competition anxiety among male hand ball players of LPU Phagwara. From the table it was revealed that 20% male hand ball players of LPU Phagwara have low pre competition anxiety, 46.67% have average pre competition anxiety and 33.33% have high level of pre competition anxiety. It means majority of male volley ball players of LPU Phagwara falls in low level of pre competition anxiety. The result of the above table has been presented graphically through the figure 4.1.2

**Figure 4.1.2**

**Bar graph showing level of pre competition anxiety among male handball players of LPU Phagwara.**



#### **4.2 Results pertaining to difference of pre competition anxiety among male volley ball and hand ball players.**

The analyses and interpretation of the comparison of pre competition anxiety among male volley ball and hand ball players has been studied under this heading. A detail pertaining to this analysis has been given for pre competition anxiety among male volley ball and hand ball players

#### 4.2.1 DIFFERENCE IN PRE COMPETITION ANXIETY BETWEEN MALE VOLLEY BALL AND HAND BALL PLAYERS.

In order to find the difference in pre competition anxiety among male volley ball and hand ball players. The investigator used pre competition anxiety scale for collecting information from thirty male volley ball and hand ball players. Mean, standard deviation, t-test was computed and results has been presented in table 4.2.1

**TABLE 4.2.1**

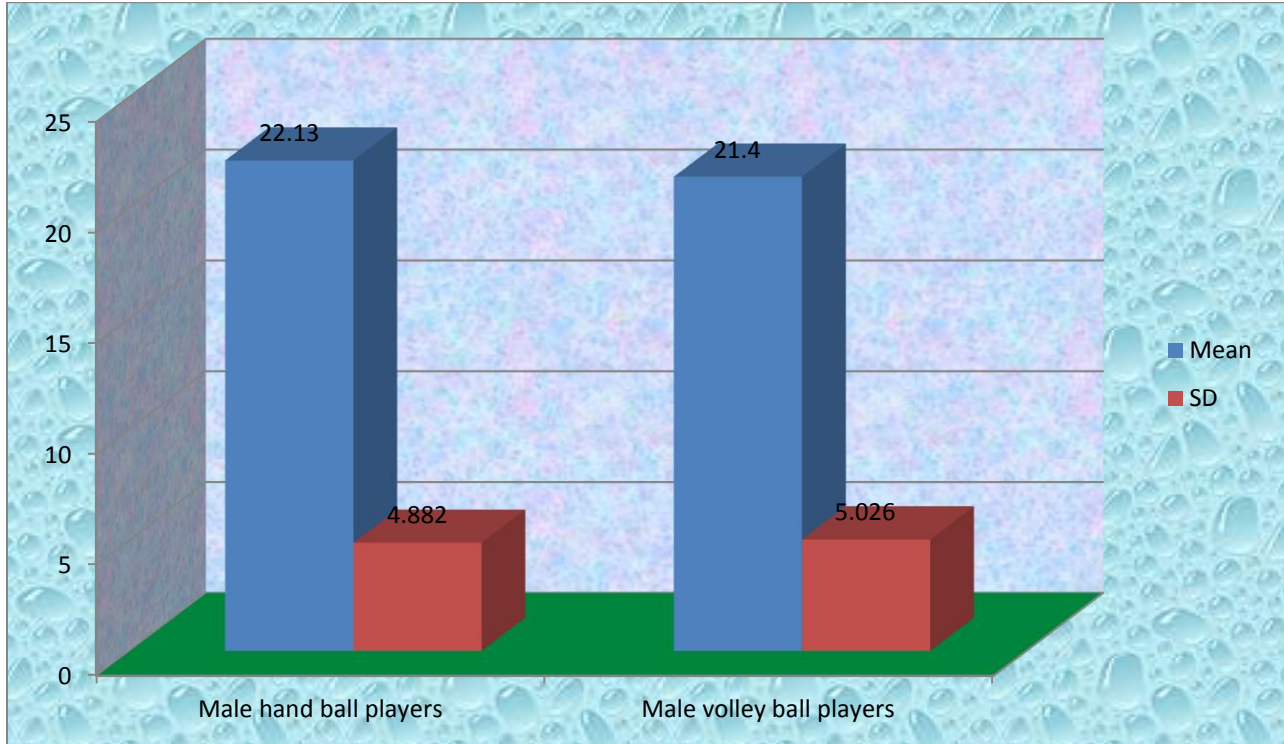
#### DIFFERENCE IN PRE COMPETITION ANXIETY BETWEEN MALE VOLLEY BALL AND HAND BALL PLAYERS

Group	N	Mean	SD	DF	t-value	Result
Male handball players	15	22.13	4.882	28	.405	Insignificant
Male volley ball players	15	21.40	5.026			

The above table 4.2.1 shows the mean difference between pre competition anxiety among male volley ball and hand ball players. The table value reflects that the mean score of male volley ball players was 21.40 and male hand ball players 22.13 and standard deviation of male volley ball players was 5.026 and male handball players was 4.882 respectively, t-value found to be .405 which was insignificant at 0.05 level of significance. This means that there was no significant difference between male volley ball and handball players of LPU Phagwara. Therefore the first hypothesis of the study which was stated that “There exists no significant difference on pre competition anxiety between male volley ball and hand ball players.” is accepted, because there was a no significant difference in the pre competition anxiety of male volley ball and hand ball players of LPU Phagwara. The result of the above table has been presented graphically through the figure 4.2.1.

**Figure 4.2.1**

**Bar graph showing difference of pre competition between male volley ball and hand ball players.**



## **DISCUSSIONS**

The study has been done to difference in pre competition among volley ball players and handball players of Lovely Professional University. Percentage, Mean, standard deviation and t-test were used to analyze the data. 26.67% male volley ball players of Lovely Professional University Phagwara have low pre competition anxiety, 53.33% have average pre competition anxiety and 20% have high level of pre competition anxiety. 20% male hand ball players of Lovely Professional University Phagwara have low pre competition anxiety, 46.67% have average pre competition anxiety and 33.33% have high level of pre competition anxiety. Results suggests that male volley ball players fall in average level of pre competition anxiety and similarly male hand ball players fall in average level of pre competition anxiety. So, results provide us insight regarding male volley ball and handball players reading their pre competition anxiety.

Moreover, there was no significant difference between male volley ball and handball players of LPU Phagwara on pre competition anxiety. Results revealed that male volley ball players and handball players does not differ significantly with respect to pre competition anxiety. So this study concludes that both the sports players have best abilities and more relevant today's sports, because of their extensive exposure gets them to handle pre competition anxiety. The sports volley ball and handball players sustain the tremendous expectations of the fans and also to maintain a high ranking in the international arena, it is important to perform well. So our results suggest that pre competition anxiety is not a disease that a sportsperson can get rid of, once and for all. It has to be used as a booster to improve performance, to achieve sporting glory. Though, this analysis gives us more accurate ideas regarding pre competition anxiety of male volleyball and handball players.

## **CHAPTER-V**

### **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 SUMMARY**

The objective of the study was to compare the pre competition anxiety between male volley ball and hand ball players of LPU Pharwara.

1. To explore the level of pre competition anxiety between male volley ball and hand ball players of LPU Pharwara.
2. To find out difference on pre competition anxiety between male volley ball and hand ball players of LPU Pharwara.

The present study was descriptive in nature and convenient sampling technique was used to select the data. A total of 15 male volley ball and hand ball players of LPU Pharwara, among them 15 were male volley ball players and 15 were male handball players. In this study pre competition anxiety scale was used to collect the data. Following were the variables proposed for the study:

1. pre competition anxiety
2. Volley ball players
3. Handball players

The criterion measures adopted for the study were as follows:

- Pre competition anxiety was assessed with the help of Pre competition anxiety scale

The data was analyzed by applying Descriptive Statistics via Mean, Standard Deviation, Percentage and t-test Further, in order to determine the level, average has been used for present study and to find significant difference between male volleyball and handball players, t-test has been use to analyze the data. The level of significance to check the significant difference between groups, 0.05 levels was set, which was considered appropriate for the purpose of the study.

## **5.2: CONCLUSIONS**

The conclusions of the study are as follow:

1. About 26.67% male volley ball players of LPU Phagwara have low pre competition anxiety, 53.33% have average pre competition anxiety and 20% have high level of pre competition anxiety.
2. About 20% male hand ball players of LPU Phagwara have low pre competition anxiety, 46.67% have average pre competition anxiety and 33.33% have high level of pre competition anxiety.
3. There was no significant difference between male volley ball and handball players of LPU Phagwara on pre competition anxiety.

## **5.3 RECOMMENDATIONS**

In the light of the above findings, the following recommendations are given:

1. There should be appreciation for good competition of the volleyball and hand ball players and shall be awarded for success in competitions.
2. Volleyball and handball players shall be provided by the genuine facility as per their games for development of their potentialities.
3. All the institutions up to the higher education shall be provided sophisticated infrastructure, well management system for volley ball and handball players.
4. The seminars, debates and symposiums should be organized at the state level to make people and policy makers aware about various difficulties in the said games.
5. Government should provide coaches for all players in different games which could enhance their skills.