



## RELATIONSHIP BETWEEN TRAIT ANXIETY AND VOLLEYBALL PLAYING ABILITY

**Meenakshi Tripathi**

Assistant Professor

Krishna Devi Girls Degree College Lucknow, U.P.

### ABSTRACT:

This study aimed to investigate the relationship between trait anxiety and the performance of Volleyball players. The researchers selected 50 male Volleyball players from the Lucknow district, all of whom had participated at least at the national level, employing a purposive sampling technique. The participants' ages varied from 15 to 18 years. The Sports Anxiety Scale assessed participants' trait anxiety, while their performance was evaluated on a 5-point scale by three seasoned Volleyball judges. The Pearson product-moment correlation was employed to examine the data for a significant relationship between the dependent and independent variables. The level of significance was set at 0.05.

**Key Words:** Trait Anxiety

### INTRODUCTION

Volleyball has emerged as a prominent global sport, distinguished by its rapid pace. It is also included in the Olympic Games. The straightforward rules, minimal requirements for playing surfaces and equipment, and the game's inherent speed, coupled with opportunities for players to showcase their unique skills, contribute to its popularity in schools and educational institutions. The application of psychological principles to enhance performance in sports has garnered increased interest recently. Specific established psychological concepts must be implemented to enable athletes and players to perform at their best. Understanding the influence of emotional phenomena such as incentive motivation, accomplishment motivation, mood and trait anxiety, and sport competition anxiety on players throughout training and competitive scenarios is crucial. Trait anxiety denotes the consistent inclination to focus on, encounter, and articulate negative emotions, including fears, concerns, and anxiety, in various contexts. This pertains to the personality dimension of neuroticism in contrast to emotional stability. Trait anxiety is a behavioral tendency to interpret objectively non-threatening situations as perilous, thus eliciting an exaggerated feeling of dread. Individuals with elevated trait anxiety typically experience greater state anxiety in highly competitive and evaluative contexts compared to those with lower trait anxiety. Present study was conducted to find out the significant role of state anxiety on playing performance of the basketball players.

### METHODOLOGY

Purposive sampling was employed to choose 50 male Volleyball players from the Lucknow district as participants in the study. The participants were aged between 15 and 18 years, and their level of participation was assessed on a national scale. Before the examination, all participants

convened to thoroughly review the requirements of the testing procedure, ensuring clarity regarding the effort necessary and the additional workload beyond their usual daily activities. The participants were enthusiastic and compliant during the investigation, even though no additional strategies were employed to motivate them to exert maximum effort. Experts selected Volleyball playing ability as the dependent variable and competitive characteristic anxiousness as the independent variable following a literature assessment. The participants' trait anxiety was evaluated using the Sports Anxiety Scale (Smith et al., 2006), and their performance was rated on a 5-point scale based on subjective evaluations of three proficient Volleyball players' abilities. Descriptive data were employed to delineate the anxiousness linked to Volleyball players' performance capabilities. The Pearson product moment correlation was employed to examine the relationship between anxiety and the performance of Volleyball players. The level of significance was set at 0.05.

## RESULT AND DISCUSSION

**Table 1**  
**RELATIONSHIP BETWEEN TRAIT ANXIETY AND PLAYING ABILITY OF VOLLEYBALL PLAYERS**

Variables		Mean	SD	correlation co-efficient (r)
Playing Ability		3.44	.53	-.023
Trait Anxiety	Worry	13.50	3.14	
	Concentration Disruption	10.62	2.28	-.078
	Somatic Trait Anxiety	16.62	3.35	.065

\*Level of significance = 0.05, \*Tab. r 0.05 (48) = 0.27

Table 1 shows that the Mean and Standard deviation for playing ability as well as Trait Anxiety respectively. The findings of this investigation unequivocally indicated that, regarding Trait Anxiety, most observations were near the mean of the distribution. Volleyball players underwent enhanced anxiety-coping training, corroborating the findings. This may be attributed to the necessity of a moderate (or optimal) level of psychological elements for optimal performance, and Volleyball players are likely acquainted with the skills needed to sustain these levels. Volleyball players are more susceptible to physical and cognitive anxiety due to their heightened sense of accountability for the intended outcome, since they occupy more pivotal and responsible roles within their team. Their robust self-esteem likely enables them to perceive their elevated cognitive and physical anxiety as a motivator rather than an impediment to their potential success in significant competitions.

## CONCLUSION

Following consultations with specialists and supervisors, it was concluded that Volleyball players exhibit a moderate level of trait anxiety, with no significant correlation identified between anxiety and their playing abilities. The hypothesis positing no significant correlation between anxiety and Volleyball player talent was affirmed.

## **BIBLIOGRAPHY**

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