



A comparison between personality & sport competitive anxiety among handball players at different levels achievement

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Abstract

The role of mind has become even more important with the rapidly increasing commercialization of sport, which has presented new pressures for athletes across many levels and ages. Fortunately, like the other three factors, the mind can be improved through training. The more the mental skills are learned and practiced, the better and the more consistent the performances become. There is little doubt that in future, proper mental preparation will become as routinely integrated into training and competition as the other factors already are.

For this study male Handball players were selected. The subject ranging 18-25 years only. For this study National and State Handball players were selected. For the collection of Data researcher employing a standardized questionnaire. Finding of the study are comparing the Personality and Sport competitive Anxiety it was observed that the National Handball players had shown significantly better in Personality and Sport Competitive Anxiety as compare to State Handball Players.

Keywords: personality, sport competitive anxiety, handball players, level of achievements

Introduction

Sport psychology is an interdisciplinary science that drawn on knowledge from many related fields including biomechanics, Physiology, Kinesiology, and Psychology. It involve that the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychology skills for performance improve, applied sport psychology may include work with athletes, coaches and parent regarding injury, rehabilitation, communication, team building and career transitions. Sport Psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well being of athletes, development and social aspects of sports participation, and systemic issue associated with sports setting and

organizations.

Objectives

The objective of the study to compare the personality and sport competitive Anxiety between the National and State Handball players.

Methodology

For this study male Handball players were selected. The subject ranging 18-25 years only. For this study National and State Handball players were selected. For the collection of Data researcher employing a standardized questionnaire. Personality were measure by employing Eysenck personality Inventory and sport competitive Anxiety were measure by employing Martin's sports competitive Anxiety test.

Result

Table 1: Extrovert Personality trait

Variables	Mean	S.D.	Mean Differences	S.Error	'T' value
National Players	12.2	1.19	0.93	0.46	2.022
State Players	13.13	2.22			

Table 2: Neuroticism Personality trait

Variables	Mean	S.D.	Mean Differences	S.Error	'T' value
National Players	14	1.94	1.00	0.49	2.04
State Players	13	1.87			

Table 3: Sport Competitive Anxiety

Variables	Mean	S.D.	Mean Differences	S.Error	'T' value
National Players	18.13	2.16	0.97	0.44	2.20
State Players	17.16	1.17			

Conclusion

While comparing the Personality and Sport competitive Anxiety it was observed that the National Handball players had shown significantly better in Personality and Sport Competitive Anxiety as compare to State Handball Players.

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