



## IMPACT OF LEVEL OF PARTICIPATION ON ANXIETY AND PERFORMANCE AMONG BASKETBALL PLAYERS

Sentu Mitra<sup>a,\*</sup>, Sagarika Bandyopadhyay<sup>b</sup> and Arup Gayen<sup>b</sup>

<sup>a</sup> Aghorekamini Prakashchandra Mahavidyalaya, Bengai, Hooghly, West Bengal-712611, India.

<sup>c</sup> Department of Physical Education, Visva-Bharati, Santiniketan, West Bengal - 731235, India

\*Corresponding Author Ph: 03211 246 235; Email: [sentu.mitra@visva-bharati.ac.in](mailto:sentu.mitra@visva-bharati.ac.in)

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### ABSTRACT

The objective of the study was to investigate the impact of level of participation on anxiety and performance among basketball players. Sixty male basketball players representing three different levels that is inter-university, inter-district, inter-club, constituted the sample of the study.

Anxiety and performance of the basketball players were selected as the variables of the study. Anxiety was measured by SCAT questionnaire and Performance was measured by rating scale. Descriptive statistics, One-way analysis of variance, LSD Post-hoc test and Pearson product moment Correlation analysis were employed to analyze the data. Significant differences were found among three levels of participation with regard to performance only and anxiety is found to have negative impact on the performance.

**Key words:** Anxiety, Basketball performance, Participation level

### Introduction

Fitness training of a player is a psychophysical adaption process, on the basis of which one can perform at his best. Frequent repetitions of tasks which emerge during training and competition lead not only to develop motor abilities or mastering energetic process, but also to establishing particular bond between them [1] confirms that coaches feel that mental ability is important in achieving success and developing champion athletes. Middleton stresses the importance of mental aspects related to the superior sports

performance and reaching the highest level of sports [2].

Basketball is a game played by two teams of five players each within a short court therefore lots of stressful situations a player has to be faced and overcome to give a better performance. Therefore anxiety play an important role in the performance of a basketball players.

. An anxiety defined by [3] as “a specific un pleasurable quality, efferent or discharge phenomenon and perception of these”. According to Worchel and Goethals (1989) [4] anxiety is defined as the uncertainty in



how to cope with stress. Anxiety composed of two subcomponents: Cognitive and Somative anxiety. Cognitive anxiety is the mental component of anxiety which is caused by negative expectation about success or by negative self-evaluation [5]. In other words it is the fear form anticipated consequences of failure [6].

**Methodology:**

**Selection of Subjects:** For the purpose of the study sixty male basketball players, age ranging between 18-23 years, were selected from West Bengal. The three different levels of participation of the subjects were Inter-University, Inter-District and Inter-Club.

**Selection of Variables:** Anxiety and performance of the basketball players were selected as the variables of the study.

**Tools and Test:** Anxiety of all the three groups were measured by using Sports Competition Anxiety Test (SCAT-Martens R. 1990) and the

Somatic anxiety is the physiological component of anxiety. It is caused directly by stimulation or arousal of the autonomic system. In other words it is the component that reflects the perceptions of the psychological stress to the physiological response [5].

performance of the basketball players were measured by using rating scale Three experts were assigned for rating the basketball players during the match situation. Phases of performance that were rated on in the game situation were broken into seven units and rated. Expert were instructed to rate the players for each unit of seven parts out of ten point. Average score of the three expert's scores were recorded as the score of the player.

**Statistical techniques:** For the analysis of the data descriptive statistics, One-Way ANOVA, LSD Post-hoq Test and Pearson Product Moment Correlation were employed.

**Result:** The result of the analyzing data has been depicted in the following:

Table-1 Descriptive Statistics of Performance and Anxiety of the selected three groups

	Performance			Anxiety		
	IU	ID	IC	IU	ID	IC
Mean	46.249	45.000	43.916	20.15	25.1	25.35
SD	2.298	1.730	1.607	3.281	3.697	2.414
HS	50.333	47.667	46	28	29	29
LS	43	42	42	16	17	18

IU-Inter University, ID-Inter District, IC-Inter Club, SD-Standard Deviation, HS-High Score, LS-Low Score

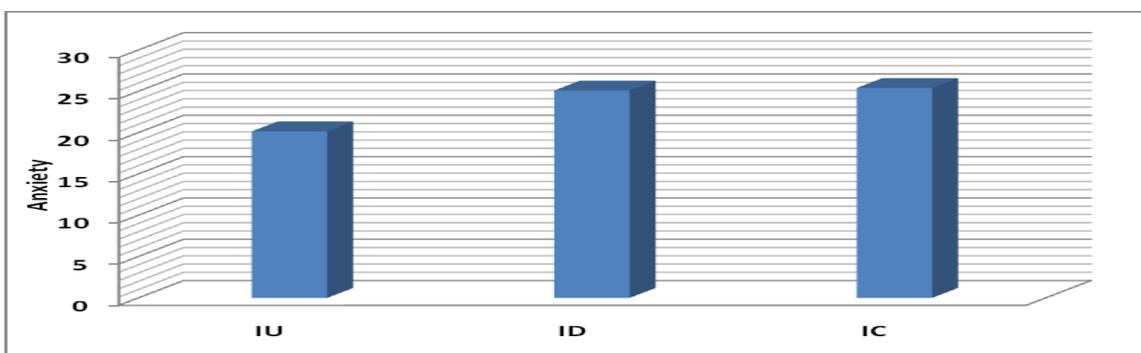


Table-2: One-way ANOVA for Anxiety among the Three groups

Source	df	Msx	f-value	Tabulated value
Between Groups	2	173.85	17.229	3.15 at 0.05level
Within Groups	57	10.09		

Table-3: Paired mean for anxiety among the three groups

IU	ID	IC	MD	CD
20.15		25.4	-5.25*	2.009
	25.1	25.4	-0.3	
20.15	25.1		-4.95*	



Graph-1: Sports Competition Anxiety of the Players of the selected three groups

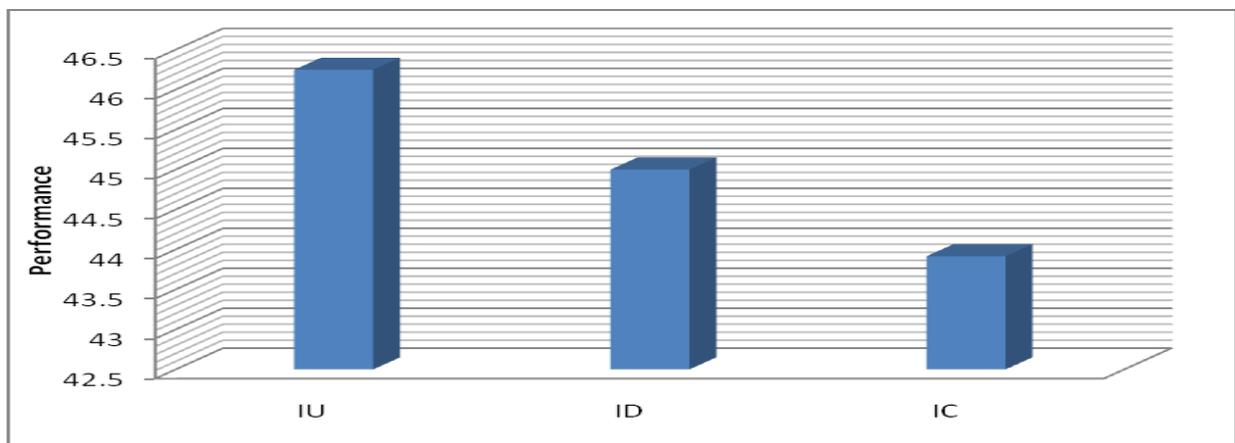


Table-4: One-way ANOVA for Performance among the Three groups

Source	df	Msx	f-value	Tabulated value
Between Groups	2	27.266	7.530	3.15 at 0.05level
Within Groups	57	3.620		

Table-5: Paired mean for Performance among the three groups

IU	ID	IC	MD	CD
46.249		43.916	2.33	1.20
	45.000	43.916	1.09	
46.249	45.000		1.24	



Graph-2: Performance of the selected three groups



Table-6: Correlation between Anxiety and Performance of the Basketball Players

IU	ID	IC
0.448*	0.353*	0.348*
$r = 0.304$ df 38		

**Discussion:**

The result revealed that the anxiety level is moderate in higher participation level than the lower this means moderate anxiety plays an important role in the performance of basketball players.

It also revealed that the performance of the basketball players increased with the increasing level of participation that means the performance has a linear relationship with the level of participation.

It is also found that there is a significant relationship between anxiety and performance of basketball players.

The result might be due to more adaption to the training and competition which help to cope with anxiety that help the

basketball player to perform better in higher level than the lower level of participation .

The study is supported by the study of Martens R. et al.(1990) [7] and Goldberg et al., (1998) [8] who found that athletes with moderate levels of anxiety performed the best overall and scored the most points. In contrast, the high anxiety players performed the worst.

**Conclusion:**

On the basis of the result it can be concluded that the level of participation has impact on the anxiety level and also on the performance of the basketball players and moderate level of anxiety has an positive impact on the performance of the Basketball players but above which it deteriorate the performance



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