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Analytical study on the effect of anxiety among the male handball players

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Abstract
Anxiety exerts a variety of effects on the performance of handball players. These effects vary based on the age, gender, and level of experience. To facilitate peak performances by the players, sport psychologists must consider anxiety as an important variable which plays a very significant role in the performance of the players. In the present study, an attempt is made to analyze the role of anxiety on the performance of men handball players of Maharashtra State. Normative survey method was used to collect the required data. The Burns Anxiety Inventory was employed to collect the data on the anxiety level of men handball players. The total number of 126 men handball players in the age group of 18–25 years belonging to different districts of Maharashtra state was selected randomly as sample of the study. The normative survey method was used to collect the data. The survey revealed that majority of the participants had average level of anxiety.

Keywords: Anxiety, men handball players

Introduction
Handball is a fascinating game played throughout five continents, by over 180 countries and 19 million people of all ages. Combining speed, strength, stamina, agility, technical precision, skill and teamwork, handball has become one of the fastest-paced and exciting Olympic sports.

The objective of the game is to throw the ball into the opponent's goal. Defenders may use their body to make contact with attackers to prevent them from having a clear shot at goal. Attackers attempt to break through the defence or shoot over the top of them to score a goal. Two teams compete with 6 court players and 1 goalkeeper playing per team. Substitutions can be made at any time. Each goal counts as 1 point and games regularly finish with teams having scored over 20 points.

Good performance in handball is not only depends on the level of competency but also on the physical, performance variables, and the extent of competitive anxiety among the players. Anxiety is one of the psychological parameters which have great influence on the performance of players. Particularly, when the demands of training or competition exceed one's perceived ability, anxiety is the inevitable outcome. Sport poses a wide variety of stressors on participants; it can be physically exhausting, it pitches the player against superior opponents, hostile fans might verbally abuse them, the elements may need to be overcome. Anxiety is an emotion that is difficult to define and even more difficult to reliably detect in performance. Fear, a still higher level anxiety can have a serious effect on sport performance. The study of the effect of anxiety on the performance of the players is the major topic of interest to sports psychologists in recent years.

Fear of failure and fear of physical harm appear to be the major determinants in competitive sports. The training-induced changes observed in various biochemical variables can be attributed to incremental training load. This would enable the coaches to assess the current status of an athlete and the degree of training adaptability and provide an opportunity to modify the training schedule accordingly to achieve the desired performance. The implications of this study may be useful for the players, coaches, and the team managers to set their own goals to ensure the better performance in handball. With this background, the present study has been taken up.

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Objectives of the study
1. The study sought to know the level of anxiety among the men handball players.
2. The study sought to know the difference among the men handball players of different age group in their level of anxiety.

Research Question
What is the level of anxiety among the men handball players of Maharashtra state?

Hypotheses of the study
There is no significant difference among the men handball players of different age group in their level of anxiety.

Methodology of the study
Nature
The study is descriptive in nature. The normative survey method was used to collect the data. The study aimed at studying the anxiety with the background of age among men handball players of Maharashtra state.

Sample
The sample of the study was selected through random sampling technique. The total number of 126 men handball players in the age group of 18–25 years participated in the various inter-university, district level Handball Competitions belonging to different districts of Maharashtra state was selected.

Tool
The Burns Anxiety Inventory consisted of 33 statements related to anxiety among players was employed to collect the data on the anxiety level of men handball players. Each statement has four alternatives "Not at all," "A little," "Moderately," and "A lot." Not at all = 0 point, A little = 1 point, moderately = 2 points, and A lot = 3 points. Total of these items determine the anxiety score which ranges from as low as 0 to as high as 99.
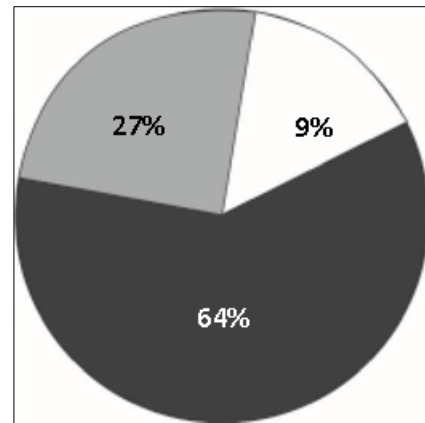
Analysis of the Data
Analysis was done by answering a research question and testing the null hypothesis of the study.

What is the Level of Anxiety among the Men Handball Players of Maharashtra State?
To find the answer for the research question, the total score of each participant on the anxiety scale was noted, and mean and standard deviations (SD) were calculated. The participants scored more than 70 (mean + 1 SD, i.e., 56.72 + 13.36) are considered to be having high anxiety, the participants scored between 43 and 69 (between mean -1 SD and mean+1 SD) are considered to be having average anxiety and participants scored <42 (mean -1 SD, i.e., 56.72–13.36) are considered to be having low anxiety.

The percentage analysis showed that majority of the participants had average level of anxiety (64%), 27% of them had high level of anxiety and as low as 9% of them had low level of anxiety.

Table 1: Result of the *"t"*-test for different age group and anxiety

Age group	N	Mean	SD	Df	"T"-value	Result
14–18 years	70	56.3429	12.24495	124	.355	Not significant at0.05 level
19–23 years	56	56.7963	14.49057			

Fig 1: Pie Chart Showing the Different Level of Anxiety among Men Handball Players

Hypothesis Testing
There is no significant difference among the Men Handball players of different age group in their level of anxiety. As it is indicated in the Table, the obtained "t"-value 0.355 is not significant at 0.05 level. Hence, the null hypothesis is accepted and it was concluded that there is no significant difference among the men handball players of different age group in their level of anxiety.

Discussion of the findings of the study
The results indicated that majority of the participants, that is, 64% had average level of anxiety, 27% of them had high level of anxiety, and as low as 9% of them had low level of anxiety. The results of the study conducted by Ravi (1993) [15] which compared the criterion measures of motivation, anxiety, and aggression of three groups of 30 men handball players and Martin and Hall (1996) [23] who found that the ego orientation was positively related to cognitive anxiety on two occasions before competition which are complimentary to these results. However, the results of the study conducted by Nieuwenhuis *et al*. (2002) [24] are in contradictory to this result. The investigation undertaken by Sivaramakrishnan *et al*. (1999) [20] indicated no significant difference in state anxiety before competition between South and West zone universities. Another study done by Razeena (2004) [16] revealed significant relationship between state anxiety and aggression of men handball players and it also found that there is no relationship between defensive and attacking players.

Implications of the study
The implications of this study may be useful for the players to set their own goals to ensure the better performance in Handball. The study may give an insight to the coaches, physical education teachers, and the team managers to decide how to balance the anxiety level of players which is helpful for the better performance in Handball; accordingly, they can plan their program. The study may be helpful for the sports organizers while organizing tournaments in Handball to select suitable session in which the better performance may be expected. The study may provide useful information to the sports society to put a great deal of time and effort to enhance better achievement and putting more emphasis of scientific conditioning methods to accelerate development and optimize performance by balancing the anxiety level of the Men Handball players.

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