

Correlation between Anxiety and Mental Skill in University Volleyball Male Players

Yadav, Krishna. R.

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Yadav, Krishna. R

M.V.A.S Shri. K.G. Nadgir College of Physical Education Dharwad, State: Karnataka, India

Email- krishnayadav1237@yahoo.com

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Abstract

Introduction: Many athletes who perform well during training or practice can suffer from performance anxiety on game day. *Purpose of the Study:* The purpose of the study was to find out the correlation between Anxiety and Mental skill among University male volleyball players.

Methodology: A total of 15 university Volleyball male players were selected as subjects from different colleges affiliated to Karnatak University, Dharwad St: Karnataka, The ages of players were between 20 to 25 years. All the subjects completed Ottawa and SCAT questionnaire for measuring their mental skill and competitive anxiety. *Results:* 't' -test was employed to evaluate the SCAT questionnaire and Pearson correlations method was used to assess the correlation between anxiety and mental skill. The results showed that there was a significant correlation between mental skill and competitive anxiety in university volleyball male players ($p < 0.05$). *Conclusion:* The present study findings shows that it is important that sportsmen are classified according to the type of sport & type of event in order to judge the differences between different games and to identify methods by which they can achieve high levels of performance in their sports. The psychological training needs to be provided by the coaches along with the physical training and under psychological training, it is imperative that players are trained how to face stressful situations occurring during the competitions.

Introduction

Many athletes who perform well

during training or practice can suffer from performance anxiety on game day. If feelings of nervousness, anxiety or fear