JESP Vol. 11, No. 1, 2015; 17-21

Journal of Exercise Science & Physiotherapy
Published by
Exercise Fitness & Health Alliance

Article no. 230; UAIC: 97302302020

Correlation between Anxiety and Mental Skill in University Volleyball Male Players

Yadav, Krishna. R.

Article Authorship & Affiliation Details

Communication Date: Jan 16, 2015

Acceptance Date: Jan 26, 2015

UAIC: 97302302020 Yadav, Krishna. R

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

Karnataka, India

Email- krishnayadav1237@yahoo.com

Key Words:Anxiety; Volleyball; Cognitive Skills; Psychosomatic Skills; & Mental Practice

To cite this article: Yadav. Krishna. R. Correlation between Anxiety and Mental Skill in University Volleyball Male Players. [online]. *Journal of Exercise Science and Physiotherapy*, Vol. 11, No. 1, June 2015: 17-21.

Availability:

Abstract: http://www.efha.in/wp-content/uploads/2015/01/ABSTRACT-UAIC-97302302020.pdf

Full Text: http://www.efha.in/wp-content/uploads/2015/01/FULL-TEXT-

UAIC-97302302020.pdf

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 vears. 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

Journal of Exercise Science & Physiotherapy is indexed with Citefactor, Researchbible, Medind, Hinari, Innospace, Informit, Google Scholar, Academic Keys, worldCat, J-Gate, Jour Informatics, GIF, Directory of Science (Impact Value 19.79), Indianscience.in, ICMJE, Infobase Index (IBI factor 3.4). Electronic Journals Library, University Library of Regensburg, International Scientific Indexing (ISI), SIS, International Impact Factor Service, MIAR, DRJI, Advanced Sciences Inerdex (ASI) Germany (Impact factor 0.8), Jifactor (Impact Factor 0.5), Open Academic Journals Index, Sjournals Index, Index Copnicus, http://www.sherpa.ac.uk/romeo/ as Romeo blue journal. Digital archiving finalised with Portico.