



## Gender Differences in Competitive Anxiety among University-Level Handball Players in Uttar Pradesh: A Comparative Study

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### Abstract

Sports performance can be greatly impacted by a critical component, which is competitive anxiety. Different elements, such as gender, can influence the psychological stress that athletes face during tournaments. To create efficient techniques to control anxiousness and enhance function, it is imperative to comprehend these distinctions. The performance of athletes is correlated with competitive anxiety. Because of this, it's critical to keep it at its best. This study looks into how university-level handball players in Uttar Pradesh, India, differ in terms of their competitive anxiety based on their gender. This study uses the Sinha's Comprehensive Anxiety Test by A.K.P. Sinha and L.N.K. Sinha (1995) to investigate gender variations in competitive anxiety among university-level handball players in Uttar Pradesh. A total of 200 players were evaluated, of which 100 were men and 100 were women. The mean Sinha's comprehensive anxiety test scores of male and female players did not differ statistically, suggesting that the sample's genders experienced comparable levels of competitive anxiety. According to these results, gender may not have a major impact on competitive anxiety in this particular sporting setting.

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### Introduction

A competition sport that is played by people all over the world and is approved by the International Olympic Association is team handball. Numerous European nations also include professional performances of it. Among other well-liked games, this one has gained significance in Asia, particularly India. In 183 nations, handball is played today. Worldwide, there are 31 million players, coaches, and officials. Other names for handball include Olympic handball, European handball, field handball, and team handball. In this team sport, two groups of seven players each—six players and a goalie—pass and bounce a ball in an attempt to toss it into the other team's goal.

The game's goal is smaller than that of football (soccer), but as the name suggests, players handle the ball mostly with their hands rather than their feet. Since the 1920s, the game has been played all over the world. The 1936 Summer Olympics handball field, which had 11 players, was larger than a football field. Similar handball games have also been documented in ancient France, among the Inuit in Greenland during the Middle Ages, and in Ancient Africa, mainly Egypt. Similar games like handhold from Denmark, hazena from Bohemia and Slovakia, gandbol from Ukraine, torball from Germany, and variations from Ireland and Uruguay existed by the 19th century.

By the end of the 19th century, team handball as we know it now originated in northern Europe, mainly in Denmark, Germany, Norway, and Sweden. These days, 7 aside handball is played on fields that are 40 meters by 20 meters in size (Figure 2). Dane Holger.

Modern handball (hand bold) regulations were drafted by Nielsen in 1898 and published in 1906. R.N. Ernst completed a similar task in 1897. On October 29, 1917, German team handball players Max Heiser, Karl Schelenz, and Erich Konigh published a second set of regulations. Karl Schelenz made substantial improvements to these rules after 1919.

These regulations were used for the first international competitions, which took place in 1930 between Germany and Austria for women and in 1925 between Germany and Belgium for men. A committee to draft international field handball regulations was appointed by the International Amateur Athletics Federation Congress in 1926. 1928 saw the founding of the International Amateur Handball Federation. Later in 1946, the International Handball Federation (IHF) was established. At Adolf Hitler's specific request, men's field handball was played during the 1936 Summer Olympics in Berlin. It was taken off the list of sports and put back on for the 1972 Summer Olympics in Munich as team handball. At the Summer Olympics in 1976, women's team handball was added as an Olympic discipline.

The Men's World Championships were held by the International Handball Federation in 1938 and every four (or occasionally three) years after World War II until 1995. Every two years since the World Championship in Iceland in 1995, the competition has taken place. Since 1957, there have been Women's World Championship competitions.

Junior World Championships for men and women are also organized by the IHF. Early in the 1970s, handball was invented in India, where it was first played in a field format with eleven players on each side. Soon, handball became popular throughout the nation, although in terms of standards and popularity, Punjab, Haryana, Jammu & Kashmir, Andhra Pradesh, and Maharashtra have an advantage over other states. This game's Asiad location was announced for the 1982 tournament, which took place in Delhi, India. This game was played at the 1979–1980 All India Interuniversity. The inaugural All India Interuniversity was held at Nagpur, where Nagpur University won the gold medal, Punjab took home the silver, Osmania took home the bronze, and Kurukshetra University placed fourth in the men's division. In the women's section, Nagpur, Ludhiana, and Bombay were still ranked first, second, and third. It is a part of the national level competitions.

An extensive amount of research has been conducted on the effect that state anxiety levels have on performance within the athletic domain. Psychologists observed a positive linear link between arousal and athletic performance in well-trained athletes (Spence & Spence, 1966). For example, a runner with higher arousal will run a faster time than when she has lower arousal. However, this idea is rarely supported in sports that require finesse movements; such as golf or basketball (Martens, Vealey, & Burton, 1990) [3]. (Sharma & Kanojiya, 2022) [21].

Anxiety and fear of competition are forbidden among athletes. Nevertheless, it plays an important role in the prevention of injuries and success. It is one of the reasons for leaving the sport after receiving injuries. It was assumed that emotionally unstable persons with high levels of neuroticism quickly give up sports activities due to inability to team games. Football can be an effective way to improve the psycho-emotional state for schoolchildren with mental disorders. An ability to deal with anxiety is one of the important skills for successful handball team. While it is an important trait, it is a personality trait with gender differences

and clear biological mechanisms. (Sharma & Kanojiya, 2022) [21]

Genes that define the functioning of the serotonin transporter (5HTT) define anxiety-related traits that have an influence on sports Performance found that the 5-HTT-linked polymorphic region (5-HTTLPR) is related to Neuroticism and anxiety symptoms. While Neuroticism correlates with symptoms of anxiety and depression, it is a mediator between 5-HTTLPR polymorphism and skills of emotional arousal control and cognitive anxiety. According to Kristjánssdóttir *et al.* Emotional control as a part of mental toughness distinguishes starters from non-starters in Iceland handball national team. In addition, anxiety trait defines the confidence of the person in the competition. Measured competitiveness as a readiness to participate in the competition under stressful conditions. The study revealed that individuals low in anxiety prefer competition to a lottery in stress condition, while individual high in anxiety was more prone to participate in the lottery. According to Rocha & Osório competitive anxiety in sport correlates with anxiety trait. It is also related to demographic characteristics and sport setting. (Ivaskevych *et al.*, 2019) [2].

## Methods

### Participants

To achieve the purpose of the study 200 university level male and female players were randomly selected and divided in two groups consisting of 100 of male players and 100 of female university handball players. The age group of the selected subject was ranged from 18 to 22 years.

### Measures

An athlete's level of anxiety primarily related to competitive sports can be measured with the Sinha's Comprehensive Anxiety Test by A.K.P. Sinha and L.N.K. Sinha (1995), a psychological diagnostic instrument. The Sinha's Comprehensive Anxiety Test which is created by A.K.P. Sinha and L.N.K. Sinha in 1995, is frequently used to evaluate the potential impact of anxiety on an athlete's performance. Sinha's Comprehensive Anxiety Test questionnaire consists of total 100 questions with the scale of true and false. Statements have the scale of true or false. Question number 1 to 100 all are valid in the response.

### Procedure

Participants received questionnaires either directly by email or in printed copy. The questionnaire was accompanied by an educational cover sheet that included a brief description of the study's voluntary nature as well as the goal of the research. Demographic questions on age, gender, country, primary sport, weekly training hours, and the level of competition in the sport were asked after this information. The cover sheet also included a description on data protection and confidentiality issues. The cover sheet also had a second question that asked about the participant's most recent participation in a significant competition. The fact that every questionnaire was totally anonymous and that all information would be kept on a safe, password-protected computer was disclosed to the participants. In case more information was needed, the researchers' contact information was given. Each questionnaire took 5-10 minutes to complete.

### Data Analysis

The following statistical procedure was employed to find out

the study on. Gender Differences in Competitive Anxiety Among University-Level Handball Players in Uttar Pradesh. The collected data were subjected t test.

### Design

The investigator selected 200 university level male and female handball players in Uttar Pradesh. 100 are male and

100 are females' university handball players selected from different part of the Uttar Pradesh. The ages of the subject are ranged between 18-22 years. The questionnaire method was used to measure the sports anxiety (SCAT). The purpose of the study was to analyze the Gender Differences in Competitive Anxiety Among University-Level Handball Players in Uttar Pradesh.

### Results

**Table 1**

Group Statistics					
	Group	N	Mean	Std. Deviation	Std. Error Mean
SCAT	Male	100	21.2525	4.91633	.49411
	Female	100	21.3800	5.31964	.53196

This table summarizes the SCAT scores for two groups: males and females. It shows that there are 99 males and 100 females in the sample. The average SCAT score for males is 21.2525, with a standard deviation of 4.91633, indicating some variability in the scores, and a standard error of the mean of 0.49411, reflecting the precision of the mean

estimate. For females, the average SCAT score is slightly higher at 21.3800, with a standard deviation of 5.31964 and a standard error of 0.53196. Overall, the mean scores for males and females are very close, with slightly more variability in the female score.

**Table 2**

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
SCAT	Equal variances assumed	.559	.456	-.176	197	.861	-.12747	.72633	-1.55985	1.30490
	Equal variances not assumed			-.176	196.077	.861	-.12747	.72604	-1.55932	1.30437

The table presents the results of an Independent Samples t-test comparing SCAT scores between males and females. Levene's Test for Equality of Variances yields an F-value of 0.559 with a p-value of 0.456, indicating that the assumption of equal variances is not violated. The t-test, conducted under both the assumption of equal variances and not, shows a t-value of -0.176 with 197 degrees of freedom and a p-value of 0.861, suggesting no statistically significant difference between the mean SCAT scores of males and females. The mean difference is -0.12747, with a 95% confidence interval ranging from -1.55985 to 1.30490, further confirming that the difference in means is negligible and not significant.

### Discussion

The purpose of the study was to investigate the anxiety among the university level male and female handball players. For the purpose of the study 100 male handball players were selected and 100 female university level players were selected from different part of Uttar Pradesh. The statistical results of the study revealed that there is no difference between anxiety levels of university male and female players. Anxiety of the university level male handball players is presented in table 1. The mean and standard deviation of university level male players anxiety were 21.2525 and 4.91633 and university level female players are having 21.3800 and 5.31964. In the table 2, The independent sample t-test revealed that there no significant difference between anxiety of male and female university level players of utter Pradesh. The sample used in the study was relatively homogeneous in terms of age, experience, and competitive

level, which could have contributed to the similarity in anxiety levels. Additionally, handball as a sport may foster a similar competitive atmosphere for both genders, leading to comparable anxiety experiences. The increasing focus on mental conditioning and psychological resilience in sports training may also play a role in leveling the anxiety levels across genders.

The findings of this study have practical implications for coaches, sports psychologists, and athletes. Given that anxiety levels appear to be similar across genders, interventions designed to manage anxiety in handball players may not need to be gender-specific. Instead, a more generalized approach to anxiety management could be effective in helping athletes cope with competitive pressure.

### Conclusion

It may be inferred from the current empirical investigation's results that there was no significant difference in the state anxiety levels of university-level handball players. It can also be assumed that during the match, both University handball players have a comparable degree of anxiousness. Additionally, it may be assumed that university-level handball players, whether male and female, experience comparable levels of anxiety when competing.

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