

# Self-esteem and Competitive Trait Anxiety in National Level Junior and Senior Male Volleyball Players

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## ABSTRACT

*The purpose of this study was to find the difference in national level junior and senior national level players of men Volleyball teams, in terms of competitive trait anxiety and self-esteem. Rosenberg's Self-Esteem Scale and Sport Competitive Anxiety Test was administered on 30 men Volleyball players (19 junior men players, 11 senior men players). The results indicated that there is no significant difference between junior and seniors players on self-esteem level and competitive trait anxiety.*

**KEYWORDS:** self-esteem, competitive trait anxiety, senior and junior level.

## INTRODUCTION

Anxiety, in general, is best understood as an emotion which is characterised by tension, worry and physical changes. Generally, anxiety is characterised into two types, state anxiety and trait anxiety. State anxiety is an emotional response to a threatening situation whereas trait anxiety is a variable of personality pertaining to a given individual. It has been shown that the level of anxiety, in an athlete changes before a competition; this is competitive state anxiety. On the other hand, competitive trait anxiety is a personality trait which disposes a person to experience stress during competitive sport event. Anxiety is a construct that has consistently been studied in the field of sport psychology, and has become the

most heavily researched psychological variable that influences athletic performance (Cox, 2007). Soccer players with high levels of competitive trait anxiety tend to have an increased level of competitive state anxiety (Horikawa, M. & Yagi, A., 2012). Competitive trait anxiety is further differentiated into somatic competitive trait anxiety and cognitive competitive trait anxiety. Somatic aspects of anxiety involve physiological responses like sweating and increased heart beat on the other hand the cognitive aspects of anxiety mainly comprises of worry and having negative expectations. An earlier study (Lewthwaite & Scanlan, 1989) on 9-14 years old competitive wrestlers has shown that boys with more frequent

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somatic competitive trait anxiety had lower self-esteem. Present study's focus was on the difference in competitive trait anxiety and the level of self-esteem at different levels of competition i.e., between junior and senior Volleyball players.

Most studies on competitive trait anxiety and anxiety have shown that there isn't a significant difference in the level of competitive anxiety and the level at which the athlete is playing. In a study on Indian Netball players, no significant difference was found among senior and junior players, in respect of competitive anxiety (Hassan, Bhat & Shelvam, 2016). Study on junior wrestlers has also shown that there isn't a significant difference in pre competitive and competitive anxiety and the level of success of the athletes. In the same study by Gould, Horn & Spreeman, (1983) it was found that there is no significant difference in anxiety level with respect to the experience (more experience or less experience) of the wrestler; nor was there a difference found in anxiety level in terms of age. Studies have also revealed that gender doesn't play a role in the level of anxiety experienced by the athletes during competition. This is evident from a study on male and female Tennis players which reported that there isn't a difference in the anxiety intensity. In the same study by Perry and Williams (1998), three different level of skills were studied and it was found that novice group reported less cognitive anxiety intensities and the

advanced group higher self- confidence level. Even early studies on team sport athlete have shown that age, race and sex have no consequence on the competitive trait anxiety (Smith, 1983).

The feeling of self-worth and confidence has been described as self-esteem. Level of self-esteem experienced by the athlete may determine the performance of the athlete in his/her sport and his/her coping styles. Positive self-esteem has been found to build positive mental health and confidence to face new challenges. (Harter, 1988,1990,1997; Taylor & Brown, 1998).

The studies on self-esteem with respect to age, level of competition haven't been so consistent in their results. In a Turkish study on level of self-esteem, it was found that there isn't a significant difference in level of self-esteem at the national team level, branch of sport or sex. However, in the same study, a significant difference in level of self-esteem was found according to age of the student athlete (Estenturk, Ilham & Celik, 2015). Studies have also shown there is a positive relation between sport anxiety and certain patterns of perfectionism, the patterns which are common in individuals with specific self-esteem strategies. ( Koivula, Hassmen & Fallby, 2001).

The purpose of this study was to find the difference in junior and senior level men Volleyball teams, in terms of competitive trait anxiety and self-esteem. It was expected, the level at which the

players compete will show a difference in terms of competitive trait anxiety and self-esteem.

### METHODOLOGY

#### Participants

Participants included 30 national level men Volleyball players (19 junior men players, 11 senior men players).

#### Materials

Self-esteem was measured using Rosenberg's self-esteem scale which is a psychological tool, which is a ten-item four-point Likert-type scale. Trait anxiety was measured using Sport Competition Anxiety Test which measures the tendency of an athlete to experience anxiety when competing in a sport. It is used to measure competitive trait anxiety. It is a 10-item three - point scale.

#### Procedure

Rosenberg's self-esteem scale and sport competitive anxiety test was administered on the 11 national level senior men Volleyball players and then on the 19 national level players of junior men Volleyball team. The data obtained was treated with non-parametric statistics.

### RESULTS & DISCUSSION

The self-esteem scores indicate there is no significant difference in the scores of the junior ( $M=2.05, SD=0.23$ ) and seniors ( $M=2.18, SD=0.87$ )  $t(10.8)=-.481, p=0.64$ . It can be said that there is no statistically significant difference between Junior and senior men in self-esteem. The difference in the means is probably due to chance and not due to the difference in junior or senior level.

The sport competitive trait anxiety test scores indicate there is no significant difference in the scores of junior ( $M=1.47, SD=1.36$ ) and seniors ( $M=1.36, SD=0.50$ )  $t(28)=.57, p=0.57$ . There is no significant difference between the players of the junior and senior men in competitive trait anxiety. The difference in the means is probably due to chance and not due to the difference in junior or senior level.

The following Table 1 shows the scores obtained by the junior and senior players on Rosenberg's Self-Esteem Scale and Sport Competitive Anxiety Test.

**Table - 1: Table showing self-esteem and competitive trait anxiety in National level Junior and Senior Volleyball Players.**

	Junior Team		Senior Team		t value	Sig
	Mean	SD	Mean	SD		
Self-Esteem	2.05	.229	2.18	.874	-.481	.00
Sports Competitive Anxiety	1.47	.513	1.36	.505	.57	.27

The purpose of this study was to identify any difference in self-esteem and competitive trait anxiety of junior and senior national level Volleyball players. It was predicted that the juniors will have lower self-esteem and competitive trait anxiety as compared to seniors. The results however indicate that there is no difference in the self-esteem and competitive trait anxiety of junior and senior men Volleyball players. The results are consistent with a study on Indian netball players where no significant difference was found among senior and junior players in respect of competitive anxiety (Hassan, Bhat & Shelvam, 2016). The difference in the mean scores thus obtained can be accounted for by chance and not due to age or the level at which the players are playing. The results obtained from this study are consistent with the previous research made in the area of competitive trait anxiety (Lewthwaite & Scanlan, 1989; Hassan, Bhat & Shelvam, 2016; Gould, Horn & Spreeman 1983; Perry & Williams 1998; Smith, 1983.) most of the research has found no significant difference in the age, sex, or level at which the athlete are playing and the competitive trait anxiety. The result is further supported by the studies on anxiety which have shown no significant difference in anxiety level in respect to the experience (more experience or less experience) of the wrestlers (Gould, Horn & Spreeman, 1983).

The research on self-esteem has

shown varied results. Studies on self-esteem with respect to age, level of competition, have found that there isn't a significant difference in level of self-esteem in reference with national team level, branch of sport or sex this renders support to the results obtained in the present study, the results show no significant difference between junior and senior players in terms of self-esteem.

However, in certain studies a significant difference in level of self-esteem was found according to age of the student athlete also there is a positive relation between sport anxiety and certain patterns of perfectionism, these patterns which are common in individuals with specific self-esteem strategies (Estenturk, Ilham & Celik, 2015; Koivula, Hassmen & Fallby, 2001).

In summary, it can be said that the level of experience or junior and senior level has no effect on the level of self-esteem and competitive trait anxiety level of players.

## CONCLUSION

According to the results obtained it can be said that the national level Volleyball players of junior and senior level doesn't have any difference in the level of competitive trait anxiety therefore, the study indicates that the level at which the athlete are playing does not have an effect on the competitive trait anxiety level. Similarly, the level of self-esteem isn't affected by the level at which the athletes are playing. Similar results have been obtained in previous studies where no significant difference was found in



competitive trait anxiety and self-esteem in terms of age, sex, level of experience.

There are very few studies available on self-esteem which compares the senior and junior level players. It is therefore important to explore this area of research and find out differences in the various

psychological variables and the level at which athletes are playing. Many Junior players get promoted and play at senior level as well it is therefore important to identify the differences and help the players develop better self-esteem which will benefit their future performance.

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