

# GENDER DIFFERENCES IN ANXIETY BETWEEN MALE AND FEMALE HANDBALL PLAYERS

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**Abstract:** Some anxiety can be beneficial to our health, motivating us to complete difficult tasks or helping us stay prepared and protect us from danger. However, long-term anxiety can be detrimental to sports performance, especially if it reaches the point where we cannot function normally. The primary aim of the research is to compare the Anxiety between male and female state level Handball players. Total 50 male and 50 female handball players were selected as a subject for the present study. Their age ranged from 21 to 28 years. Data was collected individually through a Sport Competition Anxiety Test (SCAT) from male handball and 50 female handball Players. To analyze the data mean scores, standard deviation and t-ratio were used to comprise anxiety behavior between male and female handball Players. reveals that the significance difference was found out in ( $t = P < 0.5$ ) Male and female Handball players, Male Handball players having more anxious as compared to female Handball players.

**Keywords:** Gender, Anxiety, Male, Female

## I. INTRODUCTION

Gender refers to the social roles of men and women, which usually have a profound effect on the use and management of natural resources. Gender is not based on sex, or the biological differences between men and women. Gender is shaped by culture, social relations, and natural environments. Thus, depending on values, norms customs and laws men and women in different parts of the world have evolved different gender roles. (Aguilar, 2004).

In other words, Gender is refer to the role of a male or female in society. Handball is sometimes called a complete sport because it exercises almost every part of the body. It is a sport that can be enjoyed by anyone regardless of their age or gender. Although the game is mainly dominated by men, in recent years' women are also becoming familiar with it and playing more and more every day.

Anxiety refers to the apprehension of a future worry and is more associated with muscle tension and avoidance behavior. Fear is an emotional response to an immediate threat and is more associated with the fight or flight response – either staying to fight or giving up to escape the threat. Peak performance requires a certain amount of anxiety. Our body's autonomic nervous system prepares for competition with a "fight or flight" response that allows for quicker reaction times, sharpens our senses and increases our strength. Excessive anxiety, however, is impairing performance.

It physically impairs performance by causing excessive muscle tension, shortness of breath and nausea. For athletes, excessive anxiety will mean difficulty acquiring the skills needed for their sport. Spielberger (1966) defined anxiety in two terms: trait anxiety and state anxiety.

Trait anxiety is the tendency to respond emotionally to a wide range of non-threatening stimuli. It refers to the tendency to respond with intense arousal to a certain class of stimuli. On the other hand, the state is an actual feeling of anxiety, stress and nervousness. Competitive trait anxiety is a condition that is a specific modification of the trait anxiety construct developed by Spielberger (1966). Competitive trait anxiety is defined as the tendency to view competitive situations as threatening and to react to these situations with feelings of apprehension or tension.

## II. METHODS

The purpose of this study was to compare the anxiety of male and female handball players. This section will explain the methodological details used to implement the study.

**Selection of the subject:**

Total 50 male and 50 female handball players were selected as a subject for the present study. Their age ranged from 21 to 28 years.

**Anxiety:**

Sport Competition Anxiety Test (SCAT) Purpose :- Sports competition anxiety test questionnaire prepared by Rainer Martens (1986) was originally constructed for children (ages 10-15) its adult version was developed later on by suitably modifying the instructions and items. The reliability of quotient is 0.85 had been reported for the adult version of SCAT.

**Collection of Data:**

Data was collected individually through a Sport Competition Anxiety Test (SCAT) from male handball and 50 female handball Players.

**Administration of the test:**

Sport Competition Anxiety Test (SCAT) were distributed to handball player who are playing inter varsity Handball tournament 2022, instruction were given to the students before filling these questionnaire.

**Statistical technique:**

To analyze the data mean scores, standard deviation and t-ratio were used to comprise anxiety behavior between male and female handball Players . The level of significant was set up at 0.05 level of confidence.

**III. RESULTS AND DISCUSSION**

Table –1  
Mean Scores and Standard Deviations of selected  
Training related Components of male handball players .

Sr. No.	Components	Means Scores	Standard Deviations
1.	Training (days/week)	6.00	1.65
2.	Training duration (hours)	2.70	1.02
3.	Warm up (minutes)	15.96	3.23
4.	Warm dawn (Minutes)	10.45	3.06

Table-1., shows that the mean scores and standard deviations of the selected components of the male handball players.

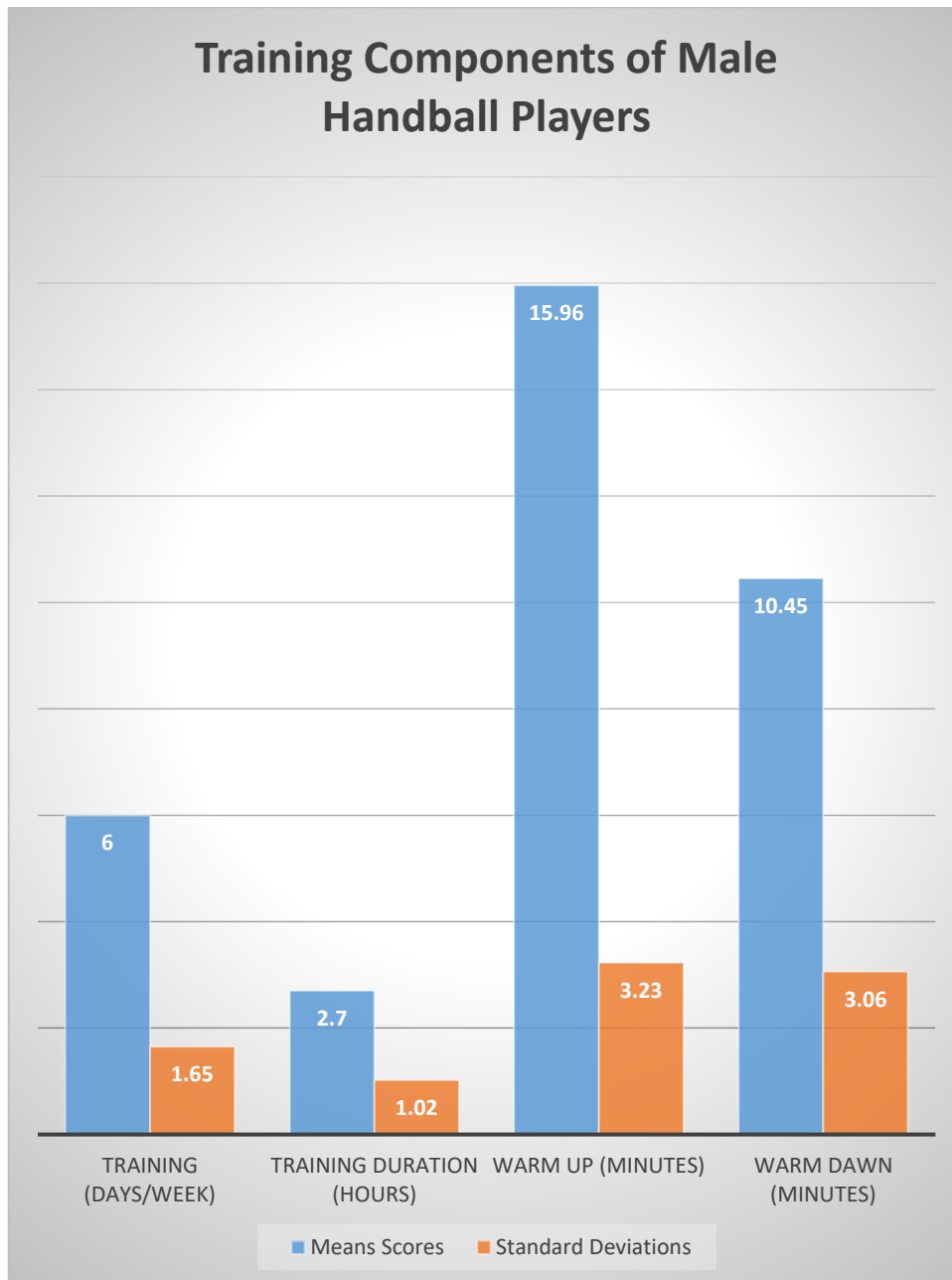


Figure-I  
Showing Mean Scores and Standard Deviations of Selected Components of the male handball players.

Table 2.  
Mean Scores and Standard Deviations of training related selected Components of the female handball players

Sr. No.	Components	Means Scores	Standard Deviation
1.	Training (days/week)	3.12	1.40
2.	Training duration (hours)	2.10	0.69
3.	Warm up (minutes)	12.34	3.65
4.	Warm dawn (Cooling Dawn)	8.45	2.36

Table-2, reveals that the mean scores and standard deviations of the selected components of female handball players.

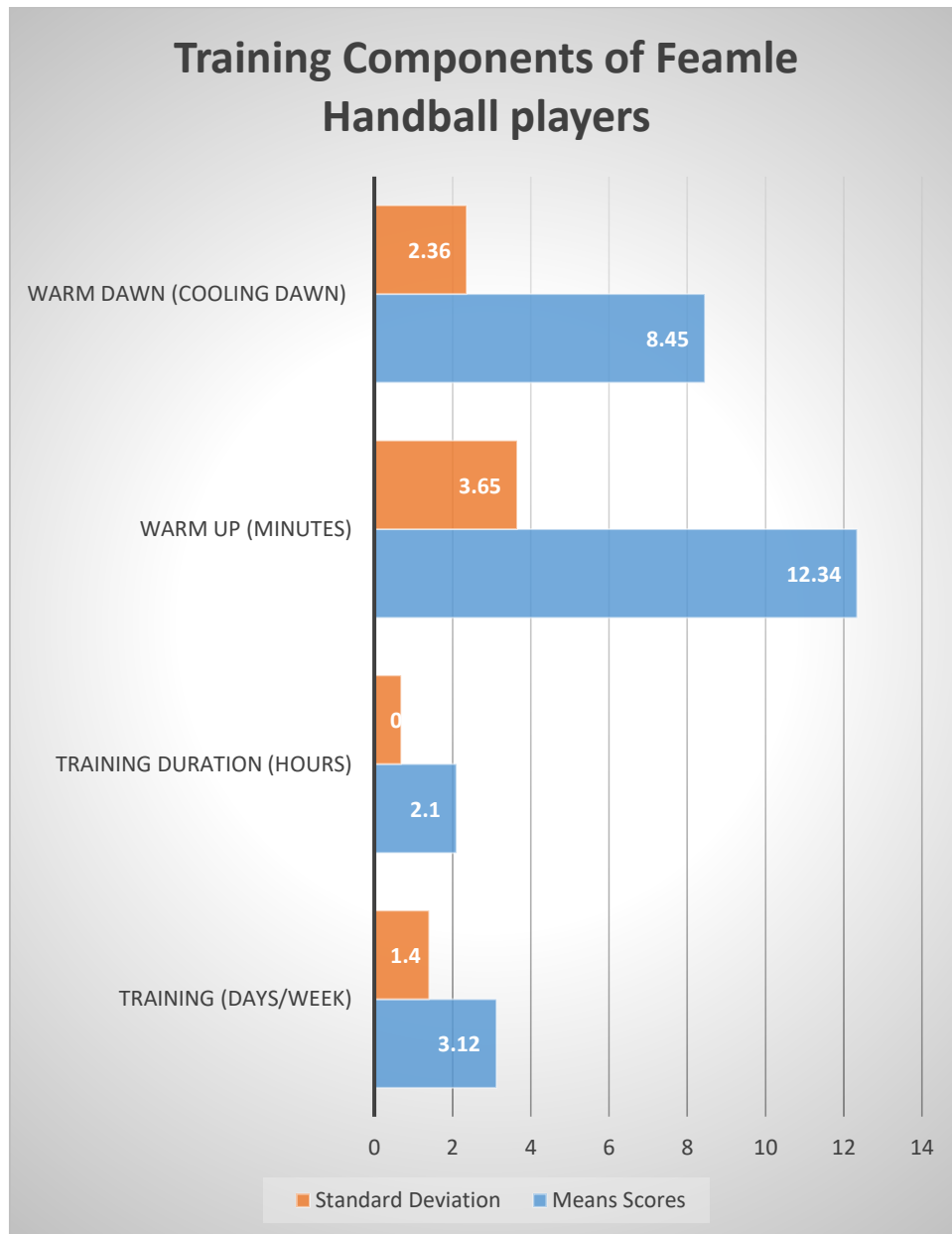


Figure-II  
Showing Mean Scores of Selected Components female handball players

Table 3  
Means scores, standard deviation and t-ratio of anxiety of Male and female Handball players

Components	Players	No.	Mean Scores	Standard deviation	t-ratio
Competitive Anxiety	Male Handball Players	50	13.78	2.90	4.45*
	Female Handball Players	50	11.34	1.76	

\* Significant at 0.05 levels

As per table 3 shows that the mean scores, standard deviation and t-ratio of anxiety of Male and female Handball players

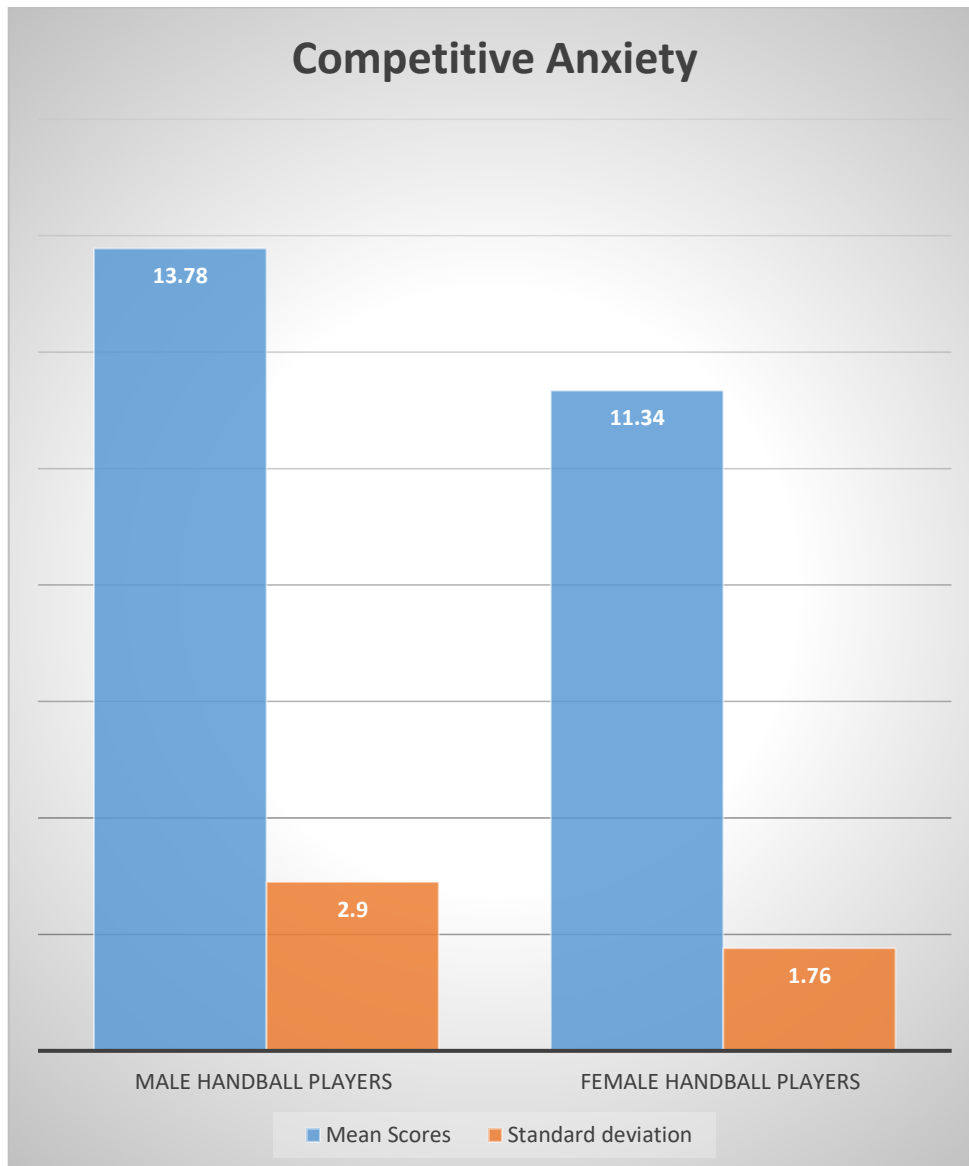


Figure III:  
Showing means scores, standard deviation and t-ratio of anxiety of Male and female Handball players

#### IV. DISCUSSION OF FINDINGS

Handball is a competitive team game played between two teams of 7 or 11 players who try to throw an inflated ball into a goal at either end of a rectangular playing field while preventing their opponents from doing the same. A game consists of two 30-minute halves with an intermission and players do not wear any protective equipment. The ball is moved by passing, dribbling, or hitting it with any part of the body above the knee. This psychological characteristic has a much greater impact than close follow-up to training, level of training and skill development because a handball player must have the mental self-discipline to make the best decisions in an unpredictable environment where competitiveness is very high (Dosil 2006). The present study deals with the comparison of anxiety between male and female handball players aged between 21 to 30 year. The Mean Score (S.Ds.) of training duration of male handball players were 6.00 (1.65) days, the mean score (S.Ds.) training duration of male handball players were 2.70 (1.02) hours, the mean score (S.Ds.) of warm up were 15.96 (3.23) minutes. The mean score (S.Ds.) of Warm dawn were 10.45 (3.06) Minutes of male handball players. Whereas, the Mean Score (S.Ds.) of training duration of female handball players were 3.12 (1.40) days, the mean score (S.Ds.) training duration of female handball players were 2.10 (0.69) hours, the mean score (S.Ds.) of warm up were 12.34 (3.65) minutes and the mean score (S.Ds.) of Warm dawn were 8.45 (2.36) Minutes of female handball players.

It had been hypothesized that there would be no significant anxiety between male and female handball players. With regards to anxiety of Male and female Handball players have obtained the mean values of 13.78 and 11.34 respectively, which are given table 3 reveals that the significance difference was found out in ( $t=4.45$   $P<0.5$ ) Male and female Handball players, Male Handball players having more anxious as compared to female Handball players, which means Male Handball players incur significantly more anxious tendency. Thus the hypothesis of the study was not accepted. There is a consensus among sports historians that handball is the oldest of all ball games. It is impossible to place a specific date for the first handball game, although some historians believe it occurred during the early Egyptian era, 4,000 years ago. The history of handball shows that the game has tremendous potential and as handball reaches new heights, the possibilities continue to grow and promise continued growth and success in the future.

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