



Anxiety among Two Specialised Positional Players in Volleyball

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Abstract: Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. To find out the anxiety among two specialized positional players in Volleyball. It was hypothesized that “attackers have significantly high anxiety than the setters in Volleyball”. For the present study 60 Sample were selected from various Volleyball Tournaments held in Kerala. 30 subjects were attackers and 30 subjects were setters. The age range of subjects was 19-26 years. Anxiety was measured through the anxiety questionnaire. The findings of this study proved that there was no significant difference between players. The players are having different levels of coaching depending upon their level of participation, the influence of physical activity and training they have an impact on regulating their psychological variable, anxiety, which leads to the difference among different levels.

Key Words: *Anxiety, Specialized Position and Volley.*

Introduction:

Volleyball has been a part of the official program of the Summer Olympic Games since 1964. The complete rules are extensive. But simply, play proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to 3 times but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

The rally continues, with each team allowed as many as three consecutive touches, until either a team makes a kill, grounding the ball on the opponent's court or winning the rally; or

a team commits a fault and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally.

A few of the most common faults in volleyball include:

- Causing the ball to touch the ground outside the opponent's court or failing to pass the ball over the net.
- Catching or throwing the ball.
- Double hit: two consecutive contacts with the ball made by the same player.
- Four consecutive contacts with the ball made by the same team.
- Net foul: touching the net during play.
- Foot fault: crossing the boundary line with the foot while serving.

The ball is usually played with the hands or arms; however, players may legally strike or push the ball with any part of the body, provided the contact is brief.

SPIKING (ATTACKING) - The attack, also known as the spike, is usually the third contact that a team makes with the ball. The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended. A player makes a series of steps (the "approach"), jumps, and swings at the ball.

Ideally the contact with the ball is made at the apex of the hitter's jump. At the moment of contact, the hitter's arm is fully extended above his or her head and slightly forward, making the highest possible contact while maintaining the ability to deliver a powerful hit. The hitter uses arm swing, wrist snap, and a rapid forward contraction of the entire body to drive the ball. A 'bounce' is a slang term for a very hard/loud spike that follows an almost straight trajectory steeply downward into the opponent's court and bounces very high into the air. A "kill" is a slang term for an attack that is not returned by the other team thus resulting in a point.

Contemporary volleyball comprises a number of attacking techniques:

- **Backcourt (or back row)/pipe attack:** an attack performed by a back row player. The player must jump from behind the 3-meter line before making contact with the ball, but may land in front of the 3-meter line.
- **Line and Cross-court Shot:** refers to whether the ball flies in a straight trajectory parallel to the side lines, or crosses through the court in an angle. A cross-court shot with a very pronounced angle, resulting in the ball landing near the 3-meter line, is called a cut shot.
- **Dip/Dink/Tip/Cheat/Dump:** the player does not try to make a hit, but touches the ball

lightly, so that it lands on an area of the opponent's court that is not being covered by the defense.

- **Tool/Wipe/Block-abuse:** the player does not try to make a hard spike, but hits the ball so that it touches the opponent's block and then bounces off-court.
- **Off-speed hit:** the player does not hit the ball hard, reducing its speed and thus confusing the opponent's defense.
- **Quick hit/"One":** an attack (usually by the middle blocker) where the approach and jump begin before the setter contacts the ball. The set (called a "quick set") is placed only slightly above the net and the ball is struck by the hitter almost immediately after leaving the setter's hands. Quick attacks are often effective because they isolate the middle blocker to be the only blocker on the hit.
- **Slide:** a variation of the quick hit that uses a low back set. The middle hitter steps around the setter and hits from behind him or her.
- **Double quick hit/"Stack"/"Tandem":** a variation of quick hit where two hitters, one in front and one behind the setter or both in front of the setter, jump to perform a quick hit at the same time. It can be used to deceive opposite blockers and free a fourth hitter attacking from backcourt, maybe without block at all.

Setting- The setting is usually the second contact that a team makes with the ball. The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court. The setter coordinates the offensive movements of a team, and is the player who ultimately decides which player will actually attack the ball.

As with passing, one may distinguish between an overhand and a bump set. Since the former allows for more control over the speed and direction of the ball, the bump is used only when the ball is so low it cannot be properly handled with fingertips or in beach volleyball where rules regulating overhand setting are more stringent. In the case of a set, one also speaks of a front or back set, meaning whether the ball is passed in the direction the setter is facing or behind the setter. There is also a jump set that is used when the ball is too close to the net. In this case the setter usually jumps off his or her right foot straight up to avoid going into the net. The setter usually stands about $\frac{2}{3}$ of the way from the left to the right of the net and faces the left (the larger portion of net that he or she can see).

Sometimes a setter refrains from raising the ball for a team mate to perform an attack and tries to play it directly onto the opponent's court. This movement is called a "dump". This can only be performed when the setter is in the front row; otherwise it constitutes an illegal back court attack. The most common dumps are to 'throw' the ball behind the setter or in

front of the setter to zones 2 and 4. More experienced setters toss the ball into the deep corners or spike the ball on the second hit.

Anxiety is a state of motional and physical disturbance included in a person by real or imagined threat. In psychology the term refers to disturbance caused by threats that are only apparent to the individual and causing to behave in a way that is not relevant to the true situations (Robin.S.Vealy, 1978).

Considering that, in Volleyball each player plays a highly specialized role such as that of an attacker, blocker, setter, server, libero (defender) or receiver and that physical requirements and psychological qualities for each position are different, this study intended to analyse the Anxiety among two specialized positional players (attackers and setters) in Volleyball.

Aim of the Study:

Objective of the Study

To examine the level of anxiety among two specialized positional players in volleyball.

Hypothesis

It was hypothesized that attackers would exhibit significantly higher anxiety levels than setters in volleyball.

Methods and Materials:

Sample

For the present study, 60 subjects were selected from various volleyball tournaments held in Kerala. Among them, 30 subjects were attackers and 30 subjects were setters. The age of the subjects ranged from 19 to 26 years.

Tools

Anxiety Questionnaire

Anxiety was measured using the Anxiety Questionnaire developed by Charles D. Spielberger (1979). The questionnaire was designed to measure the degree of anxiety experienced prior to competition. Spielberger's Trait Anxiety Questionnaire was administered to all subjects. Twenty items from the questionnaire were adopted for the purpose of this investigation.

Procedure of Data Collection

The coaches and subjects were personally consulted, and their sincere cooperation was solicited for the study. The subjects were assembled at a common place when they were free and had sufficient time for testing. Necessary instructions were provided before the administration of each test. The investigator motivated the subjects by assuring them that a

separate abstract of the study findings would be provided to each participant. Confidentiality of responses was also guaranteed. The required data for different components of the study were collected over a period of three days.

Statistical Analysis and Discussion:

Table-1
Descriptive Statistics of Anxiety among Volleyball Setters and Attackers

Group	N	Mean	Std. Deviation	Std. Error Mean
Volleyball Setters	30	35.37	4.398	0.803
Volleyball Attackers	30	33.73	4.242	0.774

The values of the mean, standard deviation and standard error of the mean for attackers and setters are given in the table .1. The mean anxiety of the volleyball setters is (35.37) larger than that of the volleyball attackers (33.73).

Table-2
T-test for Equality of Variances and Equality of Means of Anxiety between Volleyball Setters and Attackers

Variable	Levene's Test for Equality of Variances	Sig.	t-test for Equality of Means	df	Sig.(2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
	F		t					Lower	Upper
Anxiety of the Group									
Equal variances assumed	0.063	0.803	1.46	58	0.149	1.633	1.116	0.600	3.867
Equal variances not assumed	—	—	1.46	57.92	0.149	1.633	1.116	0.600	3.867

It can be seen from the Table.1 that the value of t- statistic is 1.46. This t- value is significant as the p-value is .803 which is not less than 0.05. Thus, the null hypothesis of equality of population means of two groups is accepted and it may be concluded that the anxiety of volleyball setters and volleyball attackers are not different. In this example only two- tail test

was used and, therefore, only conclusion which can be drawn is that the anxiety of both the groups is almost equal.

The findings of this study proved that there was no significant difference between players. The players are having different levels of coaching depending upon their level of participation, the influence of physical activity and training they have an impact on regulating their psychological variable, anxiety, which leads to the difference among different levels. The findings of this study is in agreement with the study of Fox (1999) that reported the moderate regular exercise should be considered as a viable means of treating depression and anxiety and improving mental wellbeing in the general public.

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