

## A Correlational Study of Pre-Competitive Anxiety and Sports Confidence of Athletes in All India Inter University Netball Tournament

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| Article Info  | ABSTRACT   |
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| <p><b>Article History:</b><br/>Received: 17<sup>th</sup> January 2026<br/>Accepted: 22<sup>nd</sup> January 2026<br/>Published: 02<sup>nd</sup> February 2026</p> <hr/> <p><b>Keywords:</b><br/><i>All India Inter-University, Pre-Competition Anxiety, Sports Confidence</i></p> | <p><i>The purpose of this research was, to study the relationship between, Pre-Competition Anxiety and Sports Confidence of athletes in all India inter-university netball tournament. For which, a total of, 95 women players from 8 teams qualified in the quarter final of the All-India Inter- University Women's Netball Tournament held at Suresh Gyan Vihar University Jaipur, Rajasthan participated in the study who were selected by purposive sampling technique. Descriptive relationship method was used to find out the relationship between Pre-Competition Anxiety and Sports Confidence Competitive State Anxiety Inventory-2 questionnaire (CSAI- 2) Revised and The Trait Sports Confidence Inventory (TSCI) were used to measure Pre- Competition Anxiety Sports Confidence respectively. The collected data was statistically analyzed and the calculated mean and standard deviation of Pre-Competition Anxiety and Sports Confidence of All India Inter-University Women's Netball Tournament were 66.52 (<math>\pm 7.73</math>) and 88.73 (<math>\pm 15.12</math>) respectively in order to study the relationship between Pre- Competition Anxiety and Sports Confidence, Pearson correlation coefficient was calculated. The calculated coefficient of co-relations were 1.00 and 0.20 respectively, the results indicate that in all cases that is All India Inter-University Women's Netball Tournament, there is no significant relationship (<math>p=0.20</math> respectively) at 0.05 level of significance between Pre- Competition Anxiety and Sports Confidence All India Inter-University Women's Netball Tournament. Therefore, it can be concluded that Pre-Competition Anxiety not determines Sports Confidence among All India Inter-University Women's Netball Tournament.</i></p> |

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**INTRODUCTION:**

Sport psychology in Europe developed primarily in Germany. The first sport psychology laboratory was established in Berlin in the early 1920s by Dr. Carl Diem (Cole, 1997). During this period, Robert Werner Schulte founded the Deutsche Hochschule für Leibesübungen (College of Physical Education) in Berlin in 1920, where physical ability and fitness in sport were scientifically measured. In 1921, Schulte published *Body and Mind in Sport*, further strengthening the discipline.

In Russia, sport psychology experiments began around 1925 at institutes of physical culture in Moscow and Leningrad, with formal departments established by 1930. The intense military and Olympic rivalry between the Soviet Union and the United States led to the expansion of sports science programs. The Soviet system deliberately integrated sport psychology into organized sports to enhance athletic performance, while the United States increased its investment after comparatively weaker international results.

In North America, early sport psychology research focused on motor behavior, habit formation, and social conditioning. The first recognized scientific study in sport psychology was conducted by American psychologist Norman Triplett in 1898. His research demonstrated that cyclists performed faster in the presence of competitors, a concept later known as social facilitation. His findings were published in *The American Journal of Psychology* under the title "The Dynamogenic Factors in Pacemaking and Competition."

The formal development of sport psychology accelerated in the 1960s with the establishment of professional bodies, including the International Society of Sport Psychology (1965), the North American Society for the Psychology of Sport and Physical Activity (1967), and the Canadian Society for Psychomotor Learning and Sport Psychology. In 1986, the American Psychological Association officially recognized sport psychology as a branch of psychology, followed by the British Psychological Society establishing a Sport and Exercise Psychology Section in 1993.

**Introduction to Netball**

Netball originated in England in 1895 at Madame Osterberg's College. During the early 20th century, the game spread across British Commonwealth nations, though rules varied, with both nine-a-side and five-a-side formats. In 1960, representatives from England, Australia, New Zealand, South Africa, and the West Indies met in Sri Lanka and formed the International Federation of Women's Basketball and Netball. Standardized rules were established, and World Championship tournaments were scheduled every four years, beginning in Eastbourne, England, in 1963.

Netball is a fast-paced team sport involving running, jumping, catching, and throwing. Although derived from basketball, it differs in rules and structure. The game prohibits dribbling and running with the ball, which must be passed within three seconds. Each team consists of seven players, each restricted to specific court areas. The ball and goal ring are smaller than basketball, and there is no backboard.

**Anxiety**

Anxiety disorders have always been part of the human experience. As early as 5,000 AD. S. BC A description of what appears to be post-traumatic stress disorder (PTSD) is found in ancient Indian writings. But studies of anxiety are real Meaning began in the Greco-Roman world about 2,000 years ago. (Boll & 2023) Ta is a feeling of fear and uneasiness. This can cause you to sweat, feel restless and tense, and cause your heart to beat faster. This can be a normal reaction to stress. For example, you may feel anxious when facing a difficult problem at work, before taking an exam, or before making an important decision. It can help you cope. Anxiety can give you a boost of energy or help you focus. But for people with anxiety disorders, fear is not temporary and can be overwhelming.

According to Grace Parvins, anxiety, fear, stress, and impulse are all interconnected mental states. A person finds that situation fearful and as a result of that fearful mental state the person experiences anxiety. According to Martin, attitude anxiety is an attitude especially seen during sports competition, anxiety is the feeling that the competitive situation is scary enough to cause a psychological stress. Martins created the Sports Competitive Anxiety Test to measure the extent of this anxiety in athletes.

**Sports Confidence**

In 1990, the philosopher William James wrote in his *Philosophy of Psychology*. "Believe in what you have determined by taking your needs into consideration, for only by such belief does the need be satisfied. Believing that we can successfully fulfill the needs." Showing how self- belief can be virtuous, Dr Frederick, in his presidential address at the opening of the British Medical Journal, said that the progressive new architecture and the greater "independence" of insane patients in an asylum ward would increase their

confidence. It should be produced by praise, action, extended exercise, and scope, and enable the patient's conscience to promote its recovery, not only by excellent trials. In doing so, he suggests that mental health itself has a scientific relationship with self-confidence. Sports confidence is defined as the belief or certainty that individuals have about their ability to succeed in sports. It addresses the degree to which athletes are confident in their abilities. Nine sources of sports confidence have been identified. (Vealey, Hayashi, Garner-Holan & Giacobbi, 1998). Sources of sports confidence identified by athletes are categorized into nine global dimensions that reflect preparation, performance accomplishment, training, social support, innate factors, experience, competitive advantage, belief, and self-awareness. (Whalley, 1986) proposed a sport specific theory of self- confidence, she defined self-confidence in sport as an individuals belief or degree in their ability to succeed in a sport. Sport Confidence Theory measures two factors: Trait Sports Confidence (SC Trait) and State Sports Confidence (SC State). (Beachy 2022).

#### **Objective:**

Measuring Pre-Competition Anxiety in All India Inter-University Netball Tournament Players based on a Standardized Questionnaire.

Measuring Sports Confidence of All India Inter-University Netball tournament athletes based on a Standardized Questionnaire.

To study the correlation between pre-competition anxiety and sports confidence of women athletes in All India Inter-University Netball tournament

#### **Methodology:**

In this study descriptive research method was used to correlate pre-competition anxiety and sports confidence of female Netball players participating in All India Inter-University Netball match

#### **Population:**

In this study, all female Netball players from 79 teams (N=948) in the All India Inter-University Women's Netball Tournament held at Suresh Gyan Vihar University Jaipur. Rajasthan in 2024- 2025 are the population of this research

#### **Sample:**

In this research, 95 women players from 8 teams qualified in the quarter finals of the All India Inter-University Women's Netball Tournament held at Suresh Gyan Vihar University Jaipur, Rajasthan in the year 2024-2025 was the samples of this research.

#### **Tools of Data Collection:**

In this study, information was collected through two tests namely Competitive State Anxiety Inventory-2 and Trait Sports Confidence Inventory to study the variables of pre-competition anxiety and sports confidence.

**Variables:** Pre-competition anxiety and Sports confidence.

**Scoring:** Numerical Data

**Descriptive Statistical Analysis:**

**Table No 1**

Descriptive Statistical Analysis of Competitive Anxiety and Sports Self-Confidence

| Variable            | Number | Mean  | Standard Error of Mean | Standard Deviation |
|---------------------|--------|-------|------------------------|--------------------|
| Competitive Anxiety | 95     | 66.52 | 0.79                   | 7.73               |
| Sports Confidence   | 95     | 88.73 | 1.55                   | 15.12              |

Table No 1 shows the Descriptive Statistics of Pre-Competition Anxiety and Sports Confidence of Athletes in All India Inter University Netball Tournament. where the mean scores are 66.52 and 88.73 with standard deviation 7.73 and 15.12 and lastly standard error of mean are 0.79 and 1.55 respectively of Pre-Competition Anxiety and Sports Confidence respectively.

#### Correlational Statistical Analysis:

**Table No 2**

Correlational Statistical Analysis of the Relationship between Competitive Anxiety and Sports Self-Confidence.

| Variable                | Number | Pearson correlation | sig (2-tailed) |
|-------------------------|--------|---------------------|----------------|
| Competitive Pre-Anxiety | 95     | 1.00                | 0.20           |
| Sports confidence       | 95     | 1.00                | 0.20           |

The Pearson coefficient correlation value of Pre-Competition Anxiety and Sports Confidence. The calculated r value are as follows, for athletes in all India inter -university netball tournament. r value is 1.00 respectively which is no significant relationship (p=0.20 respectively) at 0.05 level of significance between Pre-Competition Anxiety and Sports Confidence All India Inter-University Women's Netball Tournament.

#### Hypothesis Testing:

The test of significance is a statistical test used to determine whether the information sample is true or not. It is based on the null hypothesis. The objective of the current research is to study the correlation between Pre - competitive anxiety and sports confidence among women Netball players in All India Inter-University competitions. r value is 1.00 respectively which is no significant relationship (p=0.20 respectively) at 0.05 level of significance between Pre- Competition Anxiety and Sports Confidence Hence, the null hypothesis is rejected. This shows that there is a significant negative correlation between Pre -competitive anxiety and sports self- confidence.

#### Results:

From this research, it was concluded that there was no significant correlation found between pre competitive anxiety and sports confidence among inter-university female netball players participating in the All India Inter-University competition.

#### Discussion:

The analysis of data collected using the Competitive State Anxiety Inventory-2 questionnaire (CSAI- 2) Revised and the Trait Sports Confidence Inventory (TSCI) revealed a there was no significant correlation between competitive anxiety and sports-confidence among these female players. These findings align with previous research that suggests Singh, A., Prakash, S. (2017) studied competitive anxiety and performance levels of inter-university female football players and found that there was a moderate negative correlation between SCAT scores and performance (SCAT score > 17). That is, players with high anxiety levels tended to perform poorly, and vice versa. They concluded that reducing anxiety helps enhance performance. Patil, A. D. (2021) studied the behavioural and emotional stability of female basketball players and found that as sports confidence increased, competitive anxiety decreased, improving performance.

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