



Research Article

Available online at www.journal-advances-developmental-research.com

Journal of Advances in Developmental Research

ISSN: 0976-4704 (Print), e-ISSN: 0976-4844 (Online)

J.Adv.Dev.Res. Volume 2, No.1, June 2011

Anxiety Level in Indian Basketball Referees at Different Levels of Officiating

Jagdishchandra Gothi*¹, Trupti Upadhyay² and Vipul Modi³

*¹ Corresponding author, Mahadev Desai Sharirik Shikshan Mahavidyalay, Gujarat Vidyapith, Sadra, District-Gandhinagar, Gujarat

²Swami Vivekanand Physical Education College, Gujarat University, Sargasan, Dist- Gandhinagar, Gujarat

³G.M.D.C. Arts and Commerce College Nakhatrana, Kachchh University, Kachchh, Gujarat

Abstract

The purpose of present study was to compare the level of anxiety in Indian basketball referees officiating at different levels. Total forty five referees of different level of officiating (15 international level, 15 "A" class and 15 "B" class referees) participated in Senior National Basketball Championship, organized by Gujarat Basketball Association at Surat (Gujarat) were selected randomly and divided into three groups. Each group has 15 basketball referees. The study was further delimited to investigation through questionnaire of anxiety (SCAT) developed by R.Marten. To compare the anxiety level one way analysis of variance (ANOVA) F-test was applied. Results show that there were significant difference between international levels, "A" class and "B" class referees. Since the values of F-ratio were found significant in the different level of Basketball referees the data were further subjected to the post-hoc test LSD (least significant difference) and concluded that there was no significant difference between A class referees and B class referees. On the other hand significant difference was found between International and "A" class, and International and "B" class referees.

Key words: Anxiety, basketball, referees

Introduction

Anxiety is a multisystem response to a perceived threat or danger. It reflects a combination of biochemical changes in the body, the patient's personal history and memory, and the social situation. As far as we know, anxiety is a uniquely human experience. Other animals clearly know fear, but human anxiety involves an ability, to use memory and imagination to move backward and forward in time, that animals do not appear to have. The anxiety that occurs in post-traumatic syndromes indicates that human memory is a much more complicated mental function than animal memory. Moreover, a large portion of human anxiety is produced by anticipation of future events. Without a sense of personal continuity over time,

people would not have the "raw materials" of anxiety. It is important to distinguish between anxiety as a feeling or experience, and an anxiety disorder as a psychiatric diagnosis. A person may feel anxious without having an anxiety disorder. Also a person facing a clear and present danger or a realistic fear is not usually considered to be in a state of anxiety. In addition, anxiety frequently occurs as a symptom in other categories of psychiatric disturbance¹.

Although anxiety is a commonplace experience that everyone has from time to time, it is difficult to describe concretely because it has so many different potential causes and degrees of intensity. Doctors sometimes categorize anxiety as an emotion or an effect depending on whether it is

being described by the person having it (emotion) or by an outside observer (affect). The word emotion is generally used for the biochemical changes and feeling state that underlie a person's internal sense of anxiety. Affect is used to describe the person's emotional state from an observer's perspective. If a doctor says that a patient has an anxious affect, he or she means that the patient appears nervous or anxious, or responds to others in an anxious way (for example, the individual is shaky, tremulous, etc.)².

Basketball game is fast and dynamic hence, the players and referees need to be fit. Basketball is an extremely popular game, played in almost every part of the world. It is a most technical game played at highly organized levels. The sport has relatively rapid learning curves because the basic movements build on natural human movements such as jumping, running, throwing and the variation of these. These unique elements distinguish basketball from all other physical exercises. The intensity of the game invites the constant physical challenges, work of the muscles, the central nervous system and the whole body at a time.

Although anxiety is related to fear, it is not the same thing. Fear is a direct, focused response to a specific event or object, and the person is consciously aware of it. Most people will feel fear if someone points a loaded gun at them or if they see a tornado forming on the horizon. They also will recognize that they are afraid. Anxiety, on the other hand, is often unfocused, vague, and hard to pin down to a specific cause. In this form it is called free-floating anxiety. Sometimes anxiety being experienced in the present may stem from an event or person that produced pain and fear in the past, but the anxious individual is not consciously aware of the original source of the feeling. It is anxiety's aspect of remoteness that makes it hard for people to compare their experiences about it. Whereas most people will be fearful in physically dangerous situations, and can agree that fear is an appropriate response in the presence of danger, anxiety is often triggered by objects or events that are unique and specific to an individual. An individual might be anxious because of a unique meaning or memory being stimulated by present circumstances, not because of some immediate danger. Another individual looking at the anxious person from the outside may be truly puzzled as to the reason for the persons' anxiety³.

The purpose of present study was to compare the anxiety levels in basketball referees officiating at different levels.

Delimitations

The study was delimited to basketball referees of different levels like international, "A" class and "B" class who participated in Senior National Basketball Championship 2008-09 held at Surat (Gujarat- India) between 31st December 2008 and 7th January 2009. The study was further delimited to investigation through questionnaire of anxiety (SCAT) developed by R.Marten.

Limitations

Questionnaire technique has its limitation, the information given by the subjects on the questionnaires were acted as limitation for the study.

Experimental

A total forty five referees of different level of officiating in basketball (15 international level, 15 "A" class and 15 "B" class referees) were selected randomly and divided into three groups. Each group has 15 referees. Questionnaire has 15 statements and every statement has three options "Rarely", "Sometimes" and "Often". The Sports Competitive Anxiety Test (SCAT)⁴ was administered and scoring of questionnaire was done on the basis of key given by Rainer Marten. To compare the anxiety between international level, "A" class and "B" class referees, one way analysis of variance (ANOVA) was applied. The level of significance was set at 0.05⁵.

Results and Discussion

Mean and standard deviations of the International, A class and B class referees in basketball are presented in Table 1. The Observed mean and standard deviation of anxiety for international referees, "A" class referees and "B" class referees were 15.35 & 2.21, 18.50 & 2.50 and 19.25 & 2.85, respectively and the anxiety level was significant at 5% level (Table 2).

When applied LSD post hoc test we found that there was non-significant difference in anxiety between "A" class referees and "B" class referees but significant difference between international and "A" class referees, and international and "B" class

Table 1. Mean and Standard deviation of Anxiety

| Variable | Groups | Mean | Standard Deviation |
|----------|------------------------|-------|--------------------|
| Anxiety | International Referees | 15.35 | 2.21 |
| | A class Referees | 18.50 | 2.50 |
| | B Class Referees | 19.25 | 2.85 |

Table 2. Analysis of variance for anxiety

| Source of Variance | DF | Sum of Squares | Mean Sum of Squares | F- ratio |
|--------------------|----|----------------|---------------------|----------|
| Between Groups | 2 | 110.5 | 55.25 | 12.87* |
| Within Groups | 42 | 180.4 | 4.29 | |
| Total | 44 | | | |

*significant at 0.05; Tab F 0.05 (2, 42) 3.22

Table 3. Post hoc test (LSD) for comparing the means of anxiety

| International Referees | "A" class Referees | " B" Class Referees | Mean Difference | CD at 5% level |
|------------------------|--------------------|---------------------|-----------------|----------------|
| 15.35 | — | 19.25 | 3.90* | 1.95 |
| 15.35 | 18.50 | — | 3.15* | 1.95 |
| — | 18.50 | 19.25 | 0.75 | 1.95 |

*significant at 0.05

referees (Table 3). Hence it can be concluded that high level referees have low anxiety which may be due to greater satisfaction.

References

1. Kamlesh ML. 1983. *Psychology of physical education and sports*. Metropolitan Book Company, New Delhi.
2. Cratty BJ. 1983. *Psychology in contemporary sports guidelines for coaches and athletes*, 2nd Edition (Englewood Cliffs, Prentice Hall Inc., New Jersey).
3. Jain D. 2001. *Text book of psychology*. Khel Sahitya Kendra, Delhi.
4. <http://www.brianmac.co.uk/scat.html>
5. Varma JP. 2001. *A text book on sports statistics*. Venues Publication, Gwalior, India