

COMPETITION ANXIETY IN VOLLEYBALL PLAYERS AT URBAN AREAS OF SINDH, PAKISTAN

SHIREEN BHATTI

¹M.Phil in Health, Physical Education & Sports Science, Isra Institute of Rehabilitation Sciences, Karachi, Sindh, Pakistan

^{2,3}PHD student at Gomal university, Dera ismail khan, Khyber pakhtoon khawa, Pakistan

E-mail: muhammadalijinnah47@gmail.com

Abstract - Sport is believed to be one of the sources of physical, psychological, mental and social change. It is asserted that sport plays great role in socialization and success. Competitive sports demands physical, mental and emotional toughness. Such sports are more distinguished than those games which do require passiveness. Competitive sports are surrounded in the term of aggressiveness, level of competition, strength and exclusivity. It is believed as acquired behavioral predisposition which effects behavior of an individual. Dealing and controlling of this psychological construct can have great impact on athletes' performance. Athletes who encounter high level of anxiety are more likely to choke which in result hinder the performance. Competition anxiety has been reported as one of the most distinguishable and predominant factor in the athlete performance. Since decades it has earned much interest of researchers and sports psychologists in order to identify the reasons lying behind and to believe to be an important construct for athlete to be able to perform during competition. The purpose of this study was to assess the factors which cause anxiety in volleyball players. The present research revealed the various factors which influence the performance of volleyball players. The study explored through interviews and survey. To triangulate the data, volleyball players of urban areas of Sindh province were interviewed using the sports competition anxiety test (SCAT). Players were asked to rank various factors that affect competition anxiety. The study was conducted in the cities of Sindh province named Hyderabad, Karachi and Mirpurkhas. The participants were 200 in number. All participants were players of volleyball game only, ranged from 16 to 20 years. The findings witnessed the competition anxiety high in volleyball players at public colleges of aforementioned urban areas.

Keywords - Volleyball, Athlete, Setting, Competition Anxiety.

I. INTRODUCTION

It is a social practice that gets competitors in the same setting when they are rewarded on the basis of their performance in the comparison of other participants. Sport is believed one of the sources of physical, psychological, mental and social change. It is asserted that sport plays great role in socialization and success. Sports have become a psycho-social activity. The socio-psychological variables play an important role in prompting sportsmen to unveil best performance during competition. Competitive sports demands physical mental and emotional toughness. These sports are more distinguished than those games which do not require passiveness. Competitive sports are surrounded in the term of aggressiveness, level of competition, strength and exclusivity. Such sports enables an athlete to make choices moreover it enables an athlete to build confidence in pursuing of acquisition of skills

II. ANXIETY

Sport psychology defines Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension is associated with activation or stimulation of the body. It is believed as acquired behavioral predisposition which effects behavior of an individual. Dealing and controlling of this psychological construct can have great impact on athlete's performance. Athletes who encounter high level of anxiety are more likely to choke which in

result hinder the performance. Anxiety "an unpleasant emotion which remains ambiguous and brings constant feelings of nervousness and fear". The other researchers define anxiety as a "subjective feeling of apprehension or perceived threat, sometimes accompanied by heightened physiological arousal. Gould & Krane state that anxiety can be considered the "emotional impact on cognitive dimension of arousal", while Hardy, Jones, & Gould state that it is the outcome of individual doubts his or her ability to cope with the situation that causes him or her stressed. More ever Anxiety is believed the stress and fear arises from distress. Anxiety is a negatively stimulated emotional state categorized by uneasiness and anxiety. The anxiety is classified into many forms. Anxiety was constrained to psychological area for & therefore defined in context of psychology as a state of discontentment precisely related with motor release along certain path. Psychologists altered it additional as that it is a feeling of distress, pressure and uneasiness which stems an stimulation of the autonomic nervous system. With the flexible approach of witnessing Anxiety construct out of Psychological context, number of studies was conducted to study Anxiety as the most manipulating disturbing element for researchers. The disciplines of psychology share the common definition of anxiety as the fear, uneasiness, frustration, discomfort & threat. Nevertheless researchers have defined Anxiety in many means. In 19th century, anxiety was dealt more as external threatening cause as in words of Darwin (1872)

Anxiety is an emotional response is when being feels himself endangered physiologically. At the beginning, anxiety & fear were used interchangeably as Freud (1925) presumed anxiety alike to distress and fear. In following decades, the anxiety was anticipated as feeling of fright associated secondarily to substances only as stated by Scovel.

III. TYPES OF ANXIETY

In 1977, Kleinmann recognized anxiety into two paradigms: facilitating and debilitating they are evaluated on the basis of the outcome they produce. According to Young facilitating anxiety is positive force which is witnessed in form of improved performance whereas debilitating anxiety is negative force which indicates poor performance. It is more clarified by Scovel who defines anxiety facilitating the positive force which influences the player to "fight" leads him to embrace approach behavior" Debilitating anxiety excites the player to withdraw from competition leading him to embrace escaping behavior"

3.1. Cognitive anxiety

the psychological constituent, which brings undesirable beliefs about achievement or self-assessment, self-talk, anxiety about performance, incapability to focus, worries, self-doubts, images of losing, humiliation and disrupted attention. It portrays the negative feeling and image of failure which can be varied in the regard of intensity and frequency. It is considered the mental component of anxiety

3.2. Somatic anxiety

The somatic anxiety in competitive situation is the biological constituent which is associated to autonomic stimulations, when an individual becomes nervous; he/she goes through the bodily changes comprising faster heart rate and blood pressure, increased breathing, feelings of nervousness, high blood pressure, dry throat, muscular stiffness, moist palms, and stressed stomach. It is indicated a perception of physiological symptoms related with anxiety. It is considered the psychological component of anxiety

3.3. Trait anxiety

Trait anxiety is a disposition distinctive which is comparatively constant over time, prompting an athlete to be apprehensive through an extensive change of settings. Trait anxiety sustains over a long period of time on getting into stressful environment. Spielberger considered trait anxiety common tendency to become anxious in a variety of situations. Therefore, anxiety is one's personality characteristics and persons bearing high trait anxiety seem anxious in many types of situations.

3.4. State anxiety

State anxiety refers to a "right now" type of anxiety which is non-specific in nature. State anxiety involves the feeling of apprehension, tension, fear,

physiological arousal. It emerges as an immediate emotional state in the response of specific situation. A transitory state where an organism encounters anxiety experienced differs in intensity and fluctuates over time. Moreover, feeling of worry or stress that one experiences at a specific moment under a specific context. It pops up by physical signs such as sweat, clammy palms, dry mouth, muscle tightening and stiffness, and increased heart rate.

3.5. Competitive anxiety

In the context of sport participation, competitive anxiety is a predisposition to observe competitive settings as frightening and to react such settings apprehensively". Competitive anxiety unveils itself in three types: cognitive anxiety (e.g., worry, self-doubt), somatic anxiety (e.g., perceived faster heart rate, perspiring, and self-confidence.

In the view of researcher, Competitive anxiety is formed in competitive situations in sports. There are some social factors caused competitive anxiety such as repeated pressure an athlete faces from expectations of parents, coaches, and teammates root worry. Seeing competitive anxiety which originates because of impractical opinions, reflecting perception of an athlete about performance, it invites fear of being assessed by each of viewers, apprehensive, performance below anticipated levels in his prior match, a person with psychological experiments, disastrous problems and one's beliefs associated to the application of sport skills. Athletes of high is more responsive to catastrophe worries resulting in undesirable social and self-assessment. Due to Competitive anxiety not only athletes' feelings but athletes' performance is impaired. This is one of the factors which causes the decline in the performance of players which brings player to such state where he starts losing confidence in him, feeling of worry, pressure, guilt, discouragement, disruption and fear are common is the result of bodily changes.

IV. FACTORS AFFECTING LEVEL OF ANXIETY

Some factors lay that leading to athletes' level of anxiety. For example, the importance of competition puts great pressure which makes a competitor disposed to anxiety. When a competitor "freezes" in the crucial moment or commits an incomprehensible mistake their anxiety leads to the failure. On the other hand Anxiety unfolds the expected environment or surrounding which cause nervousness and tension that is related to 'arousal'. Meeting those demands seem stressful and reason of imbalance between the demands and the athlete's ability to fulfill the expectations. These settings put high stress loads on the competitor. The competitive stress draws anxiety in athletes, proves additional element to manage. When anxiety is not unmanageable or unexplained, athletes lose control and invites declining to performance levels. In competitive settings anxiety is

the expected happening. Fear of failure invites anxiety. Player meets a variety of competitive demand and responds accordingly if not according to the demand of competition then surely anxiety will occur. Therefore, the performance and function of athletes in competitive sports is inclined by specific conceptual factors such as personality qualities, competitive anxiety, and handling approaches. Those athletes, who keep their spirit high in order to manage the stressful situation during competition, appear to have high self-esteem. One of the attention seeking issues is competition anxiety which impairs the performance of players, factors influencing anxiety are to be identified this way performance can be facilitated.

A player performance is stable if he owns emotional stability. Though it is considered human predisposition to encounter bouts of anxiety from time to time but how athletes manage competition anxiety may affect self-esteem. An athlete is affected by any type which either can be Trait anxiety which is how anxious a person is in his everyday life or State anxiety which is a temporary and ever changing mood, in addition Anxiety is the physiological or psychological reaction when a threat is perceived therefore sports psychologists believe that there is one ideal anxiety level that everyone goes through. Competition Anxiety is one of the most significant problem which has grabbed the attention of sport experts and psychologists to recognize operative features manipulating anxiety prior to competition in order to ease the athletes' performance. Erin believes recognition of the factors triggering anxiety prior to competitions do not only lead to attaining the objectives measured by coaches and to enhancing performance, but a sequences of responsive states of athletes in sport environments should be measured. Human attempt is thought to be affected somehow by anxiety as it is a reaction by an individual to a stressful situation and in competitive sports, a great amount of stress can be placed on an athlete's performance, The players' self-assess their performance due to the influence of emotions mainly the outcome of the game. Anxiety has great impact on the athlete's performance in sport. The athletes' success is directly proportional to the positive analysis of anxiety signs with the rise of the notion of anxiety, great deal of research has been conducted in the area of anxiety analysis. Several studies resulted that this is how an athlete sees his anxiety symptoms have important consequence on his performance. With the advances studies of psychology, mental skills have been perceived as very important in athletic performance. The inclusion of psychologists in sports and the mental abilities made noteworthy growth in athletes' performance. Many research studies showed that athlete can better center and higher self-esteem increase his productivity in performance. Morris states that athletes must perform under a high level of pressure and it is therefore not

surprising that emotional features often recognize successful athletes from those less successful ones. Because of this, it is obvious that volleyball success does not depend purely on corresponding anthropometric characteristics, motor and functional abilities, and technical-tactical knowledge, but also on psychological skills. Managing them is the capability to endure emotional stability during sport competition and to employ other psychological skills and handling tactics. There in sports distinction is generally viewed as practice, concern and recognizable capabilities of players, however despite these, Koopman and Newton points out that individual insight may also effect performance. Koopman and Newton state that an Individual varies in his observations of onscreen events and this leads to the difference in perception which may be somewhat accountable for changes in performance results. Mulumbula believes that the nature of observation can affect individuals' accomplishments. It is evident A variety of factors affect the athlete's performance. Positive emotional state which is a crucial factor contributing to the success of an athlete's performance. If player has ability to develop and maintain positive emotion before competition can have successful and consistent athlete performance. Conclusively, anxiety influence on athletes' psychological skills and motor skills. Anxiety impacts athlete's performance in every sport. Those athletes who identify their anxiety signs as facilitative are expected to execute better than athletes who see anxiety signs as devastating.

V. MATERIALS AND PROCEDURES

This study recommended volleyball players' competition anxiety. These factors were investigated through qualitative research design that included interview which met the needs of objectives of this study. The purpose of this research was to know the competition anxiety in volleyball players. In addition to interviewing each of athletes were asked to provide their perception about competition anxiety. This study endeavored to triangulate the data by asking one of each player to fill out the questionnaires that the athlete completed. The participants of this study were 200 male and female volleyball players. All volleyball players were experimented the age from 16 to 20. Volleyball players completed 200 questionnaires of SCAT scale. The measures were completed during intercollegiate competition of 2015-16. Sports Competition Anxiety Test (Martens et al., 1990) was used to identify competition anxiety with 15 items scale. The response scale asked each participant to rate the intensity with which each symptom was being experienced from 1 (rarely) 2 (sometimes) to 3 (often). Thus the possible scores on each sub scale was ranged in such way. Less than 17 predicted low level of anxiety, 17 to 24 predicted average anxiety and More than 24 predicted high

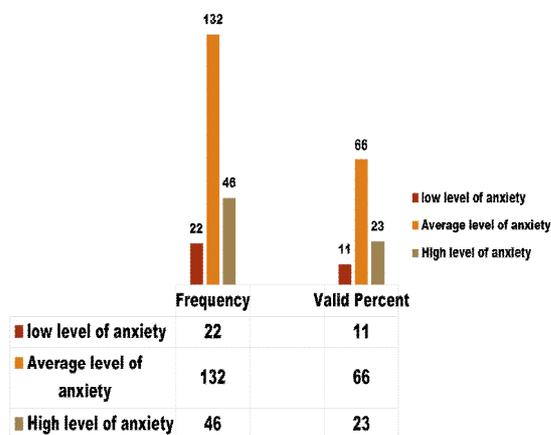
level of anxiety. Athletes were approached at public colleges of Hyderabad, Karachi and mirpurkhaas cities. They volunteered to participate in the study. After the describing research study in detail, each player was asked to read the consent form and sign it if she/ he agreed to participate. The player was reminded that she/he had no obligation to participate in the study and that all information was to remain confidential. Participants completed the questionnaire during the intercollegiate competition of volleyball. Participants were provided questionnaires of **scat** and with instructions for the completion of the test.

Level of anxiety	Frequency	Percent	Valid Percent	Cumulative Percent
low level of anxiety	22	10.3	11.0	11.0
Average level of anxiety	132	62.0	66.0	77.0
High level of anxiety	46	21.6	23.0	100.0
Total	200	93.9	100.0	

Table IV-1: Level of competition anxiety in participants.

Results

Level of competition anxiety in participants



RESULT AND DISCUSSION

This chapter states the results of the analysis conducted on the data obtained from the study. Findings are based on the questionnaires used for this study. The results of the descriptive analysis, conducted on the **SCAT** are presented. Questionnaire items measuring sports competition anxiety was presented in descriptive statistics. The study used sport competition anxiety test which comprises of 15 items. A test calculate tendency of an athlete to encounter anxiety when contending in sports. Score of test consists of 15 questions that inquire athlete's

feeling before competition, each item has three point scale (often, sometimes, rare) and a summary score ranging from less than 17 and more than 24 is computed for each respondent. The Questions 1, 4,7,10 and 13 items score zero irrespective of the answer in contrast 2,3,5,8,9,12,14 and 15 items score 1,2,3 whereas 6 and 11 follow reverse coding. Score Less than 17 shows low level of anxiety, 17 to 24 score shows average level of anxiety and score More than 24 indicates high level of anxiety Exposure to the unexpected setting , undeveloped skills, being inexperienced, fear of participation, fear of performance , fear of opponent, fear of crowd , fear of negative evaluation and fear of failure caused high level of anxiety. The results of current study précised that subjects of study came into view with high competition anxiety. It confirmed the investigation which supported high level of competition anxiety in volleyball players. Many studies were brought forward on the influence of competition anxiety on players' performance. Further studies have been conducted in recent years in reference to competition anxiety. In 2012 turkosy,ayse:bayansaldus,mehmat; altinci,evren ebru; and atikir,aslihan reveal the competition anxiety is one of the major factors which inhibits athletes In the same year milan k. patel, mayank D. parmar, ramanbhai G. patel and kiran H.patel reveal the level of anxiety in volleyball players and result showed high level of anxiety from triumphing high performance.(5)in 2014 the research study by S.Z.mabweazara,B.S. Andrew and L.L.leach aimed to explore the negative effect of competitive anxiety on the athletics performance. kerketta conducted a research study in 2015 to examine the level of anxiety and factors affecting performance of volleyball players. This findings show many factors and Competition anxiety is considered one of the factors .which does not only deteriorates the performance but the quality of his experience during competition experiences high or low anxiety. it further discloses that volleyball players encounter anxiety at greater level as volleyball is witnessed to be mental, physical and technical game . The nature of game influences the mental, physical ability.

These are leading factors of anxiety. Responses of discussion exposed that most of the participants of the study understand that the factors which direct them to high anxiety is feeling of apprehension and feeling of insufficiency Which build up internally after getting mortified by coaches ,sports instructors and sports teachers to perform below the expectations. They sometimes appear with low level of motivation during performance therefore they fail to receive services or fail to deliver the ball successfully to opponent's court during rally which causes anxiety in participants in result it declines the performance of participant which annoys the coach and sports instructor in result they start ridiculing player which ultimately threatens their self-esteem. It provoke

feeling of incompetence in players and he feels low at that moment. It is commonly examined that the large number of coaches are more concerned to results than assisting his performance by predisposing traits. Another observation found is making mistakes as mistakes are considered the part of game but coaches remain non-neutral, inflexible and impatient at the time of player's error which leaves player with high level of competition anxiety. Moreover the interview responses exposed that they get apprehend when surrounded by their opponent. It makes them nervous and they feel helpless to sustain the performance. The fear of evaluation seems quite obvious reason for getting nervous. Likewise participant's good/ bad feeling about himself greatly depends on the expected result when they feel challenged with presence of other team mates and opponents who can perform better than them. They relate age to more experience, more performance. Observing these situations around, they feel their self-esteem challenged and it causes the competition anxiety because they feel that he may not be as competent as their team mates and opponents. They perceive their abilities near to the ground which has affect on their behavior. The discussion responses support the findings. The participants had never been exposed to such sports setting since schooling, it is commonly observed that most of the governments' school neither offer sports activities nor organize such sporty event which could provide exposure to students to such challenging settings. When they study at college they seek chance to participate in sports activities and such setting is completely unfamiliar to them. Therefore they remain apprehend after getting into such setting which declines their self-esteem and heighten their anxiety. Most of players of first year are reserved for next competition and coaches prefer to experience them their observation during matches only. It is believed by most of the coaches that the players of first year are under learning process therefore examining their skills may not bear fruit in competition if it is so, in result it may affect result of competition and coordination among players too. In the context of our society most of the players are never appreciated by parents being adaptive of sports as a profession. As a sport is never taken source of bread and butter furthermore it never earns interest and motivation of most of the parents. In result it affects the degree of concern, acceptance and interest shown by parents. Such behaviors are damaging and enduring effects on the self-esteem of players and causing high level of anxiety though being male player he is granted a slight advantage over being female. The negative coaching contributes the same degree of disregard, demoralization and interest as do parents. More over those players who practice team sports are more anxious than those who take part in individual sports. Thomas ET al. describes that players of team sports are open to demanding and stressful setting. These aspects impact the mutual functioning and

mental characteristic of the player. The other aspect of high anxiety is social assessment of subject. It is believed that the importance of psychological factors can never be neglected in the success of any sports performance unfortunately less amount of time is spent on mental practice by coaches. Those players who evident high anxiety, they fear of opponent's ability, they perceive their skill low. Fear of failure deposits in them somewhere which lower their expectations and higher their Worry about opponent's ability". Competition anxiety restricts the apt attention and other cognitive practices. Incorrect muscular tightening and poor mental function greatly lessens the competitor's capability to handle efficiently to the challenger's scheme

In addition, certain circumstances such as challenging and frightening agonies affects the level of self-esteem which results withdrawal from competition rather than withstanding which deteriorates his performance. In general, a stressful situation that involves self-esteem results in anxiety, risks decreasing or destabilizing with the repetition of situations roots the reduction of the mental health. It is evident that bouts of anxiety influences self-esteem therefore anxiety results either positive or negative states of self-esteem. The reason of giving up sport is competitive pressure and difficulty to manage with it.

CONCLUSIONS

This study extracted high anxiety in participants however this study draws some related results concerning the competition anxiety in volleyball players. As said above, responses of 200 participants of study recorded. SCAT was conveyed in participants of volleyball for data collection. Public colleges of Hyderabad, Karachi and mirpurkhaas were drawn closer. This study used more prominent number of female and male players to analyze the issues tended to here. It might likewise be intriguing to find what components may have driven high level of anxiety in participants. a critical rise in competition anxiety declines performance which unquestionably has more considerable negative impact on team psychology. Those variables which thus lead high anxiety are, negative disposition towards oneself, the assessment or judgment make by individuals, fear of being disappointment, threat of focused setting, fear of opponent, low level of endeavors, apprehension, negative feedback, dismissal, , anxiety, high expectations of coach, colleagues and spectator.

ACKNOWLEDGMENTS

I would not have been able to complete my research without the assistance of my teacher, my principal, my guide sir Asif Shaikh who drove my motivation in research who helped me in sustaining my interest all

along . Your patience, motivation, your guidance made my research possible. You have been tapping my back with great encouragement which heightened my passion. Thank you so much for your amazing influence in the completion of my research .i thank to all my entire teachers, Dr: Erum and Dr hira Rajput I greatly appreciate your time and sharing your expertise with me. Finally to my maternal uncles, my sisters thank you for your support. You always helped in advising and comforting when I needed it I could ever need. In last to my Mom I have been able to accomplish my destination due to your never-ending love and hard work. I am truly blessed for all that you did for me. I fully express my gratitude to all of you.

REFERENCES

- [1] Yadav, Krishna.R. 'Correlation between anxieties of mental skill in university Volley Ball Male players.' journal of exercise science of physiotherapy.2015;11 (1):17-21 .
- [2] nandal.manoj.'A comparative study of self-confidence among Hockey and Volleyball Players. Global international research thoughts, 2015;
- [3] Dionigi rylee,' competitive sports and aging: the need for qualitative sociological research. 'journal of aging and physical activity, 2006 ;(14):365-379
- [4] Niederle, Muriel and vesterlund ,lisa'. 'Gender and competition.' department of economics, Stanford University, California and department of economics, university of Pittsburgh, Pennsylvania.
- [5] turkosy,ayse:bayansaldus,mehmat;altinci,evrenebru&atikir,as lihan. 'comparison of pre and post anxiety levels of volleyball players aged 11-14.'international journal of academic research, 2012 ;(4)1:143-147.
- [6] Mottagiv, Mahmoodreza, Atarodi,Alireza and Rohani,Zohra.'The relationship between coaches and athletes competitive anxiety and their performance'.Iran J psychiatry behavior science,2013;7(2):68 -26
- [7] .Mabweazara.S.Z.Andrews.B.S.and Leach L.L.'change in state anxiety prior to competition'. African Journal for physical Health Education Recreation of Dance, 2014; 20(2:1):492-499.
- [8] KhanZamirullah, Haider Zeeshan, Ahmed Naseem & Khan Sartaj.'Sports achievement motivation and sports competition anxiety: A relationship study'. Journal of educational practice, 2011;2(4).
- [9] Kerketta, Inder.'comparative study of sports competition anxiety between districts levels Male Volley Ball and soccer Players. 'International of physical education sports and health, 2013;1(3):53-55
- [10] Bhatti,nasreen "investigating the perceptions of Pakistani English language learners on language learning anxiety in EFL classroom". Australian international academic Centre, Australia: 2016 ;(7)5:
- [11] Koivula,Nathalie:hassmen,peter and fallby, john.' self-esteem and perfectionism in elite athlete: effect on competitive anxiety and self-confidence :'personality and individual differences,2002;(35)5:865-875.
- [12] Ping tang,li, Thomas and reynold.B.david.'Effects of self-esteem and perceived goal difficulty on goal setting, certainty, task performance and attribution: 'human resource development quarterly, 1993;(4)2:153-170.
- [13] .Patel Milan. K. Parmar Mayank. D. Patel Raman Bhai. Gand Patel KiranH.J.'Comparative Study of anxiety level during competition'. International journal of physical education sports and Yogic sciences, 2013;2(2):67-68
- [14] Kumar Rajesh and Sindh Rajinder.'An effect of mental toughness on different level of participation in soccer players'the shield international journal of physical education of sports science, 2011;(6):1-2.
- [15] Patrick j Cohn, 'warning signs of low self-esteem'
- [16] Fahiminezhad ali. khani shahrookh , ghasemi Abdullah ,'the comparison of sports confidence between young athletes in individual and team sports in shah rood city.'
- [17] Baxter Jeff, 'pre competition anxiety contagion among collegiate male volleyball players. A thesis, California state university, Northridge, 2014;
- [18] Esfahani N, gheze soflu H,'the comparison of pre-competition anxiety and state anger between male and female volleyball players. 'World journal of sports sciences, 2010; 3(4): 237-242.
- [19] Kais, and L.Raudsepp. 'Intensity and direction of competitive state anxiety self-confidence and athletic performance. Institute of Sport Pedagogy and Sport Sciences, University of Tartu, Estonia, 2005 ;(1):13-20
- [20] K. N Ashwini,' Self confidence among handball and volleyball players. 'Academic sports scholars, 2015; 4(8)
- [21] yilmaz.taner, celenk. cagri, akil .mustafa, kara.ersan 'Evaluating the Self- confidence Levels of Teams
- [22] andIndividual athletes at the Age of 14-16 According to Several Variables.' Usak University, Faculty of Sport Sciences, Turkey, 2015; 9(2): 203-207.European journal of experimental biology, 2014; 4(3):458-462.
- [24] .MungiriaMuthaa.george, Mwisukha.and anjekariuki.Zachari ah, Mwenda. 'Investigation of Self-Perception of Players in Sports in Meru Technical Training Institute in Kenya.' 2013; 4(15):99
- [25] Neff.kristen.D.'Compassion, Self-Esteem, and Well-Being.' Social and personality psychology compass, 2011:1-2.
- [26] Bell. Carolyn,' Factors that influence the confidence of elite Junior Olympic female volleyball players'. A thesis, Ithaca College; 2005,
- [27] Srivastava.rekha.Dr and joshi.shobana.Dr.'Relationship between Self-concept and Self-esteem in adolescents. 'International Journal of Advanced Research, 2014;2(2):36-
- [28] D.Jennifer.baumeister, Campbell,I.krueger.Joachim and D.vohs.Kathleen .' Does high self-esteem cause better performance, interpersonal success, happiness or healthier life style? 'American psychological society, 2005; 4(1)
- [29] Nicholas Emler,'Self-esteem the costs and causes of low self-worth'.2001.
- [30] Milavić.Boris, grgantov. Zoran and milic. Mirjana.'Relations between coping skills and situational efficacy in young female volleyball players. 'University of Split, Faculty of Kinesiology, Split, Croatia, 2013; 11(2)165 - 175
- [31] David tod, Joanne thatcher & Rachel Rahman.'sports psychology'. London: pal grave Macmillan.2010.
- [32] Khasawnesh, Amman. 'Self-esteem profile among the female festal Football players at Jordanian Club.'journal of education and practice, 2015;6(II).

