

## Comparison between Football Players and Athletes as Related to Competitive Anxiety

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### Abstract

The purpose of this study was to compare the sports competitive anxiety of hockey players and all India interuniversity football players. Forty six male subjects (23 football players and 23 all India interuniversity track runners) were included as subjects for the study. The range of their age was from 18 to 25 years. The data of the subjects on sports competitive anxiety was gathered by a questionnaire developed by Martens (1977). The data from football players was collected during coaching camp for South Asian Federation games at Calcutta and Chennai. The t test was used to analyze the data. Results indicated no significant difference between football players and all India interuniversity track athletes.

**KEYWORDS:** Sports competitions anxiety, football players, track athletes.

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Speed endurance is the most common motor ability both for track athletes and football players to excel. The purpose behind this study was to compare the psychological status of two different sports which demands same motor quality and speed endurance.

Competitive anxiety in sport concludes with the theory based on an interaction between uncertainty about the outcome and the importance assigned to that outcome. Anxiety before or during athletic competition can hinder the performance of an athlete. The coordinated movement required by the athletic events becomes extremely difficult when the competitor is in the tense state. A moderate level of physical arousal is helpful and prepares athlete for competition. But when the physical symptoms of anxiety are too much, they may seriously interfere with the ability to compete. Similarly, a certain amount of worry about the performance can be helpful in competition, but severe cognitive symptoms of anxiety such as negative thought pattern and expectation of failure can bring about self-fulfilling prophecy. A substantial difference between how one performs during the practice session and during competitions, anxiety may be affecting the performance.

Some types of athletes are more prone to feeling the effect of anxiety on the performance. Amateur athletes are more likely to experience anxiety than seasoned professionals which interferes with their ability to perform in competition due to their relative lack of experience both in competition and in managing arousal.

Athletes who participate in individual sports experience more anxiety than those who play in team games. There are substantial evidences that in team games, when a team plays at the venue of the opponents, anxiety level tends to be higher than playing at home. Elite athletes consistently able to rise to the challenges when faced with tough competition. Research shows that self confidence plays a important role in responding to

the symptoms of anxiety during athletic performance. Players who are more confident in their abilities are more likely to have a positive reaction to arousal and anxiety and thrive on the challenge of competition. Elite athletes are more often focused on their behavior that they interpret arousal as excitement rather than anxiety. Thus the present study was constructed to compare the sports competition anxiety between football players and track athletes.

## **Methology**

### **Subjects**

The present investigation was undertaken on professional football players who were preparing at Calcutta for South Asian Federation (SAF) Games 2010 held at Dhaka. , the athletes belonging to running events of All India Interuniversity held at Chennai (Madras). A total of 46 subjects (Football =23, Track athletes =23)served as subject for this study.

### **Tools**

Keeping in view the research objectives and availability of the appropriate the *Sport Competition Anxiety*

*Test* developed by Martens (1977) was to measure subject's sports competition anxiety. It has fifteen ssitems out of which five items were spurious. Every statement has three possible answers i.e. hardly ever, sometimes and often.

### **Procedure**

The above mentioned tool was administered individually to each participant. Prior to the administration of the psychological test, the researcher approached the subjects through their respective coaches and requested them to co-operate in the data collection.

### **Data Analysis**

The data obtained was tabulated and statistically analyzed using t test.

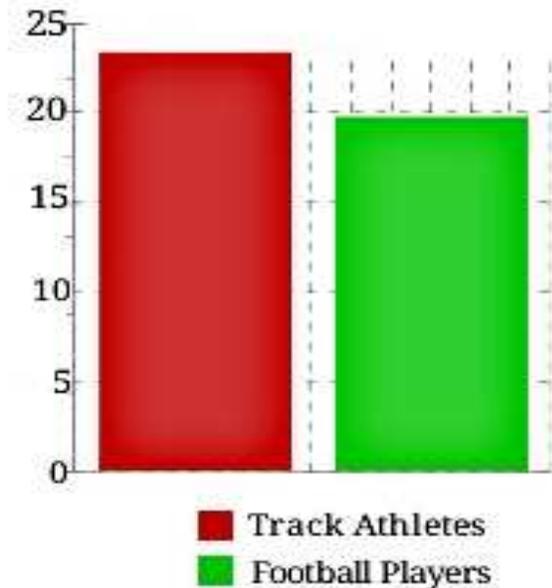
## **Results**

**Table 1: Indicating difference between elite football players and track athletes on sports competition anxiety.**

	<b>Football Players</b>	<b>Track Athletes</b>	<b>Cal t</b>	<b>P</b>
<b>Mean</b>	<b>17.08</b>	<b>22.51</b>	<b>1.10</b>	<b>7.15</b>
<b>SD</b>	<b>1.54</b>	<b>2.45</b>		

As evident from table 1 that there was no significant difference found between elite football players and track athletes on sports completion anxiety.

**Figure 1 : Showing mean difference in sports competition anxiety between elite football players and track athletes .**



### Discussion

From the results of this study it is evident that significantly differences were not found between elite football players and track athletes on sports competition anxiety.

The result of this study can be collaborated with the finding of Singh, Kumar and Tiwari (2009) who compared sports competition anxiety of male and female north zone intervarsity badminton players and observed no significant difference between male and female north zone intervarsity badminton players on their anxiety level. Similarly another study Razeena (2004) found no significant difference between among defensive and attacking women hockey players on state anxiety. Hatzigeogiadis and Chroni (2007) examined relationships between pre-competition anxiety and in-competition coping in swimmers. Correlation analysis showed that intensity of cognitive anxiety has low to moderate negative correlation with approach coping strategies and low to moderate positive relationship with avoidance coping strategies. Dominikus, Fauzee, Abdullah, Meesin and Choosakul (2009) examined the relationship between mental skills and anxiety between the male and female athletes was the same but different in terms of its intensity.

### Conclusion

On the basis of result it may be concluded that significant difference was not observed between football players and track athletes on their sports competition anxiety.

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