

Effect of Sports Competition Anxiety on the Performance of Female Taekwondo Players

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Abstract

The study was conducted to assess the Sports Competition Anxiety of female taekwondo players and to compare the level of sports competition anxiety on the basis of performance of female taekwondo players. For the purpose of the study Sport Competition Anxiety Test (SCAT) developed by Martens et al 1990 was administered on 60 female taekwondo players who had participated in the Senior Category at 32nd Senior National Taekwondo Championship-2013 (Manipur). The administered questionnaire was quantified for obtaining the scores of sports competition anxiety as per the instructions/ guidelines. Mean, Standard Deviation and Independent Sample 't'- test were used as statistical procedure for analyzing the data. The drawn hypothesis was tested at 0.05 level of significance. Findings of the study revealed that both the medalist and non- medalist female taekwondo players were having average level of sports competition anxiety before the competition as the mean score obtained were 18.95 ± 2.877 and 21.24 ± 3.153 respectively. When compared for performance, it was seen that the medalist female taekwondo players were having significantly lower level of anxiety as compared to non- medalist female taekwondo players as the calculated 't' value obtained was 2.696 with $p < 0.009$. Therefore it was concluded that the anxiety plays an important role in the performance of an athlete, a higher level of competition anxiety deteriorates athletes' performance (Martens et al., 1990; Weinberg & Gould, 1999; Ortiz, 2006). And hence, it is recommended that the findings of the study must be used to design appropriate training programmes to help athletes acquire suitable coping strategies so as to reduce their anxiety levels and enhance their performance.

KEYWORDS: Taekwondo, Sports Competition Anxiety, Performance

I. INTRODUCTION

Psychological factors such as self confidence, self esteem, locus of control, personality, mental toughness etc plays important role while performing in competitions. Anxiety is one the factor that plays an important role in the performance. Studies have shown that even the world's most successful athlete feels anxious while performing at competitions. There are certain factors that induce the feeling of anxiety in athletes such as expectations, perfectionism, fear of failure, lack of confidence (Moran, 2004). Anxiety refers the displeasing feeling of fear and concern, in sports it is an unpleasant emotion characterized persistent feelings of apprehension and dread (Cashmore, 2002). Previous researches have shown that anxiety has an impact on the performance of athletes but in regards to taekwondo performance in real competition, studies on anxiety have hardly taken a step. Therefore this study was taken to understand the sport competitive anxiety of female taekwondo players and its impact on the performance i.e. winning a medal in real competition situation.

II.OBJECTIVES AND HYPOTHESIS

The objectives of the study were to assess the sports competition anxiety of female taekwondo players and to compare the level of sports competition anxiety on the basis of performance of female taekwondo players. Based on the literature reviewed, it was hypothesized that there would a significant difference in the level of sports competition anxiety of medalist and non- medalist female taekwondo players.

III. PROCEDURE AND METHODOLOGY

For the purpose of the study 60 females taekwondo players were randomly selected from the population participated at the 32nd Senior National Taekwondo Championship, 2013 (Manipur). The subjects selected were in the age group of 17 years to 28 years. Sport Competition Anxiety Test (SCAT) developed by Martens et al 1990 was administered on the selected female taekwondo players. The administered questionnaire was quantified for obtaining the score of sports competition anxiety.

IV. STATISTICAL ANALYSIS

To explain the level of sports competition anxiety in female taekwondo players Mean and Standard Deviation were calculated. To compare the level of sports competition anxiety between the medalist and non- medalist female taekwondo players independent sample 't' test was employed. The hypothesis was tested at 0.05 level of significance.

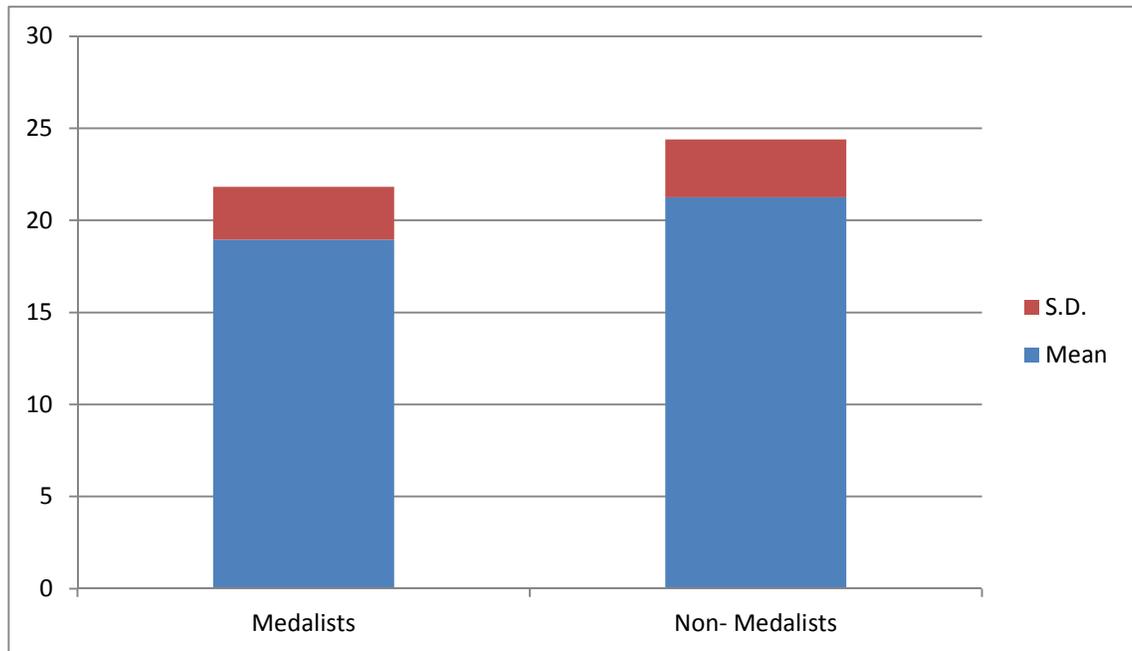
V. ANALYSIS OF DATA AND FINDINGS OF THE STUDY

Table- 1: Descriptive Statistics of Sports Competition Anxiety of female Taekwondo Players on the basis of their Performance

Variable	Performance	N	Mean	Std. Deviation	Std. Error Mean
Sports Competitive Anxiety	Medalists	19	18.95	2.877	0.42
Sports Competitive Anxiety	Non- Medalists	41	21.24	3.153	0.45

Note: N= Sample Size

Table- 1 reveals that the mean score of sports competitive anxiety for medalist and non- medalist female taekwondo players were 18.95 ± 2.877 and 21.24 ± 3.153 respectively. The above table also shows that even though both the groups lie's under average level of sports competitive anxiety still the sports competitive anxiety in female medalist taekwondo players was lower than that of female non- medalist taekwondo players.

Fig 1: Sports Competition Anxiety of Female Taekwondo Players**Table- 2: Comparison of Sport Competitive Anxiety between Medalist and Non-Medalist Female Taekwondo Players**

Variable	t-test for Equality of Means				
	t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Sport Competitive Anxiety	2.696*	58	0.009	-2.297	0.852

*Significant at 0.05 level of significance

Table- 2 clearly reveals that there is significant difference in the sports competitive anxiety of medalist female taekwondo players and non- medalist female taekwondo players as the calculated 't' value obtained were 2.696 with $p < 0.009$.

VI. DISCUSSION

Based on the findings of the present study, it was found that the female taekwondo players who had participated in the 32nd Senior National Taekwondo Championship, 2013 (Manipur) had an average level of sports competitive anxiety before competition. When this data was seen in regards to performance, it was revealed that though both medalist and non-medalist female taekwondo players comes under average level of sports competitive anxiety but still the level of sports competitive anxiety in medalist female taekwondo players was significantly lower than that of non- medalist female taekwondo players. The result of the present study supports the previous researches that the highest level of competitive anxiety will deteriorate athletes' performance in sport (Martens et al., 1990; Weinberg & Gould, 1999; Ortiz, 2006). On the contrary, a lower level of anxiety was found to have enhanced the

performance of athletes (Martens et al., 1990; Krane & Williams, 1994) and hence the drawn hypothesis was accepted.

VII. CONCLUSION

The result of the study showed that there was a significant difference in the sports competitive anxiety of medalist and non-medalist female taekwondo players therefore it was concluded that level of sports competitive anxiety had a relation with the performance of taekwondo athletes.

Hence further it is recommended that sport psychologists, counsellors, and coaches use the findings of the present study to design appropriate training programmes to help athletes acquire suitable coping strategies so as to reduce their anxiety levels and enhance their performance.

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