

## **A Comparative Study of Sports Competitive Anxiety of state level Male and Female Football Players**

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### **Abstract**

The purpose of this study was to compare male and female Football players on their levels of sports competitive anxiety. 100 subjects were selected for the study. In which 50 male and 50 female Football players were selected purposively from the state level Football tournaments of J&K State. The data collection tool used in the study was the Sports Competition Anxiety Test (SCAT) developed by Renier martin. After data collection, data of Sports Competition Anxiety of male and female Football players was compared by using Independent t-test and the result were analysed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis. It was observed from the finding that there was significant differences were found between male and female Football players in Sports competition anxiety, Therefore the research hypothesis, there is significant differences between male and female Football players in relation to Sports competition anxiety is accepted. The results of descriptive statistics have indicated that the subjects mean scores in Sports competition anxiety, shows that Female Football players have high degree of Sports competition anxiety than male Football Players. In the present study, researcher observed that male Football players got good results in Sports competition anxiety, as compared to female Football players. Finally, Researcher concluded that female Football players have more sports competitive anxiety as compare to male Football players. Lastly, we can say that the Sports competition anxiety of Male and Female Football players in not similar and are very important factors to be successful in the field as well as in society. Having an accurate understanding of the Psychological Variables that may influence the performance of the players and could serve him to do best.

**KEYWORDS:** Sports Competition Anxiety, Male and Female Football players.

### **Introduction**

Anxiety is one of the psychological factors. Anxiety differs around in that it encompasses both some degree of activation and unpleasant emotional state. Thus the term anxiety is used to describe combination of intensity of behavior and direction of an impact of emotion. The direction of characteristic of anxiety is negative in that it describes subjective feelings that are unpleasant. Anxiety plays an important role in the acquisitions of motor skills as well as in the athletic performance. Whether its effect is positive or negative depends on how individual athlete perceives the situation.

During playing situation, the sportsmen are by and large fearful to some extent which eventually affects their performances. This is natural phenomenon. No human being is free from fear and anxiety. In the stressful setting provided by competitive sports, it is usual to observe a player who either is unable to act because of fear or whose fears least interfere with his effective performance. The word 'fear' here refers to a rational appraisal of a real threatening situation and the term anxiety denotes an abnormal

apprehension of such a situation. Anxiety is a complex emotional state characterized by a general fear of foreboding usually accompanied by tension. It is related to apprehension and fear and is frequently associated with failure, either real or anticipated. It often has to do with inter-personal relation and social situation. Feelings of rejection and insecurity are usually a part of anxiety. The purpose of this study was to compare male and female Football players on their levels of sports competitive anxiety.

**Material and Methods**

The purpose of this study was to compare male and female Football players on their levels of sports competitive anxiety. 100 subjects were selected for the study. In which 50 male and 50 female Football players were selected purposively from the state level Football tournaments of J&K State. The data collection tool used in the study was the Sports Competition Anxiety Test (SCAT) developed by Renier martin. After data collection, data of Sports Competition Anxiety of male and female Football players was compared by using Independent t-test and the result were analysed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

**Results**

**Table no. 1**

**Descriptive Statistics of male and female state level Football players on Sports Competition Anxiety Score**

Groups	N	Mean	Standard Deviation	St. Error Mean
<b>Male players</b>	50	18.50	3.54	0.50082
<b>Female players</b>	50	20.56	3.65	0.51679

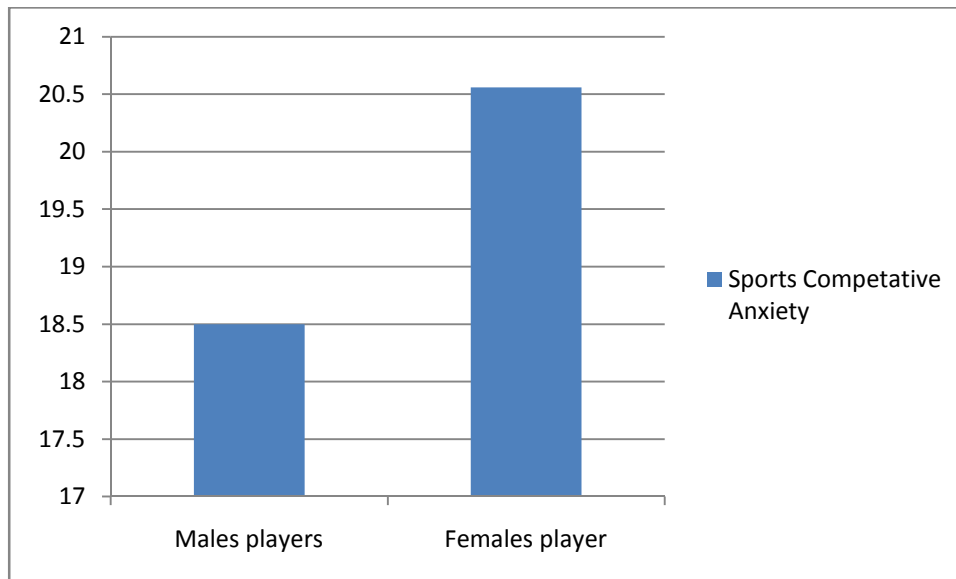
In the above table no.1, there were 50 Male players having mean of 18.50 with standard deviation of 3.54 and standard error of mean 0.50082, Similarly there were of 50 Female players having mean of 20.56 with standard deviation of 3.65 and standard error of mean 0.51679 respectively.(In the table N means number of subjects).

**Table no. 2**

**Independent sample ‘t’ test of Sports competition anxiety**

t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
2.863	98	0.005	2.06000	.71964

In the table no. 2, mean differences for the Sports competition anxiety of Male Players and Female Players was 2.06000. This difference when tested by Independent ‘t’ test, ‘t’ value was found 2.863 which was statically highly significant at 0.05 significance level for 98 degree of freedom. Therefore the research hypothesis, there is significant difference between between male and female state level Football players in Sports Competition Anxiety is Accepted.



**Figure no.1 shows the Comparison of mean of Sports competition anxiety between male and female state level Football players**

### Discussion of Findings

It was observed from the finding that there was significant differences were found between male and female Football players in Sports competition anxiety, Therefore the research hypothesis, there is significant differences between male and female Football players in relation to Sports competition anxiety is accepted.

The results of descriptive statistics have indicated that the subjects mean scores in Sports competition anxiety, shows that Female Football players have high degree of Sports competition anxiety than male Players. In the present study, researcher observed that male Football players got good results in Sports competition anxiety, as compared to female Football players.

This finding was supported by the Dureha (1995) concluded that there was a significant difference in the level of achievement motivation of high pre-competition anxiety group and low pre-competition anxiety group of Inter University level male hockey player's. Kim ,K .J.,et all (2009). Conducted a study on the topic "Psycho physiological stress response during competition between elite and non-elite Korean junior golfers." This study demonstrates the differences of psycho physiological response in competition between elite golfers and non-elite golfers.

### Conclusion

The observation of the survey data, with in limitation of the present study, the following conclusion has been drawn

In the present study, we observed that male Football players got good results in Sports competition anxiety, as compared to female Football players. Finally, Researcher concluded that female Football players have more sports competitive anxiety as compare to male Football players. Lastly, we can say that the Sports competition anxiety of Male and Female Football players in not similar and are very important factors to be successful in the field as well as in society. Having an accurate understanding of the Psychological Variables that may influence the performance of the players and could serve him to do best.

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