

## Competitive Anxiety of Indian University Cricket Players

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### Abstract

The prevalent objectives of the study were to investigate the comparison of competitive anxiety among Indian university cricket players. Subject for the present study were taken from semifinalist teams of inter zonal university tournament held at DTU, Dehradun in the year 2014. A total 56 players were taken from the four semifinalist teams (14 from each team Jain University, GNDU, Mumbai University and MDU, Rohtak). The study was conducted during the month of February 2014. The age ranged of the subjects between 18 to 25 years. For assessment of competitive anxiety competitive state anxiety inventory (CSAI-2) developed by Marten was used for this study

For the purpose of the study descriptive statistics and ANOVA was applied. The level of significant set up at .05 level of confidence. After analysis of data, it was found that there was insignificant difference among the team of semi finalist in inter zonal cricket tournament in relation to competitive anxiety.

As calculated value of 'F' for above mentioned competitive anxiety was lesser than the tabulated value of 2.04.

**KEYWORD:-** somatic anxiety, self esteem, cricket, competitive anxiety

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### Introduction:-

Sport is the quintessence of physical education- the end-product of all activity effect. sport as recreation carries with it greater educational value and is dealt with the educational psychology. however, sport as a competitive phenomenon places great premium on man's body, mind emotions, learning process etc. it alters participant's behavioral dynamics. therefore, the offshoot of psychology that deals with performance-oriented sport is known as sport psychology- an emerging distinct discipline.

Anxiety can affects emotional and physiological Working of the organism in many ways. For instance, Anxious individuals are are said to have reduced attentional Control. During heightened activity (anxiety inclusive) Attention cannot remain one-pointed. It is distributed to Various aspects of the organismic activity which is chaotc And intense. There is a benumbing effect on the individual's Judgement. Anxiety often results in narrowing of the field Of attention as relevant cures are excluded. Less Information seems to be processed by those under Momentary (state) anxiety or those whose deeper personality system is marked by high levels of trait anxiety (cratty, 1989 ). Anxious individuals have also been found to be tensed or highly strung. As result, therefore, their performance in tasks involving precise neuron-masctar Coordination is quiet low compared to those who are less Anxious and perform under tension-fee state of body and Mind. In nutshell, anxiety retards muscular performance, Over- anxiety absolutely

cripples it. Cratty (1989) rightly concludes that ‘anxiety does not Result in a psychique vacuum, but, is a part of complex of Feelings that may include low self-esteem ,helplessness, depression or aggressive thoughts and behaviors’. The Persistent negative feelings associated with anxiety Coupled with physiological commotion (an inevitable result of high anxiety syndrome)—somatic disorders. Since anxiety is a complex physiological phenomenon as well as a personality trait, its assessment in various situations (especially those that are extremely dynaic) Is not only complicated but also fraught with problems Of data interpretation. Based on its dimension’s there Are two approaches to the assessment of anxiety; (a) Paper and pencil tests, and (b) physiological indices.

Cricket now is the famous sports world wide the demand of the cricket is the player must be physical and physiological fit but the recent changes in this sport the psychological factors also important. The team those who having the strong psychological fitness they may be perform good or achieve the high performance.

Competitive anxiety has enjoyed a largo prominence in the sport psychology literature and is often cited as one of the most studied areas in the discipline. It helps the coaches to make their sports person mentally build up Improve balance, motivation for optimal performance. The increased stress of competitions may lead the athletes physically & mentally depression as a result they can’t perform passionately. It would be hard for the athletes to concentrate the coach is required for the athletes in this condition the coach help the athletes to overcome their physically & mentally depression psychologically the coach would be helpful in the competitive situation to maintain control & optimize their performance psychology is the main important weapon for the athletes to perform well.

### **Methodology:**

Total 56 university male cricket players, All India semifinalist team, ( 14 From each team Jain University , GNDU, Mumbai University and MDU, Rohtak) organized by, Dehradon in 2014, were selected as subject of the study. Their age ranged between 18-25. Purposive sampling technique was used for this study.

**Criterion measure:** For this study Sport Competition Anxiety measured by competitive state anxiety inventory (CSAI-2) developed by Marten were used.

**Statistical Technique:** to compare the Sport Competition Anxiety among male university level all India semifinalist cricket players, descriptive statistics and Analysis of variance was used. The level of significance set as 0.05.

### **Results and Discussion**

The findings related to descriptive statistics for sport competition anxiety among 56 university cricket players inter zonal semifinalist team, (14 from each team Jain University, GNDU, Mumbai University and MDU, Rohtak) have been presented in table 1.

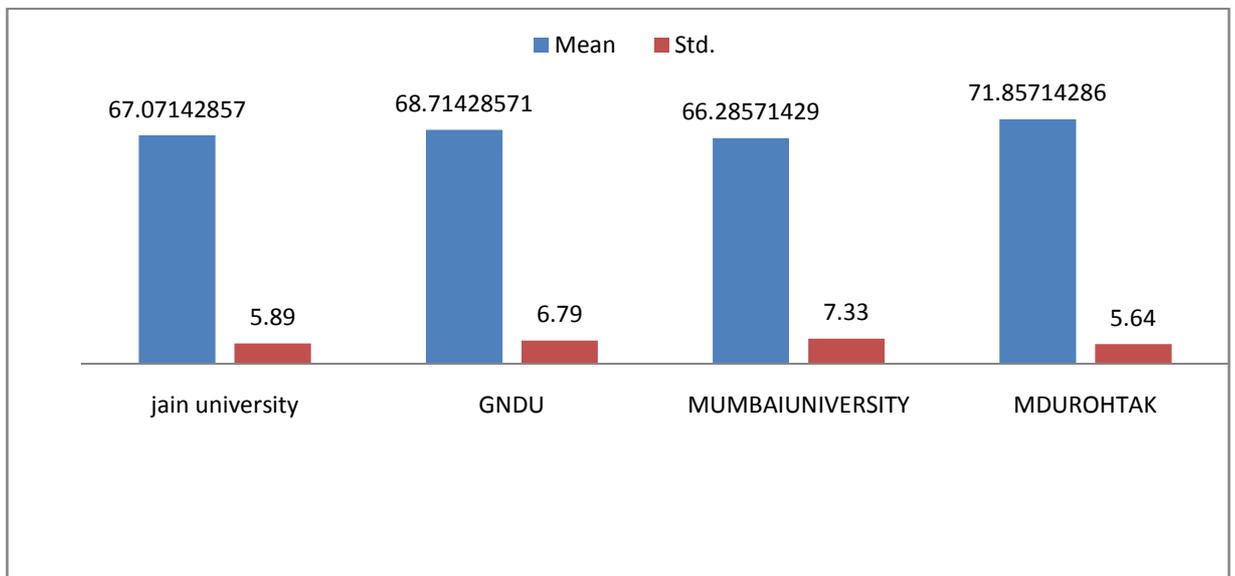
**Table-1**

Descriptive Statics Of Sports Competitive Anxiety Of Jain University, Gndu , Mumbai University , Mdu Rohtak

Teams	Mean	Std.
JAIN UNIVERSITY	67.07142857	5.89
GNDU	68.71428571	6.79
MUMBAIUNIVERSITY	66.28571429	7.33
MDUROHTAK	71.85714286	5.64

Table -1 revels that mean and SD score of Jain university, GNDU , Mumbai university , MDU Rohtak in relation to sports competitive anxiety are 67.07, 68.71, 66.28, 71.85 respectively .

The mean score of sports competitive anxiety of male inter- zonal cricket players have been depicted in figure 1



The findings related to analysis of variance (ANOVA) for Sport Competition Anxiety among 56 Cricket players(14 from each team Jain University , GNDU, Mumbai University and MDU, Rohtak) have been presented in table 2.

**Table-2**

Analysis Of Variance(Anova) Of Sports Competitve Anxiety Of Male Inter- Zonal Cricketers Of Jain University, GNDU , Mumbai University , MDU Rohtak

	Sum of Squares	Df	Mean Square	F	Sig

Between Groups	255.625	3	85.20833	2.049076	0.118
Within Groups	2162.357	52	41.58379		

Significant at 0.05 level

F= 2.04

The data presented in table-2 shows that there were insignificant differences among inter-varieties male cricket's in term to their sports competitive anxiety . since the obtained value of F 2.04 was lesser than the tabulated value 2.00.

### Findings:-

The finding of study revealed that inter-zonal male cricketers do not differ significantly allied with sports competitive anxiety i.e. its namely, cognitive worry, somatic tension and self-confidence. These result may be describe to the fact that competitive anxiety state form situation specific apprehension about the uncertainty in probable outcome of competitive. The standard and participation level in specific competitions of both the all the teams were almost same so it can be not differ in relation of their competitive anxiety.

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