

## Relationship between Sports Competition Anxiety and Swimming Performance of Delhi Swimmers

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### Abstract

It has been determined that anxiety plays an important role in maintaining the internal balance of an individual. Stressful situations may cause an increased amount of anxiety in an individual. Swimming competitions can be classified as a stressful situation. The purpose of the present study was to determine the relationship between sports competition anxiety and 400m freestyle swimming performances of Delhi swimmers. The data was collected on 30 boy's swimmer of Delhi age ranged between 14 to 16 years. Pearson Product Moment Correlation was used to find out the relationship between sports competitive anxiety and 400m freestyle swimming performance. The result of the study revealed that there was a significant relationship between sports competition anxiety and 400m swimming performance of Delhi swimmers. The result indicates that the swimmers with lower sports competition anxiety perform significantly better than the swimmers with higher sports competitive anxiety.

**KEYWORDS** – Sports Competition Anxiety, 400m Freestyle Swimming

### INTRODUCTION

Individual can experience his own conditions at a time of poor performance. That time, he is uptight and anxious. The nature of anxiety is shown by the feeling of apprehension and uncertainty and the experiencing of physical symptoms like butterflies in the stomach, sweaty palms and a thumping heart. Than anything else, during the competition individual feel these anxiety symptoms. Tendency for individuals to remain anxious in sport has made ready researchers to attempt to identify the sources of anxiety and to know how different individuals perceive them **Baldwin, M. C (1999)**

Anxiety experienced during competition, known as competitive anxiety, may be defined as the feeling of apprehension an individual may experience in response to perceived threats during competition (**Martens, 1977**). Clearly there are situations in sport where athletes was doubt their own ability to put across a desired impression either because of their own perceived lack of ability or due to external factors. Example a skilled athlete who feels he needs to win to demonstrate his ability may still lose to a better competitor or because of factors beyond his control such as illness or injury. These situations the inability to convey the desired impression may be perceived as a threat to athlete's social-identity which may result in feelings of anxiety.

Proponents of the transcendental meditation technique state that this simple mental process bring about increases efficiency in action after meditation. Efficiency is an index of skill developed through learning characterized by smoother and more integrated behaviour. Efficiency requires god coordination between body and mind. Lack of coordination results in unskilled or poor movements which is dominated by

cortical control that supersedes reflex and integrated mechanism. **Daid W. OrneJhonson and John T. Farrow (1976).**

Participation in modern sports is influenced by various physical, Physiological, sociological and psychological factors. During training, besides good physique and physical fitness of the athlete, more emphasis is laid on the development of various types of motor skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Today's athletes face some unique challenges. The standards are higher, the competition is tougher, and the stakes are greater. Among the best, Physical preparation is to be more complete, and the psychological component is more vital than ever before.

Swimming, which was considered to be only a survival activity, has now developed into one of the most popular competitive sports at the international and Olympic levels. This is perhaps one of a few sports where performance levels are progressively increasing and records broken at short intervals. Presently swimming occupies the most important place in the field of games and sports because of its better values. **William H. Freeman (1982).**

Swimming performance is determined by a series of interrelated physiological, biomechanical and psychological factors. The ability to train and optimize these characteristics enhances the likelihood of competitive success. In order for successful performance, the athlete needs well-developed physical and physiological characteristics specific to the requirements of swimming and the particular events in which they compete. The mental ability to cope with the rigors of competition and training is another key consideration. Coaches need to apply the scientific principles of training to long-term planning and short-term prescription of the physical preparation and recovery of their swimmers. Current practice in high level swimming involves the regular measurement of a swimmer's underlying physiological and biomechanical components in order to optimize their performance. Continual improvement of a swimmer's performance at the elite level is dependent upon a detailed understanding of a swimmer's performance requirements and adaptation to training. Swimming differs from many sports in a number of ways. First, it is one of the few sports where athletes compete in events that differ in both distance and technique (206). Swimming includes events involving four different strokes (freestyle, breaststroke, butterfly and backstroke) and an individual medley, where the one swimmer undertakes all in a 2. Predetermined order. Competitive pool swimming events are contested over distances ranging from 50- to 1500-m. These events are typically divided into sprint (50- and 100-m), middle distance (200- and 400-m) and distance (800- and 1500-m) categories. These classifications differ from the physiologically-based definitions used in other sports. For example in running, sprint events are typically classified as 100- to 400-m distances; middle distance as 800- to 5,000-m; and distance as 10,000-m up to a marathon.

The purpose of the present study was to determine the relationship between sports competition anxiety and 400m swimming performances of Delhi swimmers

## **METHODOLOGY**

### **Selection of Subjects**

For the purpose of the present research article 30 boys swimmers of Delhi were selected. The purpose of the research was explained to the subjects who in turn agreed voluntarily to undergo the testing programme were selected as subjects for the study.

### Criterion measures

The following were the criterion measures chosen for the study:

- a. Sports Competition Anxiety was measured with the help of Sports Competition Anxiety Test Questionnaire (SCAT) prepared by Rainer Martens.
- b. 400m freestyle swimming performance was measured with the help of timings of 400m freestyle event.

### Statistical Analysis

Descriptive statistics were computed for the data collected and Pearson product moment correlation was used to find out the relationship between sports competition anxiety and 400m freestyle swimming performance.

### FINDINGS& DISCUSSIONS

The data collected from the boys swimmers of Delhi on sports competition anxiety and 400m freestyle event of swimming. The results depicting mean and standard deviation of sports competition anxiety and 400m freestyle event of swimming has been documented in table-1.

**Table: 1. Relationship between Sports Competition Anxiety and 400m freestyle Swimming Performance of Boy's Swimmers of Delhi.**

Variables	Mean	Standard Deviation	r
Sports Competition Anxiety	22.50	4.20	<b>0.845**</b>
400m Freestyle Performance	04.51	0.45	

\*\* Significant at 0.01 level of significance.

Table 1 clearly indicates that the mean scores of sports competition anxiety and 400m freestyle performance were 22.50 and 4.51 respectively. Further table 1 also indicates the standard deviation values of sports competition anxiety and 400m freestyle performance were 4.20 and 0.45 respectively. Table-1 also indicates the calculated value of product moment correlation between sports competition anxiety and 400m freestyle performance of boy's swimmers of Delhi was .845. Further, it is evident from the above table that there was a significant relationship between sports competition anxiety and 400m freestyle performance of boy's swimmers of Delhi. It means if an individual have higher level of sports competition anxiety then individual take more time to complete 400m freestyle event or in other words we can say if an individual have higher sports competition anxiety then individual perform poor in 400m freestyle event and vice-a-versa.

### CONCLUSIONS

There was significant relationship between sports competition anxiety and 400m freestyle performance junior boys of Delhi.

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