

## A Comparative Study of Pre-Competition Anxiety between Badminton and Tennis Players

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### Abstract

The purpose of the present study was to compare the pre-competition anxiety between Badminton and table tennis players of inter University Levels. The participants for the study are 15 badminton and 15 table tennis players of inter University Levels. To examine the pre-competition anxiety between Badminton and table tennis players, pre-competition anxiety questionnaire (SCAT) developed by Rainer Marten was used. To analyze the raw scores and “t test” were computed. The result shows that Badminton and table tennis players differ significantly on their pre-competition anxiety and Badminton players are found less anxious than table tennis players when compared on the “t test” at 0.05 level of significance. As the calculated t-test value (5.42) is higher than the table value which is 2.048, this shows there is significant difference is there between Badminton and Table-Tennis Payer.

### INTRODUCTION

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat; whereas anxiety is the expectation of future threat. Anxiety is a feeling of fear, worry, and uneasiness, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder.

People facing anxiety may withdraw from situations which have provoked anxiety in the past. There are different types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face test anxiety, mathematical anxiety, stage fright or somatic anxiety. Another type of anxiety, stranger and social anxiety are caused when people are apprehensive around strangers or other people in general. Anxiety can be either a short term 'state' or a long term "trait". Anxiety disorders are a group of mental disorders characterized by feelings of anxiety and fear, whereas trait anxiety is a worry about future events, close to the concept of neuroticism.

Performance anxiety is not uncommon in sports, as to some extent, fear of performance helps in achieving desired concentration. However, the excess will lead to a rush of adrenaline termed as anxiety. Whenever you feel short of breath, sweating, shaking or high heart beat rate. You lose concentration, your actions become disjointed and you feel paralyzed at the beginning of an important sporting event. These are symptoms of performance anxiety. You no longer feel confident in yourself and do not believe that you will be able to accomplish anything successful.

To deal with such thoughts you must learn how to manage anxiety and to do so, it is imperative to understand how sports performance and anxiety are interrelated.

Anxiety affects a sports players' performance in physiological, cognitive and behavioral ways. If you suffer from anxiety before an important athletic competition, your sports performance will be affected. When your body is tense and blood pressure high, it is difficult for your body to move in a fluid and coordinated manner. Your actions will be jerky and misplaced, affecting your performance in a negative manner. Listed below are the ways in which anxiety can affect sports performance.

**METHODOLOGY**

The samples consisted of 15 Badminton and 15 table tennis players who were represented in the inter University competition respectively. Their age ranged between 19-25 years.

**Introduction of the questionnaires**

**Sports Competition Anxiety Test (SCAT) Questionnaire-**

It was prepared by Rainer Martens. The test had widely used for measuring anxiety related to sports situations in most of the advanced countries. The test is reliable and valid. The pre-competition anxiety questionnaire had 15 items out of which 5 were spurious questions which was added to the questionnaire to diminish response bias towards actual test items.

These 5 questions were not scored. The subject was instructed to respond to each item according to how he generally felt at the time of competition. Every student had three possible responses i.e.1.Hardly 2.Sometimes 3.Often The 10 test items, which were taken for scoring purpose, were 2,3,5,6,8,9,11,12,14 and 15.The remaining items i.e. spurious items, which were not scored out, were 1,4,7,10,and 13. The scholar to ensure that the subjects responded to every item and there was no question left unanswered scrutinized the completed questionnaire. The items 2, 3, 5,6,8,9,11,12,14 and 15 were worded in such a manner that they scored accordingly to the following key:

<b>Score</b>	<b>Response</b>
1	Hardly ever
2	Sometimes
3	Often

In case of items 6 and 11 scoring was carried according to the following key:

<b>Score</b>	<b>Response</b>
1	Often
2	Sometimes
3	Hardly ever

However spurious questions i.e. 1,4,7,10 and 13 were not scored out as suggested by Rainer Martens.

To examine the pre-competition anxiety between Badminton and table tennis table tennis players, the pre-competition anxiety questionnaire (SCAT) developed by Rainer Marten was used. It consisted of 15 statements related to competitive situations. Scores obtained by each subjects on each statement were added up which represented one's total score on pre-competition anxiety. Scores obtained on anxiety