

A Study of Competitive Sport Anxiety in Female Badminton Players of Uttarakhand

Heera Singh Bisht^a, Joseph Singh^b, Neeru Yadav^c

^a Ph.D.Scholar, Amity School Of Physical Education & Sports Sciences,
Amity University Uttar Pradesh Gautam Budh Nagar, India

^b Asst. Professor, Dept Of Physical Education, H.N.B.G.U. A Central,
University, Srinagar, Garhwal Uttarakhand, India

^c Asst. Professor, Amity School Of Physical Education & Sports Sciences,
Amity University Uttar Pradesh, Gautam Budh Nagar, India

Abstract

Competitive sport anxiety, is common in badminton players, it is an important factor influencing the sports performance. Competitive sport anxiety is a distrustful response that takes place when a player undermines his or her capability in dealing with demanding circumstances. Competitive sport anxiety affects player's ability to perform effectively in any sport competition. The purpose of the current research is to evaluate the competitive sport anxiety of female badminton player of Uttarakhand. Participants consisted of sixteen female under-19 badminton players of Uttarakhand, who participated in school state badminton championship and reached in pre-quarter of the competition. The SCAT test was applied to measure the anxiety level of the female badminton players of Uttarakhand. The result of the study revealed that there is average anxiety level in female badminton players of Uttarakhand

KEYWORDS: Badminton, Competitive Sports Anxiety.

Introduction

Anxiety is distinguished from fear, which is an appropriate cognitive and emotional response to a perceived threat. Anxiety is related to the specific behaviors of fight-or-flight responses, defensive behavior or escape. It occurs in situations only perceived as uncontrollable or unavoidable, but not realistically so. David Barlow defines anxiety as "a future-oriented mood state in which one is not ready or prepared to attempt to cope with upcoming negative events," and that it is a distinction between future and present dangers which divides anxiety and fear. Another description of anxiety is agony, dread, terror, or even apprehension. In positive psychology, anxiety is described as the mental state that results from a difficult challenge for which the subject has insufficient coping skills.

Many people suffer from sports performance anxiety at some point of their sports career. It takes many different forms but very often we can perform well during training of practice but then anxiety or fear interferes with our sports performance on the day'. Some people feel as if they are choking want to run away. It is usual to have pre performance nerves, indeed, a certain level of physical arousal is helpful and prepares us for competition but when the physical symptoms of anxiety are too great, they may seriously interfere with our ability to compete. Left untreated, it becomes a vicious cycle of negative thoughts and feelings followed by poor or inhibited performance.

The anxiety experienced can also affect an individual's overall level of self-confidence. Competitive sport anxiety is commonly found in young athletes. Anxiety is a negative response that takes place when players undermine their capabilities to manage certain circumstances.

Anxiety defined as a negative emotional condition that is illustrated by uneasiness, fear, discomfort, worry, and hesitation and is connected with activation or stimulation of the body. Anxiety is triggered by stressful stimuli and manifests itself in an individual's lack of adaptability on physiological, behavioural and cognitive levels. In this way, it also hinders athletic performance. Competitive anxiety is the tendency to determine antagonistic situations and take action accordingly with feelings of stress, pressure and nervousness. The competitive anxiety instantly accelerates just before the competition and suddenly decelerates after the competition.

Generally competitive anxiety is a result of an individual's sentiment of stress, tension and failure. It is associated with sharp excitement of the automatic nervous system. This explicit phenomenon, occurs during the twenty four hours before a competition, and is known as pre-competitive anxiety. Numerous studies have revealed that amateur players suffer more anxiety than professional players. Indeed, as the players' playing period increases, his anxiety level decreases. Professional players have paranormal ability to play with low level anxiety.

Objective of the study

The purpose of the study to find the anxiety level of the under-19 female badminton players of Uttarakhand

Methodology

Selection of subjects

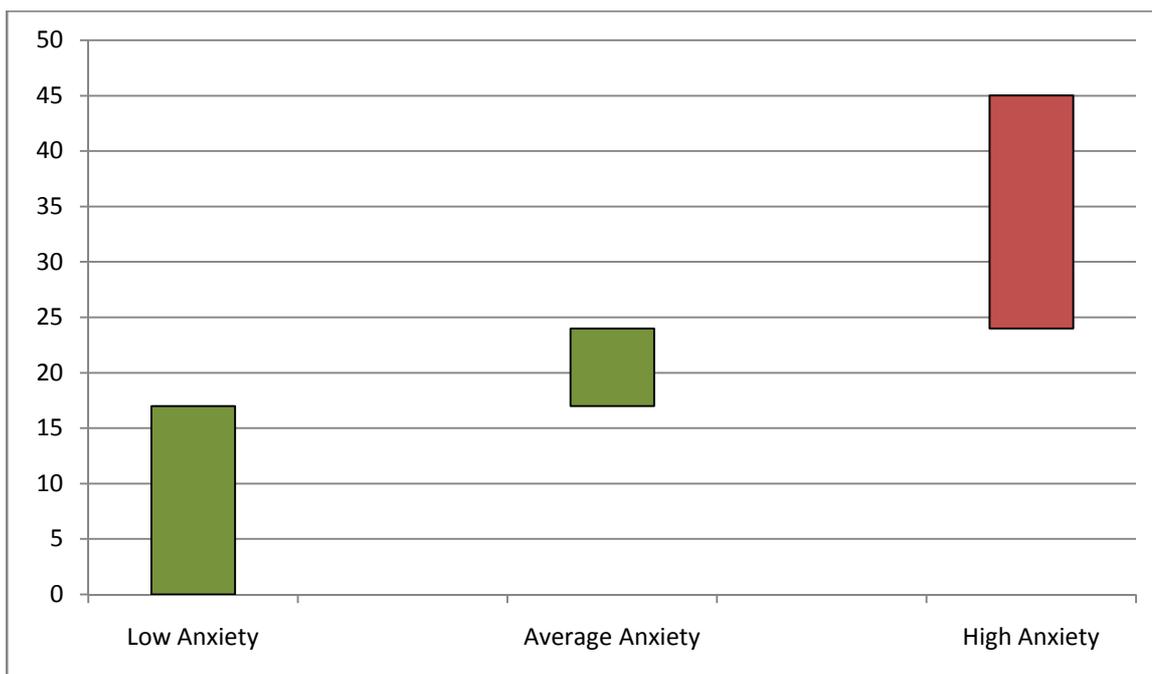
Sample for the present study, sixteen female badminton players of Uttarakhand were selected those who reached in pre quarter final of school state badminton championship 2017 held on 8th to 10th November in Rudraprayag district of Uttarakhand.

Tool used

The Sport Competition Anxiety Test (SCAT) was prepared by R. Martens, 1990, there are fifteen questions in the questionnaire, having three option (Rarely, sometime, often) which measures the sport competition anxiety of an athlete was used in this study for the female Badminton players of Uttarakhand.

Scoring of SCAT

1. Score less than 17; you have a low level of anxiety.
2. Score 17 to 24; you have an average level of anxiety.
3. Score more than 24; you have a high level of anxiety.



Different levels of Anxiety

Administration of Questionnaire

At first the manager and coaches were asked for their permission to administer the questionnaire on their player and also help in filling the questionnaire. The questionnaires were then distributed to the subjects one hour before their respective match. Instructions were provided to the subjects that, how to fill in the questionnaires. All the Sixteen female badminton players of Uttarakhand were help in filling the questionnaire and also in clarifying their doubts wherever they have asked for.

Statistical Procedure

The statistical analysis mean & standard deviation was used to determine the level of competitive sport anxiety in female badminton players of Uttarakhand.

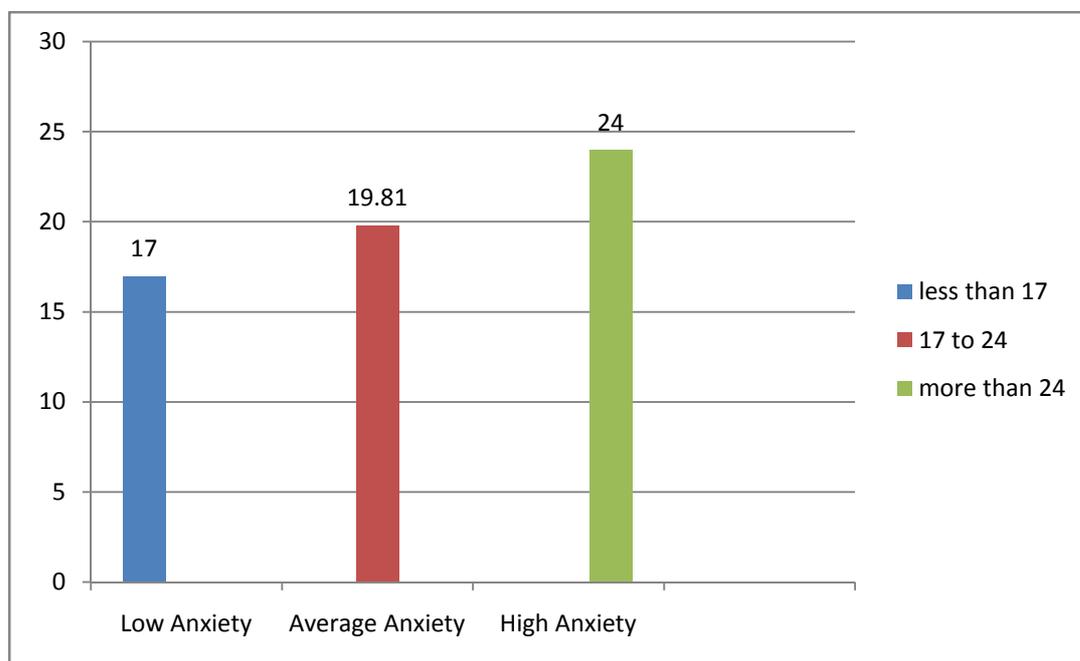
Result of the study

Table no. 1

Mean & Standard Deviation of Competitive Sport Anxiety in female Badminton players of Uttarakhand

Number of Badminton players	Mean score of Badminton players	Standard Deviation of Badminton players
16	19.81	5.43

In order to measure level of competitive state anxiety level in female badminton players of Uttarakhand, mean and standard deviations were calculated. The findings indicated that the mean score of the female badminton players is 19.81, which show that, the players have an average level of anxiety during the competition.



Graph showing scoring of the SCAT and obtained result

Discussions

The result of this study revealed that there is average anxiety level in female badminton players of Uttarakhand. This may be attributed to the fact that the questionnaire was administered during the pre-quarter final level, where the anxiety in the player may not be that high or low, therefore the result is showing average level of anxiety during the competition, it may also be related to the situation that arouses feelings of anxiety.

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