

Sports Competition Anxiety Level among the Selected Ballgame Players: A Comparative Study

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Abstract

With the aim to compare the sports competitive anxiety between Basketball, Football Hockey & Volleyball Intersarsity players. 120 male subjects (30 from each game) From Punjabi university, Patiala N1 = 40, G. N. D. University, Amritsar N2 = 40, Panjab University, Chandigarh N3 = 40 were recruited as Subjects for the study. Their age ranged from 18 to 25 years. For the acquisition of psychological data of the participants Competitive State Anxiety Inventory-2 (CSAI-2) developed by Martin (1990) was used. The data of players were acquired from the north zone intersarsity competitions held at various places. The one way Anova test was used to analyse data. Results indicated that significant differences were observed among the selected four ballgame players.

KEYWORDS: Anxiety, Basketball, Football, Hockey, Volleyball.

Introduction

Anxiety assumes a great role in game. It is the test in sports participation which produces anxiety. How a competitor handles the anxiety decides how successful he would be. Anxiety might be sure inspiring power or it might meddle with fruitful performance in game occasions. The level of anxiety additionally shifts with various distinctive conditions. Anxiety is prone to be more noteworthy in higher competitive sports than in relatively non-competitive sports, because in the competitive sports, members are expected to win and incredible pressure are made upon them to succeed. The investigation of the impact of anxiety on games performance has turned into a noteworthy point of enthusiasm for sports psychologists, lately. The level of perceived anxiety is an essential variable to be considered in the performance of a person. (Ajayjit Singh, 1992). Anxiety is a perspective in which the individual reacts with uneasiness to some occasion that has happened or is going to happen (Kauss, 1980). The individual's stresses over occasions, their occurrence and outcomes are the sources of anxiety. However anxiety can be either somatic or cognitive in nature the side effects of substantial anxiety involves mental stresses and fears. In basic words, it is a sort of passionate unsettling influence. This critical such disturb situation. (Keith F. Bell, 1983). Numerous circumstances make anxiety, likewise in work, game, or life all in all, subsequent in uneasy sentiments of apprehension and stretch. Despite the fact that anxiety influences people in an unexpected way, a high level of anxiety can accomplish more damage than good to performance on complex tasks (Martens, 1977). Under control of anxiety, the capacity to play out a task well appears to decrease, consideration and focus are regularly distracted, and people lose their capacity to perform to their potential. Elevated amounts of anxiety generally hinder performance, even in an extremely skilled individual. This is valid in sport performance and clarifies why anxiety is a standout amongst the most generally inquired about subjects in sport psychology (Bunker and Williams, 1986). Cognitive anxiety is characterize by negative outlook, worry, lack of attention, and disrupted attention, whereas

somatic anxiety refers to the awareness of physical symptoms such as tense muscles, "butterflies" in the stomach, raised heart rate, and rapid, thin breathing.

Methodology

Sample

The present investigation was undertaken on North zone intervarsity players. A total 120 players served as the participants for this study.

Tool Used

Keeping in view the research objectives and availability of the appropriate questionnaires/ inventories, the following test was used: The Competitive State Anxiety Inventory-2 (CSAI-2), a sport-specific state anxiety scale developed by Martens, Vealey, and Burton (1990). The scale divides anxiety into three components: cognitive anxiety, somatic anxiety, and a related component-self-confidence.

Procedure

The above mentioned tools were administrated individually to each participant. Prior to the administration of psychological tests, the investigator approached coach and participants at the personal level requested to help in the data collection. The investigator explained clearly all the questionnaires in the regional language of the participants and was asked to complete all tests

Data Analysis

After obtaining data, the data were subjected to descriptive Statistics.

Table 1

Variables	Groups	N	Mean Std. Deviation	Std.Error	Mean Std. Deviation
Anxiety	Football	30	13.3333	3.12250	1.04083
	Hockey	30	12.2222	3.56293	1.18764
	Volleyball	30	17.6667	6.38357	2.12786
	Basketball	30	15.5556	3.43188	1.14396

Table 1 showed that volleyball male players have higher level of anxiety than that of other various team games.

Table 2

Analysis of variance (ANOVA) of anxiety among male football, hockey and volleyball & basketball players

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	157.861	3	52.620	2.807*	.055
Within Groups	599.778	116	18.743		
Total	757.639	119			

$F_{0.05}(3, 116) = 2.68$

Table 2 showed that there were significant differences among male Football, Hockey, and Volleyball & Basketball players in the variable of anxiety, as the obtained F-ratio 2.807* was found greater than the tabulated value of $F = 2.68$. As the F-value relating to self-confidence component among four groups were found to be statistically significant at 0.05 levels, hence, post hoc analysis was applied for the multiple comparisons between paired means of selected variable among male Football, Hockey, and Volleyball & Basketball players, which has been given in table 3.

Table 3

POST HOC ANALYSES (LSD) OF ANXIETY AMONG MALE FOOTBALL, HOCKEY, AND VOLLEYBALL & BASKETBALL PLAYERS

Group (A)	Group (B)	Mean Difference (A-B)	Sig.
Football (Mean =13.33)	Hockey	1.11111	.590
	Volleyball	-4.33333*	.042
	Basketball	-2.22222	.284
Hockey	Volleyball	-5.44444*	.012

(Mean =12.22)	Basketball	-3.33333	.112
Volleyball (Mean =17.66)	Basketball	2.11111	.309

The results of table 3 exposed that volleyball male players had higher level of anxiety as compare to the football, hockey and basketball male players, whereas other groups did not show any significant difference at 0.05 levels in the variable of anxiety.

DISCUSSION AND CONCLUSIONS

From the findings it has been observed that there were significant differences among football, hockey, volleyball and basketball male players for the level of anxiety. The results of post hoc analyses showed that Volleyball male players had higher level of anxiety as compare to the football, hockey and basketball male players, whereas other groups did not show any significant difference at 0.05 levels in the selected variables. Similar Findings were seen in Mahendra Kumar Singh; Shivendra Dubey (2015) who conducted A Comparative Study on Sports Aggression and Sports Competition Anxiety between Basketballs and Handball Players on Total fifty male players (25 from each group) from Bilaspur district (C.G.). Age of subject ranged from 18 to 32 years. Sports Aggression Inventory (developed by Kumar & Shukla) and Sports Competition Anxiety test (developed by Martin) was administered for collecting the data. On analyzing the data it was found that significant difference existed between Basketball and Handball Players with regard to their sports aggression and sports competition anxiety. Similarly in study done by Kaur, et al. (2014)) the evaluation of the tendency of anxiety at different time of a competition was done. For this purpose, 30 male inter collegiate basketball players from S.G.B. Amravati University were selected. The age range of the participants was 18-23yrs. The Sports Competitive Anxiety Test (SCAT) was administered to obtain responses from the participants at different time of competition i.e. Pre, during and post competition. Apart from descriptive statistics, ANOVA was applied to assess the differences among pre, during and post competition responses taken from subjects. It was found that mean anxiety level among the basketball player differs significantly as the mean difference value in between pre -competition and during -competition (DM=3.34), Pre- competition and post competition (DM=1.36) and during competition and post competition (DM=1.36) were greater than the critical difference value of 0.043. On the basis of the result it was seen that a moderate level of Anxiety is best for the acquisition & performance of motor skill. Level of anxiety either too high or low tends to decrease the performance of a player. Anxiety is natural part of the competition in a player or Athlete.

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