

COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY BETWEEN STATE LEVEL TEAM GAME PLAYERS OF UTTAR PRADESH STATE

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Abstract:

The main objective of the study was to compare the Sports Competition Anxiety between State Level Team Game Players of Uttar Pradesh State. The study was conducted on (96) Team Game Players i.e: 32 Soccer Players, 32 Cricket Player and 32 Hockey Players, who had participated in Uttar Pradesh State Competition. The sports competition anxiety test was administered one hour prior to the competition to collect the data for the test were sports competition anxiety test (scat) by martens et.al., 1990 was used. It was hypothesized that there would be no significant between Soccer, Cricket and Hockey Players on the degree of Sports Competition Anxiety. (ANOVA) Analysis of Variance was applied to compare the degree of Sports Competitive Anxiety between Soccer, Cricket and Hockey state level players, the level of significance was set at 0.05 levels ($p < 0.05$). The findings means and standard deviation of Hockey Players (20 ± 3.7244), Cricket Players (20.9063 ± 3.8967) and Soccer Players (20.9688 ± 3.9878) hence Soccer Player were found to be more in Sports Competitive Anxiety.

Keywords: Sports Competition Anxiety Test (SCAT) & Team Game Players.

Introduction:

Anxiety is multidimensional in two different ways. Like all other emotions, anxiety has both a trait component and a state component. The trait component is like a personality disposition, whereas the State component is a situation specific response. State anxiety is an immediate emotional state that is characterized by apprehension, fear, tension, and an increase in physiological arousal. Conversely, trait anxiety is a predisposition to perceive certain environmental situations as threatening and to respond to these situations with increased state anxiety (Spielberger, 1971). If an athlete has a high level of competitive trait anxiety, she is likely to respond to an actual competitive situation with a high level of competitive state anxiety.

Anxiety is also multidimensional in the sense that it is believed that there are both cognitive and somatic components to anxiety. Cognitive anxiety is the mental component of anxiety caused by such things as fear of negative social evaluation, fear of failure, and loss of self-esteem. Somatic anxiety is the physical component of anxiety and reflects the perception of

such physiological responses as increased heart rate, respiration, and muscular tension. Both state and trait anxiety are believed to have cognitive and somatic components. In the sports psychology literature, the notion that anxiety has both cognitive and somatic components is referred as multidimensional anxiety theory (Martens. et. al., 1990). Anxiety before or during athletic competitions can hinder your performance as an athlete. The coordinated movement required by athletic events becomes increasingly difficult when your body is in a tense state.

Objective of the Study:

- The main objective of the study was to compare the Sports Competition Anxiety between State Level Team Game Players of Uttar Pradesh State.

Methodology:

For the purpose of the study 32 Soccer Players , 32 Cricket Player and 32 Hockey Players were randomly selected to serve as subject of the study who had participated in Uttar Pradesh state level competition age of the subject ranged between 18 to 26 years.

Data Collection:

The sports competition anxiety test (SCAT Martens et. al., 1990) was used to measure Sports Completion Anxiety.

Hypothesis of the Study:

The hypothesis was that there were will be no significant between hockey and cricket players on the degree of sports competition anxiety.

Test Administration:

The sports competition anxiety test was administrated one hours prior to the competition to collect the data for the test were sports competition anxiety test (scat) by martens et.al., 1990 was used . The subject was briefly explained for better understanding.

Scoring:

The statement of sports competition anxiety test (scat) which represent an individual Total 15 score on sports competition anxiety (scat score). Then the scat scores were analyzed.

Statistical Analysis:

For the purpose of analysis of data , descriptive statistic (mean and standard deviation and analysis of variance was applied to compare the degree of sports competitive anxiety between hockey, cricket and football state level players ,the level of significance was set at 0.05 levels ($p < 0.05$). the findings with regard to the present study have been presented in three sections. Section - one deals with the descriptive statistics of sports competitive anxiety between hockey cricket, football, and players. Section - two deals with the percentage level of

total subject score of low level Sports anxiety, average level and high level of Sports competitive Anxiety in all three respective games. Section - two deals with comparison of sports competitive anxiety between hockey cricket, football, and players.

Section One:

Table No – I

Table showing the Mean and Standard Deviation of Sports Competitive Anxiety between Hockey, Cricket and Soccer Players

Group	Mean	Standard Deviation
Hockey	20	3.7244
Cricket	20.9063	3.8967
Football	20.9688	3.9878

It was evident from the table no-I that the mean and standard deviation of hockey players (20 ± 3.7244) was smaller than cricket players (20.9063 ± 3.8967) and football players (20.9688 ± 3.9878) hence football player were found to be more in sports competitive anxiety.

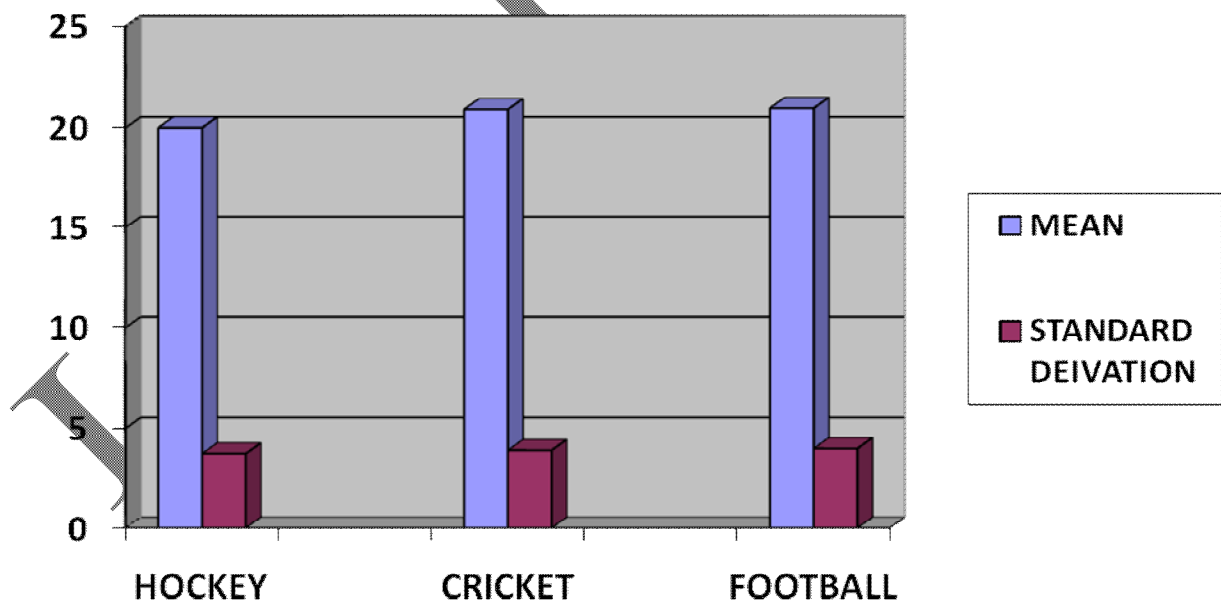


Fig-I: Mean and Standard Deviation of Hockey, Cricket and Soccer Players

Section: Two:

Level of Sports Competitive Anxiety Test:

The percentage of total subject score of low level Sports anxiety, average level and high level of Sports competitive Anxiety in all three respective games has been shown in figure – II

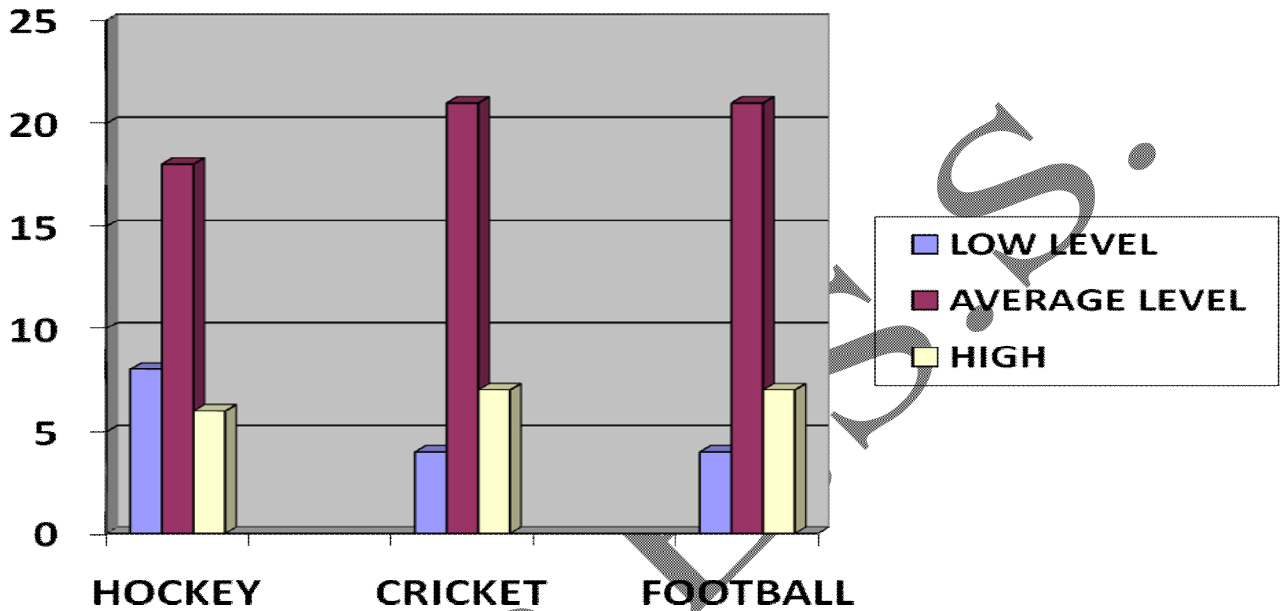


Fig-II: Level of Sports Competitive Anxiety Percentage

Section Three:

It deals with the comparison of Sports Competitive Anxiety of Hockey Cricket, and Football Players.

Table No-III

Analysis of Variance of Sports Competitive Anxiety among Hockey Cricket and Football Players

Source	SS	DF	MF	F
Within Groups	18.8125	2	9.4063	0.63
Among Groups	1393.6875	93	14.9859	

Significant at .05 level $f_{0.05}(2, 93) = 3.09$

It appears from the table II that, since the computed value of ‘f’ (0.63) among Hockey, Cricket and Football players in relation to Sports Competitive Anxiety was less than the tabulated (3.09), ‘f’ at .05 level as shown in figure no- II, therefore null hypothesis among Soccer, Cricket and Hockey Players.

Discussion:

The mean value (20.96) of Soccer Players on Sports Competition Anxiety was found to be higher than the Hockey players (20), Cricket Players (20.90), which revealed that the players were more find to Sports Competition Anxiety to the others, the reason behind this state of condition be depend on the nature as well as the demand of the game. While both other game had different skill game rather than different in the Equipment like types of ball used for playing condition, the stick used in form of Hockey and Bat and were Soccer were more found to be skill full using the size of Ball in air condition like heading skill, chest and thigh receiving and anticipation of passing in same way. These may be some possible reasons why the Soccer Players were more Anxiety prone other than the Hockey and Cricket players.

Conclusion:

In regards to sports Competition Anxiety there were significant difference between the means of State Level Soccer, Cricket and Hockey Players. It may be concluded that the Soccer Players were more prone to Sports Competition Anxiety compared to other Player of Hockey and Cricket game.

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