



COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY BETWEEN NORTH ZONE AND WEST ZONE KHO-KHO PLAYERS OF ALL INDIA INTER UNIVERSITY

KEYWORDS

Sports Competition Anxiety Test (SCAT), anxiety, Kho-Kho players.

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ABSTRACT *The purpose of the study was to "compare the degree of sports competition anxiety between North Zone and West Zone kho-kho players of All India Inter University." The study was conducted on 48 North Zone and 48 West Zone kho-kho players ranging from 18 to 25 years. The data for the present study were collected during the All India Inter University competition held at Lovely Professional University, Phagwara (Punjab) from 25-01-2013 to 31-01-2013. In this study Sports Competition Anxiety Test (SCAT Martens et al., 1990) was used to measure sports competition anxiety. Questionnaire was distributed among the North Zone and West Zone kho-kho players 1 hour before the competition. It was hypothesized that there would be no significant difference the North Zone and West Zone kho-kho players on the degree of sports competition anxiety. Descriptive statistics (mean and standard deviation) and t- test were used to analysis the data. From the finding, it revealed that there was significant difference in sports competition anxiety between North Zone and West Zone Kho-Kho Players of All- India Inter Univer-*

INTRODUCTION:

Kho-kho is one of the oldest games in which strength plays a vital role. It was considered as the test of one's strength in the earlier times. In this sport event, certain specific physical structure with more physical strength, which is different from the athletes of other sports events, seems to play an important factor for success in high-level performance.

Anxiety plays a paramount role in sports. It is the challenge in sports participation, which produces anxiety. Anxiety determines how successful he would be. Anxiety may be positive motivating force or it may interfere with successful performance in sport events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non- competitive sports, because in the competitive sports, participants are made upon them to succeed. In order to facilitate peak performance by athletes, sport psychologists must consider the three different facts of anxiety: cognitive anxiety, somatic anxiety and self- confidence. In many sports athletes are expected to deliver perfect performance outcomes, perfectionism in athletes has been shown to be related to characteristics that may undermine performance particularly competition anxiety. Anxiety is a negative emotional state in which feeling of nervousness; worry and apprehension are associated with activation or arousal of the body (Weinberg, 1999).

An athlete's mental state has long been thought to play a crucial role in his or her ability to perform sport-specific tasks. Players who are evenly matched in physical skills often rely upon their psychological skills to gain an advantage over their opponents (Covassin, 2004). A complex and contrasting relationship has been highlighted between mood states, anxiety and motor performances (Bolmont et al (2002)., Bolmont (2005) and Vieira et al (2006)]. In tasks with high information content, such as psychomotor ability or complex reaction time tasks, state anxiety can produce a slowing down of the information processing and motor strategies. However, in more simple tasks depending greatly on automatic abilities, state anxiety improves attention (Pacheco et al. 2010 and Peretti, 1998), leading to

better performances. Research in sport psychology found that competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens. 1977). The purpose of the present study is to compare anxiety level between North Zone and West Zone Kho-Kho Players of All India Inter-University.

OBJECTIVE OF THE STUDY: The objective of the study was to find out the difference of competition Anxiety level of Kho-kho Players of North Zone and South Zone.

SIGNIFICANCE OF THE STUDY: The result of the study would help the coaches, physical education teachers to understand the competition Anxiety level of North Zone and South Zone Kho-kho Players. It might be helpful to the trainees to solve and improve competition Anxiety level. It would help to monitor one's own Anxiety to discriminate among them and to use this information.

HYPOTHESIS: The hypothesis was that there would be no significant difference between the North Zone and West Zone Kho Kho players on the degree of Sport Competition Anxiety.

METHODOLOGY:

Subjects: For the purpose of the study, 48 North Zone and 48 West Zone kho-kho players were randomly selected to serve as subjects of the study, who had participated in All India Inter- University competition held at Lovely Professional University, Phagwara (Punjab) from 25-01-2013 to 31-01-2013. Age of the subjects ranged between 18 and 25 years.

Collection of data: In this study Sports Competition Anxiety Test (SCAT Martens et al., 1990) was used to measure sports Competition anxiety.

Administration of the Test: Based on expert opinion and by personal understanding the Sports Companion Anxiety Test (SCAT) by Martens et al., 1990 was used. The sport competition anxiety test was administered one hour prior to the competition to collect the data for the study. Before

administering the test the procedure of the questionnaire and the purpose of the test were briefly explained to all the subjects for better understanding and to increase the motivation level.

Scoring of SCAT: Sports Competition Anxiety Test (SAT) by Martens et al, 1990 consists of total 15 statements. Scores obtained for each statement was added up which represent an individual's total 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 Independent t-test was applied to compare the degree of Sports competitive Anxiety between North Zone and West Zone Kho-Kho Players. The level of Significance was set at 0.05 levels ($p < 0.05$).

RESULT AND DISCUSSION

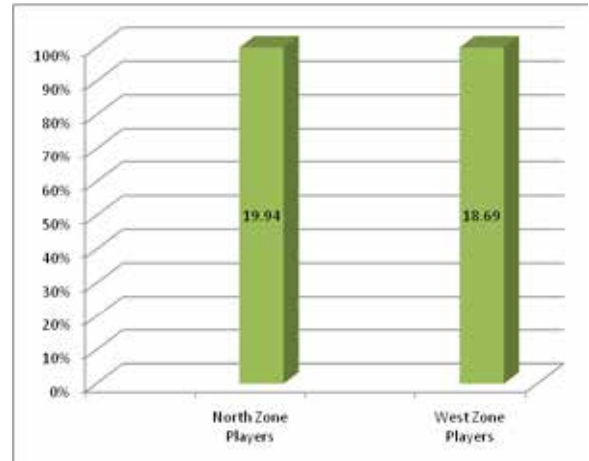
Table-I Comparison of Sports Competition anxiety between North Zone and West Zone Kho-Kho players

Levels	N	Mean	S.D	S.EM	t value
North Zone Kho-Kho Players	48	19.94	1.56	.23	2.78**
West Zone Kho-Kho Players	48	18.69	2.69	.39	

*Significant at 0.05 level of significance [$t'.05 (96) = 1.98$]
The analysis of data in Table-I pertaining to the comparison of Sports Competition anxiety between North Zone and West Zone Kho-Kho players reveals that the mean anxiety score 19.94 of North Zone players is higher than that of mean anxiety score 18.69 of West Zone players. The t-value testing the significance of mean difference between the North Zone and West Zone kho-kho players came out to be significant as the calculated $t' = 2.78$ value is greater than tabulated t value, $t'.05 (96) = 1.98$. Hence, it may be interpreted that kho-kho players of North Zone were significantly more anxious than West Zone players. The reason probably could be that West Zone players have more confidence about contesting in upcoming kho-kho contest. The mean values of anxiety score for North Zone and South Zone players were graphically presented in Graph I.

Graph- I

Illustration: Comparison of anxiety score between North Zone and South Zone Kho Kho Players



CONCLUSION:

On the basis of above discussion, it is concluded that there was significant difference in sports competition anxiety between North Zone and West Zone Kho-Kho Players of All- India Inter University level. The coaches and Physical Education teacher should be considering the psychological factors while coaching their players coming from different area.

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