

# Analysis of Sports Competition Anxiety Between Male Judokas and Karate Fighters



## Physical Education

KEYWORDS : Anxiety, Judokas, Karate Fighters, SCAT

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### ABSTRACT

The present study was conducted to investigate the possible differences of anxiety level among Judo and Karate players. The sample comprised of 20 (10 judokas, 10 karate) state level players between 19 to 25 years of age. The research tool used for the study was 'Sports Competitive Anxiety Test (SCAT) Questionnaire' developed by Martens, Vealey, and Burton (1990) to measure the anxiety level of the players who participate in the competitive sport. The result indicated that the anxiety level of judokas and karate players under study was average in the SCAT score. However, statistically no significant difference in anxiety levels between male judokas and karate players was observed.

### Introduction

Nowadays in sports field the role of abilities and psychosomatic preparations of sportspersons in sport successes and achieving desire performance in competitions and tournaments, even in some circumstance, be considered more important than the technical preparation. Judo and Karate sport with its own characteristics and attractions, taking root in the world and has attracted many interests, as every year many national tournaments, continental tournaments, championships, world cup and some tournaments are conducted. Research is needed to be done in all areas of studies to progress in various fields of sports. Psychological studies is one of this areas which examine the psychological conditions of athletes, the effect of environmental conditions and the interact of these to sport's performance (Arvin, H., 2007). Anxiety is one of the psychological parameters which can be said to be a constant companion of sport. Most athletes are they amateur or professional feel some form of anxiety prior to any competition. Most times the main source of anxiety may be fear of not winning ones event. Anxiety can be seen as a sort of block for peak performance for athletes. According to Akinade (2001) anxiety is seen as "exaggerated state of apprehension, uneasiness, distress or fear of an imminent danger that initiates a set of behavior such as some defense mechanism. It is characterized by increased heart rate, sweating palms, shivering and other reactions to threat". Omeruah (1987) explained that perhaps the greatest obstacle in the way of impressive athletic performance, which the sports psychologist can help remove, is "anxiety in all forms, at all stages". With respect to the fact that every sport has its own unique characteristics and contemporary sport researches have been conducted on elite and successful competitors and athletes with lower level of achievement have been neglected, therefore, the present research attempts to determine the level of competitive sports anxiety between the Judo and Karate players.

### Methodology

#### Subjects

For the purpose of the study a total of 20 male non elite judokas and karate fighters ranging the age between 19 to 25 years were selected as subjects. The subjects were from Bolpur Santiniketan, Birbhum, West Bengal who represented state level tournaments.

The instrument used in obtaining data of each player's anxiety level was the questionnaire of Sport Competition Anxiety Test (SCAT) developed by Rainer Martens et al (1990). The SCAT consists of 15 questions. The questions were in the form of statements that the subjects used to describe themselves.

### Collection of data

All participants were asked to take 2 min to read out each statement of the questionnaire and decide if he "Rarely", "Sometimes" or "Often" feels when they compete in judo and karate competitions, and then tick in the appropriate box to indicate their response.

### Scoring

The score for the response to each question according to the situation is 1, 2 and 3. The sum of score of each question is the SCAT score.

### Norm of SCAT Score:

Less than 17 : a Low level of Anxiety.  
17 to 24 : an Average level of Anxiety  
More than 24 : a High level of Anxiety.

In order to find out the significant difference, if any, between the two group means independent 't'-test was applied. The level of significance was set at 0.05.

### Findings and Results

The mean score of anxiety level and p-value of the male judokas and karate fighters under study are given in the Table - I.

**Table - I**  
**THE MEAN AND P VALUE OF ANXIETY LEVEL OF MALE JUDO PLAYERS AND KARATE PLAYERS**

Group	Mean±SD	Mean Difference	t-ratio	P value
Judo Players	18.1±3.98	0.6	0.743	2.10
Karate Players	18.7±3.66			

In Table I, the comparison of mean of the two groups indicated that the mean anxiety level of the Male karate players' ( $x=18.7$ ) was higher than that of the Judo group ( $x=18.1$ ). It was apparent observation that the competitive anxiety level was alike in Judo and karate players.

As the SCAT score indicates that the Anxiety level may be considered 'average' in case of obtained scores ranging between 17 to 24. It appears that both the groups, i.e. male Judo and Karate players were average in sports competition anxiety level.

Table -I also presents the p-value comparing the anxiety level of the Judo and Karate players shows that no significant difference exists between the groups  $p= 0.743 < 0.05$  level. Thus, statistically no significant difference in anxiety levels of judo and karate players were recorded.

The reason for average anxiety level of both the players' of each group under study might be due to moderate expo-

sure of the subjects in the competitive sport. Further, both the groups' insignificant difference in anxiety level might be due to homogeneity in experience level and personality characteristics, or due to higher skill level. Elite athletes with higher skill level have been found to report low levels of anxiety (Sade, Bar-Eli, Bresler and Tenenbaum, 1990). In this regard future study may be conducted on the higher skill level of the judo and Kkarate players and their sports anxiety level. Previous studies have shown that although elite and non-elite athletes both experience the same intensity of anxiety, elite athletes are better able to facilitate this response (Jones, Hanton & Swain, 1994). Hanton & Connaughton (2002) found that although elite performers initially view cognitive state anxiety as debilitating, they use cognitive strategies to overcome negative thoughts and change them to positive ones.

## CONCLUSION

Within the limitations of the study it may be concluded that there was no significant difference in the anxiety levels of Judo and karate players and both the groups were found average in levels of sports competition anxiety.

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