Research Paper Physical Education

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

Dr. Sentu Mitra Assistant Professor, Department of Physical Education, Vinaya-Bhavana, Visva-Bharati University, Santiniketan-731235, West Bengal, India

Mr. Arup Gayen Research Scholar, Department of Physical Education, Vinaya-Bhavana , Visva-Bharati University, Santiniketan-731235, West Bengal, India

ABSTRACT

The objective of the study was to compare the sports competition anxiety level among the selected three different ballgame players. Sixty male players representing three different ball games namely basketball, football and volleyball players, constituted the sample of the study. Sports Competition Anxiety of distinct ballgame players were selected as the variables of the study. Sports Competition Anxiety was measured by SCAT questionnaire. Descriptive statistics, One-way analysis of variance were employed to analyze the data. There was no significant differences were found among the selected three ballgame players.

KEYWORDS Sports Competition Anxiety, , Ballgame players

INTRODUCTION

It has been recognized for many years that psychological factors, anxiety in particular, play an important role in competition and in competitive sports, every athlete experience fear before, during and after events (Lizuka, 2005). Anxiety could make even the world most successful athlete feel nervous. Fitness training of a player is a psychophysical adaption process, on the basis of which one can perform at his best.

An anxiety defined by Frued (1949) as "a specific un pleasurable quality, efferent or discharge phenomenon and perception of these". According to Worchel and Goethals (1989) anxiety is defined as the uncertainty in how to cope with stress. Anxiety composed of two subcomponents: Cognitive and Somative anxiety. Cognitive anxiety is the mental component of anxiety which is caused by negative expectation about success or by negative self-evaluation (Craft, Magyar, Becker & Feltz, 2003) Somatic anxiety is the physiological component of anxiety.

According to Moran (2004), factors such as fear of failure and lack of confidence induce feeling of anxiety in athletes. Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they are faced with challenges.

Gould, Hodge, Peterson, and Petlichkoff (1987) confirms that coaches feel that mental ability is important in achieving success and developing champion athletes. Middleton stresses the importance of mental aspects related to the superior sports performance and reaching the highest level of sports (Middleton, 2003)

Anxiety in sports is such a huge issue for many athletes that, the better you become, the higher the level of competition, the more anxiety you experience. Anxiety can have a devastating effect on the performance of an athlete. No matter how much talent or skill one may have, he will never perform at his or her best if he or she lives in fear before every event. The precise impact of anxiety on sporting performance depends on how you interpret your world. In the world today, nearly every concern of human endeavour is thought to be affected by anxiety. A number of theories exist concerning the effect of anxiety on performance, and while there seems to be an interaction effect between the amounts of anxiety necessary to maximally perform certain specific task, all theories seems to agree that maximum performance is reduced by too much anxiety.

Competitive anxiety should be viewed in two dimensions; trait and state anxiety. State anxiety may be conceptualized as a transitory emotional state or condition of human organism that varies in intensity and fluctuates overtime. This condition is characterized by

subjective, consciously perceived feeling of tension, apprehension and activation of the autonomic nervous systems. It is an immediate or "right now" emotional response that can change from moment or situation to the next. Trait anxiety is ingrained in a person's personality and the individual with this disorder tend to view the world as a dangerous and threatening place.

In this paper, attempt will be made to compare the sports competition anxiety level among the selected three different ballgame players- Basketball, Football and Volleyball.

METHODOLOGY

Selection of Subjects: For the purpose of the study sixty male players, age ranging between 20-25 years, were selected from West Bengal. The three different ballgame players were football players, volleyball players and basketball players.

Selection of Variables: Sports Competition Anxiety of the players was selected as the variable of the study.

Tools and Test: Sports Competition Anxiety of all the three groups were measured by using Sports Competition Anxiety Test (SCAT-Martens R. 1990).

Statistical techniques: For the analysis of the data descriptive statistics, One-Way ANOVA were employed.

RESULT

The findings pertaining to descriptive statistics of Sports Competition Anxiety for three distinct groups have been presented in Table 1.

Table 1: Descriptive Statistics of Anxiety of the selected three groups

Group	Mean ± S D	S E M	Minimum Score	Maximum Score
Football	21.20±2.21	0.49	17.00	25.00
Volleyball	22.00±1.62	0.36	19.00	25.00
Basketball	20.80±2.37	0.53	18.00	26.00
Abbreviation: SD = Standard Deviation; SE = Standard Error of Mean				

It was evident from Table 1 that mean scores in three different groups of measuring Sports Competition anxiety were different.

The graphical representation of means with one standard error for anxiety of three groups has been presented in Figure 1.

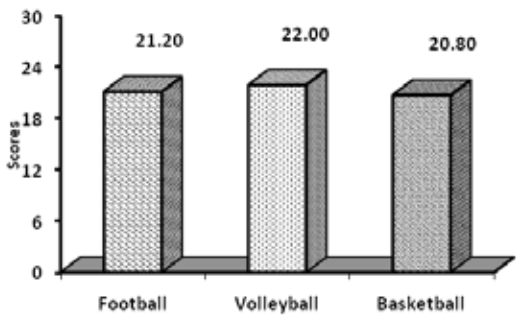


Figure 1: Graphical Representation of Anxiety of Distinct Groups

The mean difference among three different groups of measuring anxiety has been presented in Table 2.

Table 2: One-way ANOVA for Anxiety among the Three groups

Source of Variance	Sum of Squares	df	Mean Square	F-Value	P-Value
Between Groups	14.933	2	7.467	1.700	0.192
Within Groups	250.400	57	4.393		
Table value of F (2, 57) is 3.15					

Table 2 shows that the f-value of three different groups was 1.700 which indicates that there was no significant mean difference among the selected three distinct groups such as basketball, football and volleyball players of Birbhum district.

DISCUSSION

The result revealed that there was no significant difference on Sports Competition anxiety level among the three selected ballgame players. This might be due to the same level of participation i.e. university level participation and they have played all the three games in the leisure time.

CONCLUSION

On the basis of the result it can be concluded that the football players, volleyball players and basketball players has nearly the same Sports Competition anxiety level.

REFERENCES

1. Becker, B., Craft, L., Feltz, D. & Magyar, T. (2003). The relationship between the competitive state anxiety inventory-2 and sports performance: a Meta analysis. Journal of Sports & Exercise Psychology. 25(1), 44. | 2. Cory Middleton S, et al. (2003). Mental Toughness: Is the Mental Toughness Test Tough Enough Research Centre, University of Western Sydney, Australia, Internat. J. Sports Psychology. 28, 237-258. | 3. Frued, S. (1949) Inhibition, Symptom and Anxiety. London: Hogarh Press. | 4. Goldberg AS. (1998). Sports slump busting: 10 steps to mental toughness and peak performance. Champaign, IL,Human Kinetics. | 5. Gould D, Hodge K, Peterson K and Petlichkoff L (1987). Psychological foundation of coaching: similarities and differences among intercollegiate wrestling coaches. Sports Psychologist, 1; 293-308. | 6. Hardy,L. & Parfitt, G.(1991). A catastrophe model of anxiety and performance. British ournal of Psychology, 82, 163-178. | 7. Lizuka, P. (2005). Anxiety and Performance in Young Table Tennis Players. Sports Science Res. 26 (3) 73-75. | 8. Martens, R. et al. (1990) Competitive Anxiety in Sport. Leeds: Human Kinetics. | 9. Moran, A. (2004). Sports and Exercise Psychology. Rontledge, London | 10. Worchel, S. & Goethals, G.R. (1989). Adjustment: Pathways to personal growth. Englewood Cliffs, NJ: Prentice-Hall. |