



Analysis of sports competitive anxiety level among different university level team game male players

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Received May 20, 2017; Accepted June 23, 2017; Published June 26, 2017

Abstract

The purpose of present study was to examine the sports competitive anxiety level among different university level team game male players of Deen Dayal Upadhyay Gorakhpur University (DDU), Gorakhpur (U.P.). For this study researcher were randomly selected 48 male (cricket=16, football=16 and hockey=16) players from of Deen Dayal Upadhyay Gorakhpur University (DDU), Gorakhpur (U.P.) and their age ranged from 18-28 years. To examine the anxiety level of the player's sports competitive anxiety test (SCAT) developed by Ranier Martens's standardized questionnaire was used. Descriptive statistics and one way Analysis of Variance (ANOVA) and LSD test was used to find out the significance of differences with the help of SPSS (16.0 version) software. The level of significance was set at 0.05. The finding of study indicates that the mean of football (22.9375) players significantly lower level of anxiety in comparison to the cricket (24.6875) and hockey (23.8750) players. The mean of hockey (23.8750) players significantly lower level of anxiety in comparison to the cricket (24.6875) players. Thus, it concludes that the anxiety level of the football players is lower in comparison to the players of cricket and hockey players.

Keywords: Sports Competitive anxiety, Cricket, Football and Hockey.

1. Introduction

Anxiety plays an essential role in the achievement of motor skills as well as player's performance. Anxiety can both in-crease or decrease performance. Whether its effect is positive or negative, it depends upon how an individual sportsman perceives the state. Levels of anxiety either too high or too low tend to decrease learning and performance. Anxiety is a natural part of competition at any level. But in the case of young and immature sportsmen, anxiety can have a severely harmful effect on their performance (Singh, K., Rani, R., & Kaur, R., 2016). In sports psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent feelings of apprehension and dread (Cashmore, E., 2002).

Anxiety consists of two subcomponents, namely cognitive and somatic anxiety, which influence performance before and during competition (Weinberg, R. S., & Gould, D. 1999; Martens, V. et. al., 1990; Jarvis, M. 2000). Meanwhile, cognitive is the mental component, which is characterized by negative expectations about successor self-evaluation, negative self-talk, worry about performance, images of failure, inability to concentrate, and disrupted attention (Martens, V. et al., 1990; Jarvis, M., 2002). The somatic is the physiological element which is related to autonomic arousals, and negative symptoms such as feelings of nervousness, high blood pressure, dry throat, muscular tension, rapid heart rate, sweaty palms and butterflies in the stomach (Martens et al., 1990; Jarvis, 2002).

Several researches were conducted a study on anxiety level among different team game players but there are less studies were conducted on sports competitive anxiety level among different university level male team game players. Therefore, research scholar is paying attention to conduct this study.

1.1 Statement of the problem

The statement of the problem was stated as to examine the sports competitive anxiety level among different university level team game male players.

1.2 Hypothesis of the study

It was hypothesized that lower level of anxiety level would be positive effect on their performance.

1.3 Objectives of the study

- To find out the sports competitive anxiety level among different university level team game male players of Deen Dayal Upadhyay Gorakhpur University (DDU), Gorakhpur (U.P.).

2. Methodology

2.1 Selection of Subjects

For this study researcher were randomly selected 48 male (cricket=16, football=16 and hockey=16) players from of Deen Dayal Upadhyay Gorakhpur University (DDU), Gorakhpur (U.P.) and their age ranged from 18-28 years.

2.2 Selection of Variables

The variables selected for the study were competitive anxiety level of cricket; football and hockey players respectively. Sports Competitive Anxiety Test (SCAT) developed by Ranier Martens's was used for assessing the anxiety level.

2.3 Criterion Measures

Variables	Questionnaire	Measuring Unit
Competition Anxiety Level	Sports Competitive Anxiety Test (SCAT) by Ranier Martens	In counts

2.4 Test Administration

2.4.1 Sports Competitive Anxiety Test (SCAT)

2.4.1.1 Procedure

Subjects were directed to read each statement and have to decide how they feel anything equivalent to feeling never and sometimes or always when compete in sports and games. Subjects were directed that if their choice is 'never' cross A, if your choice is 'sometime' cross B and if your choice is 'always' cross C. There is no right or wrong answer; they were not supposed to spend too much time on any one statement. After the complete the test by the subjects, the response sheet were collected by the researcher.

2.4.1.2 Scoring

Items 2, 3, 5, 8, 9, 12, 14 and 15 were worded so that they are according to the following key:

Never = 1 Sometimes =2 Always = 3

Scoring for 6th and 11th items were reserved and they were scored according to the following keys:

Never = 3 Sometimes =2 Always = 1

Scoring items									
2	3	5	6	8	9	11	12	14	15

Not Scoring items				
1	4	7	10	13

Norms

Highly Anxious	25 to 30
Above Average	18 to 24
Average	12 to 17
Normal	Less than 12

2.5 Statistical Technique

To examine the sports competitive anxiety level among different university level team game male players of Deen Dayal Upadhyay Gorakhpur University (DDU), Gorakhpur (U.P.) were analyzed by using descriptive statistical and one way Analysis of Variance (ANOVA). To test significance of difference among means LSD test was applied. The data analyzed with the help of SPSS (16.0 version) software. The level of significance was set at 0.05.

3. Result of the Study

The scores were obtained by using Sports Competitive Anxiety Test (SCAT). All the individual scores were used to compare the anxiety level among different team game male players.

Table - 1
Descriptive statistics of different team game players with compare to anxiety level

Variable	Games	N	Mean	Std. Deviation	Std. Error	Min.	Max.
Competitive Anxiety Level	Cricket	16	24.6875	1.01448	.25362	23.00	26.00
	Football	16	22.9375	.92871	.23218	22.00	25.00
	Hockey	16	23.8750	1.20416	.30104	22.00	26.00
	Total	48	23.8333	1.26042	.18193	22.00	26.00

Table - 2
Analysis of Variance (ANOVA) of the means of different team game male players with compare to sports competitive anxiety level

Mean			ANOVA Table					
Cricket	Football	Hockey	Sum of Variance	SS	df	MS	F	Sig.
24.6875	22.9375	23.8750	B	24.542	2	12.271	11.016*	.000
			W	50.125	45	1.114		

*significant at 0.05 level, B = between group variance, W = within group variance.

$$F_{0.05} (2, 45) = 3.20$$

Table – 2 shows that the analysis of variance (ANOVA) with regard to anxiety level among different university level male players i.e. cricket (24.6875); football (22.9375) and hockey (23.8750) players was found statistically significant ($p < 0.05$). It was observed that the obtained F-ratio 11.016 was found statistically significant than the critical value 3.20. Therefore, it confirms that the significant difference exists among the means of different university level male players in comparison to anxiety level. Post-ho test (LSD) was applied to find out the degree and direction of difference between means among different university level male players of Deen Dayal Upadhyay Gorakhpur University (DDU), Gorakhpur (U.P.).

Table – 3
Post hoc comparison of the means of different of university level male players with compare to sports competitive anxiety level using LSD test

(I) Game	(J) Game	Mean Difference (I-J)	Std. Error	Sig.
Cricket	Football	1.75000*	.37314	.000
	Hockey	0.81250*	.37314	.035
Football	Cricket	-1.75000*	.37314	.000
	Hockey	-0.93750*	.37314	.016
Hockey	Cricket	-0.81250*	.37314	.035
	Football	0.93750*	.37314	.016

Fig. - 2

Graphical representation of the means of different of university level male players with compare to sports competitive anxiety level

Cricket	Football	Hockey
24.6875	22.9375	23.8750

“ ” Represents significant difference between the means

Fig. 2 shows that the mean of football (22.9375) players significantly lower level of anxiety in comparison to the cricket (24.6875) and hockey (23.8750) players. The mean of hockey (23.8750) players significantly lower level of anxiety in comparison to the cricket (24.6875) players. Thus, it concludes that the anxiety level of the football players is lower in comparison to the players of cricket and hockey players.

4. Discussion of the Study

The finding of the study was supported by several researches by Singh, A., Kaur, L., & Kaur, G. (2016) have conducted a study on analysis of anxiety level among university level selected female combat sport athletes and concluded that there was significant differences between female combat sports with regards to anxiety level. Kumar, V. (2013) conducted a study on comparative study of anxiety and aggression among inter-collegiate and inter-university level players and the result of the study reveals that higher level of anxiety among inter-college level of cricket players.

Prakash, V. (2014) have conducted a study to examine the anxiety between sports persons and non-sports persons and concluded that there was significant difference found between sports persons and non- sports persons in relation to anxiety.

Some other similar study was conducted by Parnabas & Mahamood (2013) conducted a study on cognitive and somatic anxiety among football players of different ethnic groups in Malaysia and found the significant difference in anxiety level among the various ethnic groups. Sahu, D. P. (2016) conducted a study on a comparative study on pre-competition anxiety between individual games and team games and concluded that there was significant difference on pre-competition anxiety between team game male players and individual game male athletes.

5. Conclusion of the Study

On the basis of finding the following conclusions have been made –

- The significant difference was found between the mean score of cricket (24.6875) and football (22.9375) players in comparison to sports competitive anxiety level.
- The significant difference was found between the mean score of cricket (24.6875) and hockey (23.8750) players in comparison to sports competitive anxiety level.
- The significant difference was found between the mean score of football (22.9375) and hockey (23.8750) players in comparison to sports competitive anxiety level.

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