Comparative Study of Sports Competitive State Anxiety among the Hockey Players of Gorakhpur University

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Abstract

The purpose of the present study was to find out sports competitive state anxiety level among the hockey players. A total 40 hockey players were selected from various colleges affiliated to the Gorakhpur University, (U.P). The sports competitive state anxiety test (SCAT) given by Martens et al. (1990) was used to measure the anxiety level of the hockey players. The statistical analysis revealed that the college level hockey players (p<0.05) were found to have significantly greater anxiety level as compared to the university level hockey players. Further it was found that the rural hockey players (p<0.05) had significantly higher anxiety level then the urban hockey players. In conclusion, it was found that the anxiety level differed with respect to performance and area of residence among the hockey players.

1. Introduction:

Anxiety is a reaction by an individual to a stressful situation (Spielberg, 1972) and in competitive sports. A great amount of stress can be placed a player's performance. Anxiety has been an important focus of research in sports and performance psychology. Research in clinical and test anxiety literature has separated the state anxiety into cognitive and somatic components (Liebert and Morris, 1976; Borkovec, 1976; Davidson and Schwartz 1976). Cognitive anxiety refers to negative expectations and cognitive concern about performance, the consequences of failure, negative self-evaluation, evaluation of one's ability relative to others, the ability to concentrate and disrupted attention. Somatic anxiety refers to one's perception of the affective physiological aliments of the anxiety generated from an increase of autonomic arousal and unpleasant feeling such as nervousness, tension and upset. The current multidimensional appearance to competitive state anxiety has emerged through the work of Marten and Associates. Initial evidences suggest among the sources of anxiety are fear of injury, presence of an audience, past unpleasant experiences, fear of losing, negative evaluation, knowledge of the opposition team, uncertainty, playing at the opposition's place, high hope and perceived sports event as very important and specifically these factors have been identified as the sources of anxiety among hockey players. The co-ordination movement required by hockey game becomes increasingly difficult when your body is in a tense state. A certain level of physical arousal is helpful and prepares us for competition but when the physical symptoms of anxiety are two great. This may seriously interfere with your ability to compete. Similarly, a certain amount of worry about how you perform can be helpful in competition but severe cognitive symptoms of anxiety such as negative thought pattern and fear of failure can bring about a self-full filling prophecy. There is a substantial difference between how you perform during practice and how you do during competition. Anxiety may be affecting your performance (Khan and Khan, 2014). Anxiety may appear firstly, as a structural feature of the person. Secondly, as a state variably related to particular situation. Studies have indicated that the level of anxiety is higher and more prevalent when it occurs as a personality trait. The aim of the present study, therefore, is to determine the differences in the level of psychological trait of anxiety among college and university level hockey players.

2. Materials & Methods:

2.1 Sample of the Study:

The subjects of the present study were purposively selected from the college level male hockey players. 40 hockey players of different colleges affiliated to Gorakhpur University were studied. The data for the present study was collected during the inter-college competition held at University campus. The hockey players were divided into two group on the basis of level of performance i.e. university level and college level players. The university level players were those who represented the university in the inter-university competition where as the college level players were those who represented their respective colleges in inter-college competition and never selected for inter-university level competition.

2.2 Criterion Measures:

The anxiety level of the hockey players was assessed with the help of the sports competitive state anxiety test (SCAT) given by Martens et al. (1990). The information regarding the area of residence of the hockey players also collected.

2.3 Statistical Technique:

The data was presented as descriptive statistics such as mean, standard deviation etc. The independent samples t-test was used to compare the mean values among different groups of hockey players. Significance levels were set at $p<0.05$. SPSS version 16.0 for windows (SPSS Inc, Chicago, IL, USA) was used for statistical analysis.

3. Results of the Study:

The anxiety level of the college and university level hockey players is presented in the table 1 and Fig 1.The college level hockey players had 50.10 mean values of anxiety score with the standard deviation 5.19. The mean value of anxiety score of university level players was 44.58with SD 7.36. The independent samples t-test revealed that the college level hockey players had significantly higher anxiety level (t=3.41, p=0.002) as compared to the university level hockey players.

Table: 1 Comparison of anxiety level among college and university level hockey players

Performance Level	N	MEAN	SD	t- value	P – value
Collage level	20	50.10	5.19	4.41	0.003*
University level	20	44.58	7.36		

* Indicates p<0.05

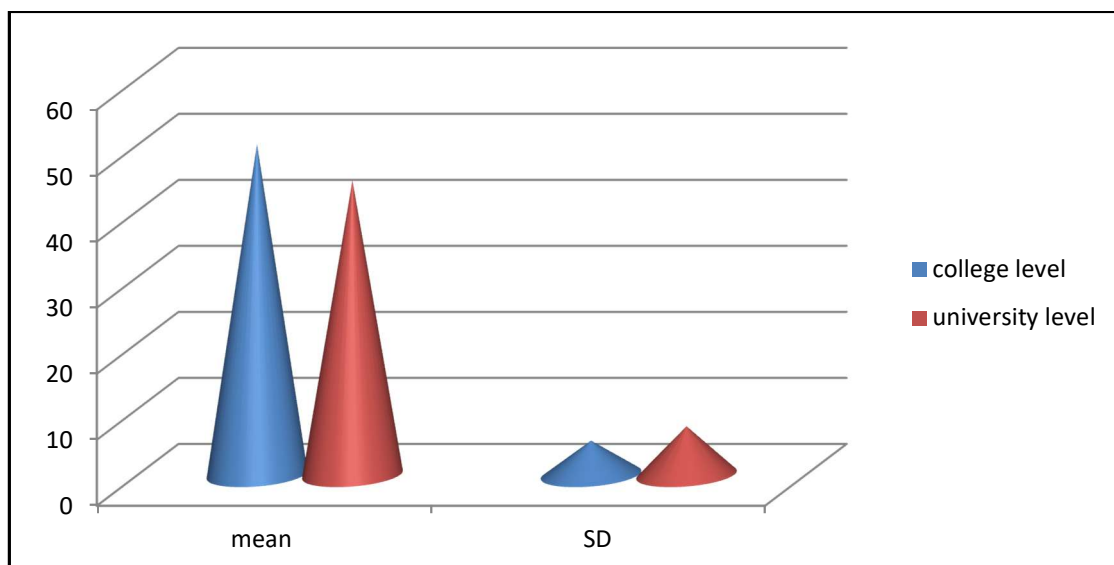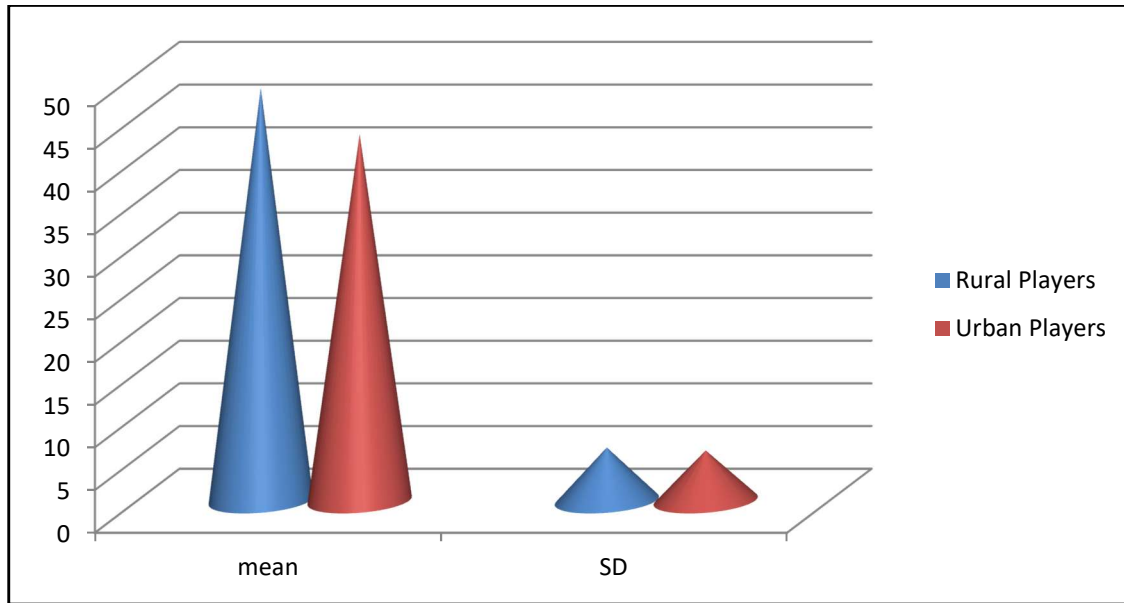**Figure: 1 Anxiety level among college and university level hockey players**

Table 2: Comparison of rural and urban hockey players with regard to anxiety level

Area of residence	N	MEAN	SD	t- value	p- value
Rural players	20	48.37	6.24	2.51	0.019*
Urban players	20	42.92	5.90		

* Indicates p<0.05

Figure: 2 Anxiety level among rural and urban hockey players.

The table 2 and figure 2 shows the anxiety level among the rural and urban hockey players. The mean value of anxiety among the rural hockey players was 48.37 with the standard deviation 6.24. The mean value of anxiety among the urban hockey players was 42.92 with standard deviation 5.90. The independent samples t-test showed that the two group differ significantly on anxiety level and the rural hockey players had significantly higher levels of anxiety (t=2.49, p=0.017) than the urban hockey players. Fig: 2 Anxiety level among rural and urban hockey players.

4. Discussion:

The findings of the present study showed that significant difference was existed in anxiety level among college and university level hockey players. The college level hockey players were reported to have higher levels of anxiety. The training and technique of university level players might be better than the college level players. The university level players may have more experience of competition and better psychological orientation than the college level players. The confidence level of the university level players may also play the positive role to reduce the anxiety and they might be well averse of how to handle the any situation with their experience and fitness. All these factors might be contributing towards the lower level of anxiety among the university level players. The hockey players were also compared on anxiety with regard to their place of living. There were significant differences in level of anxiety among rural and urban hockey players. Urban players were found to have lower level of anxiety as compared to rural players. Similar study was reported by Parnabas and Mahamood (2013) on cognitive and somatic anxiety among football players different ethnic group from Malaysia and they reported significant difference in anxiety level among the various ethnic groups. In case of present study, different environmental factors, lack of facilities and equipment, insufficient diet and inadequate training methods might be factors which lead to higher levels of anxiety among the rural hockey players.

5. Conclusions:

The finding of the study revealed that sports state anxiety of college and university level hockey players have significant difference and the college level players showed higher level of anxiety. Similarly, there were significant differences among players belonging to different backgrounds. The rural players exhibit higher levels of anxiety.

6. References:

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