A comparative study of sports competitive anxiety between male and female badminton players

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Abstract

Purpose: The purpose of this study was to compare the Sports Competitive Anxiety between the male and female badminton player in Indore District, (MP).

Methodology: Total (N=60) badminton male and female players, male (30) and Female (30), belonging from the Indore District, (MP) State were selected. The variable selected for the present study was Sports Competitive Anxiety. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used as criterion measure. For comparing Sports Competitive Anxiety between the male and female players, descriptive Statistics and independent ‘t’ test were applied at 0.05 level of significance.

Results: The psychological variable Sports Competitive Anxiety have no significant difference with the Male and Female Badminton players of Indore District.

Conclusion: On the basis of the findings it was concluded that some other factors may be responsible for the results like: Small Sample Size and insincere response of the subjects.

Keywords: Anxiety, competitive anxiety, questionnaire, psychological variable

1. Introduction

Participating in any type of competition, be it a formal or informal competition, gives pressure on athlete. This pressure sometimes improves the performance and sometimes influences the performance negatively. Pressure accumulated due to the upcoming competition may results in anxiety which influence the performance in sports in both the ways. Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, fear, or worry. Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an observed threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable. Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002) [3]. In the games and sports, psychological and physiological factors play an important role in determining the performance level (Grange & Kerr, 2010; Schilling & Hyashi, 2001). Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioral components. The root meaning of the word anxiety is ‘to vex or trouble; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness and dread. Anxiety is considered to be a normal reaction to a stressor. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder. Physical effects of anxiety may include heart palpitation, muscles weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach ache/ head ache and immune and digestive system function are inhibited (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling and papillary dilation. Someone who has anxiety might also experience it as a sense of dread or panic. Competitive anxiety causes performance deterioration. Optimum level of anxiety before, during and after the competition enables the sports person to be ready to perform. Too much of anxiety causes muscle tension, nervousness, in ability to make decisions, feeling over whelmed, feeling out of control, trembling, nail biting, increased sweating, etc., which deteriorates the performance. Many athletes who perform well during
training or practice can suffer from performance anxiety on game day. If feelings of nervousness, anxiety or fear interfere with your sports performance,

2. Objective of the Study
The purpose of this study was to compare the Sports Competitive Anxiety between Male and Female Badminton of Indore District (MP).

3. Materials and Methods
3.1 Subjects for the Study
For the present study (N=60) Badminton players from (30) male and (30)female were taken. Age ranged of the players between 18-25 years. There Groups were represent in the Indore District, (MP)

3.2 Variables
The variable selected for the present study was Sports Competitive Anxiety.

3.3 Criterion Measures
For the purpose of the this study was Score obtained in the sports competition anxiety test questionnaire In this study Sports Competition Anxiety Test (SCAT Martens, 1990) was used to measure Sports Competition Anxiety. score sequence was 1, 2, 3, for ten test items which were taken for the scoring purpose were 2, 3, 5, 6, 8, 9, 11, 12, 14, and 15 6 and 11 score reverse was carried according to the following key score (1) Response hardly ever (2) sometime (3) often however Spurring questions e.g. 1, 4, 7, 10 and 13, were not scored out as suggested by Rainer Martren. Was criterion measure of the study Sports competition anxiety Test (SCAT) constructed by was used for the collection of data for this study.

3.4 Scoring of SCAT
Sports Competition Anxiety Test (SCAT) by 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 score was analyzed.

3.3 Statistical Analysis
For comparing Sports Competitive Anxiety between male & female badminton players, descriptive statistics’ and Independent t test was applied at 0.05 level of significance. Data analysis was performed using SPSS 21 software.

4. Result & Discussion
The statistical analysis of data has been presented in this study. The Sports Competition Anxiety data was collected on total (N=60) (sixty) badminton Players, (30) Male and (30) Female were selected as subjects from District Indore, (MP). To characterize and compare the sports competition anxiety test (SCAT) of male and female Badminton players, it is found ‘t’ value (2.016) from table 2 there is no significant difference between male and female badminton players of Indore District, (MP).

Table 1: Mean and standard deviation of sports anxiety test of badminton Male and Female Players. Descriptive Statistics

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>M</th>
<th>Sd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>30</td>
<td>18.93</td>
<td>2.79</td>
</tr>
<tr>
<td>Female</td>
<td>30</td>
<td>17.40</td>
<td>3.04</td>
</tr>
</tbody>
</table>

Significant at 0.05 level.

Table 1: reveal that the mean and standard deviation score of sports anxiety of badminton male players: 18.93±2.79, female players: 17.40±3.04.

Graph 1: Graphical representation Mean and SD of sports competition anxiety of male and female badminton players.

Table 2: Independent t-test of Sports Competition Anxiety of The Male and Female Badminton Players. Independent t- test

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>Df</th>
<th>Sig. (2tailed)</th>
<th>Mean Difference</th>
<th>Sta. Error Difference</th>
<th>t-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>30</td>
<td>58</td>
<td>.048</td>
<td>1.53</td>
<td>.760</td>
<td>2.016</td>
</tr>
<tr>
<td>Female</td>
<td>30</td>
<td>57.402</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at 0.05 level.
Graph 2: The Graphically Representation Sports competition Anxiety of Both Groups is Presented in Graph.

5. Conclusion
The following conclusions were drawn on the basis of the analysis of the present data:
A. No significant difference was found between the female and male badminton players in the (MP) Stalein relation to Sports Competitive Anxiety.
B. On the basis of mean scores it can be seen the female badminton players were having less Sports Competitive Anxiety level than male badminton players.
C. During the study investigator was realize that the Competitive Anxiety depends upon player’s experience and number of participation in the different tournaments.

6. References
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