



ISSN: 2456-0057
IJPNE 2016; 1(2): 161-163
© 2016 IJPESH
www.journalofsports.com
Received: 15-05-2016
Accepted: 16-06-2016

Basanti Bamaniya
Research Scholar, School of
Physical Education DAVV
Indore, Madhya Pradesh, India

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

Basanti Bamaniya

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

Correspondence
Basanti Bamaniya
Research Scholar, School of
Physical Education DAVV
Indore, Madhya Pradesh, India

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

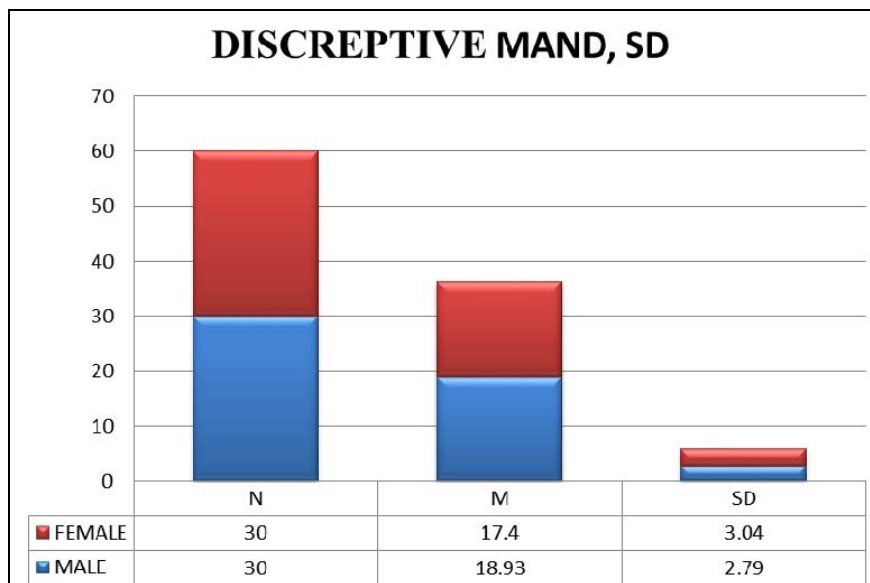
The statistical analysis of data has been presented in this study. The Sports Competition Anxiety data was collected on total (N=60) (sixty) badminton Players, (30) Male and (30) Female were selected as subjects from District Indore, (MP). To characterize and compare the sports competition anxiety test (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

Groups	N	M	Sd
Male	30	18.93	2.79
Female	30	17.40	3.04

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.

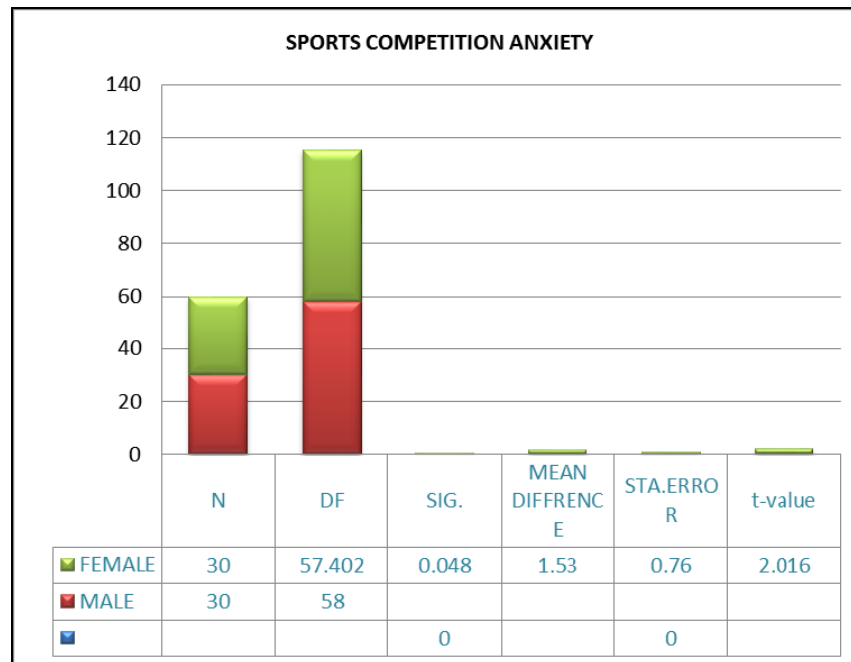


Graph 1: Graphical representation Mean and SD of sports competition anxiety of male and female badminton players.

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

Groups	N	Df	Sig. (2tailed)	Mean Difference	Sta. Error Difference	t-Value
Male	30	58	.048	1.53	.760	2.016
Female	30	57.402				

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:

- No significant difference was found between the female and male badminton players in the (MP) Stalein relation to Sports Competitive Anxiety.
- 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.
- 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

- Butt, Weinberg J, Horn RT. The intensity and directional interpretation of anxiety: fluctuations throughout competition and relationship to performance, *Sport Psychologist*, 2003; 17:135-54.
- Caruso, Christina M, Dzewaltowski David, Gill Diane L, McElroy Mary. Psychological and Physiological Changes in Competitive State Anxiety during Noncompetition and Competitive Success and Failure, *Journal of Sports and Exercises Psychology*, JSEP. 1990; 12(1):6-20.
- Cox Richard X. *Sports Psychology Concept and Applications*. McGraw Hill. United States, 2002.
- Craft, Lynette L, Magyar Michelle T, Becker Betsy J, Feltz Deborah L. The Relationship between the Competitive State Anxiety Inventory-2 and Sport Performance: A Meta-Analysis, *Journal of Sports and Exercise Psychology*, 2003, 25(1).
- Dureha DK. Relationship between Achievement motivation and pre- competition Anxiety of Indian, Inter-University Hockey Players, Abstract on International conference on Health Sport and Physical Fitness. 1995; 16(18):37.
- Garrett, Hanery E. *Statistics in Psychology and Education*. Paragon International Publisher. New Delhi, 2004.
- Gould, Daniel, Horn, Thelma S, Spreemann Janie. Competitive Anxiety in Junior Elite Wrestlers, *Journal of Sports And Exercises Psychology*, JSEP. 1983; 5(1):58-71~ 514 ~ *International Journal of Multidisciplinary Research and Development*
- Ibrahim Mohd, Gwari P. A Study of Achievement Motivation of Low and High Level Volleyball Players, *Journal of Education and Practice*. 2011; 2(11, 12):114-16.
- Jones Graham, Hanton Sheldon. Pre-competitive feeling states and directional anxiety interpretations, *Journal of Sports Sciences*, JSS. 2001; 19(6):385-395.
- Khan, Zamirullah. Sports Achievement Motivation and Sports Competition Anxiety: A Relationship Study, *Journal of Education and Practice*. 2011; 2(4).
- Marten, Rainer. *Coaches Guide to Sports Psychology*, Human Kinetics Inc. USA, 1942.
- Martin, Kathleen A, Mack Diane. Relationships between physical self-presentation and sport competition trait anxiety: A preliminary study, *Journal of Sport & Exercise Psychology*, JSEP. 1996; 18(1):75-82.
- Singh KV. A study on effect of sports competition anxiety level of competition on incidence, *International Seminar on Physical Education Recreation and Yogic Sciences*, 2012, 259-262.
- Sonstroem Robert J, Bernardo Pasquale. Intraindividual Pregame State Anxiety and Kabaddi Performance: A Re-examination of the Inverted-U Curve, *Journal of Sports And Exercises Psychology*, JSEP 1982; 4(3):235-245.
- Wilson Philip, Eklund Robert C. The Relationship between Competitive Anxiety and Self-Presentational Concerns, *Journal of Sports And Exercises Psychology*, JSEP 1998; 20(1).