



ISSN: 2456-0057
IJPNPE 2019; SP2: 48-50
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(Special Issue- 2)

“International Seminar on Application of Engineering in
Sports”

(October 11th-12th, 2019)

A comparative study of sports competitive anxiety among college athletes

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Abstract

The purpose of this study was to investigate a comparative study of sports competitive anxiety among college athletes. The variable selected for the present study was Sports Competitive Anxiety. In this study demographic questionnaire, Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used as criterion measure. Hundred Calicut University represented college male and women athletes, were chosen with randomized way. Fifty men and fifty women, belonging from the Kerala State were selected. For comparing Sports Competitive Anxiety between the men and women athletes, descriptive statistics and ‘t’ test were applied at 0.01 level of significance. The psychological variable was Sports Competitive Anxiety and significant difference with the men and women college athletes of Kerala state. The results revealed that the men athletes were low level of Sport competition anxiety.

Keywords: sports competition anxiety, men and women, college athletes

1. Introduction

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional and behavioural components. These components combine to create an spiteful feeling that is typically connected with uneasiness, apprehension, fear, or worry. Anxiety is a generalized mood condition that can often occur without an identifiable activating stimulus. As such, it is distinguished from fear, which occurs in the presence of an observed threat. 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. Numerous studies have confirmed the impact of psychological factors on sports performance. In the games and sports, psychological and physiological factors play an important role in determining the performance level. Anxiety is a psychological and physiological state categorized by somatic, emotional, cognitive and behavioural 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

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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, which weakens the performance. Many athletes who perform well training can suffer from performance anxiety on game day. If feelings of nervousness, anxiety interferes with their sports performance.

2. Materials and Methods

2.1 Subjects for the study

For the present study (N=100) College athletes from (50) men and (50) women were taken. Age ranged of the players between 18-25 years. These Groups were represented university of Calicut in Kerala state.

2.2 Variables

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

2.3 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 Marten. Was criterion measure of the study Sports competition anxiety Test (SCAT) constructed by was used for the collection of data for this study. 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 analysed. 1=Hardly ever, 2= Sometimes, 3= Often, Scoring for items 6 and 11 is reversed according to the following key: 1= Often, 2=Sometimes, 3=Hardly ever. The Analysis of the data was done through Descriptive method.

2.4 Statistical analysis

For comparing Sports Competitive Anxiety between men and women College athletes, descriptive statistics and 't' test were applied at 0.01 level of significance. Data analysis was performed.

3. Result and Discussion

The statistical analysis of data has been presented in this study. The Sports Competition Anxiety data was collected on total (N=100) hundred College athletes, (50) men and (50) women were selected as subjects from University of Calicut in Kerala state. To characterize and compare the sports competition anxiety test (SCAT) of men and women college athletes.

3.1 Tables and Figures

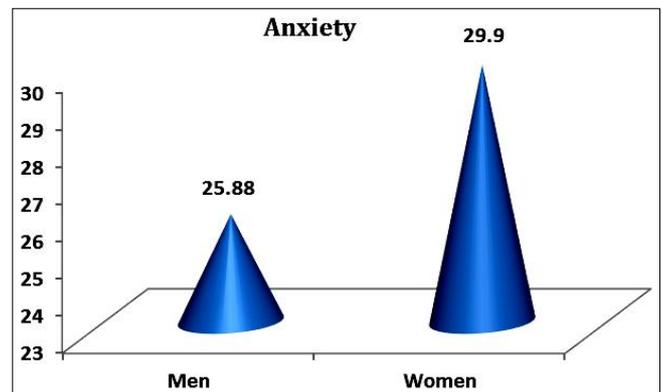
The primary objective of the paired 't' ratio was to describe the differences between men and women group mean among college athletes.

Table 1: Mean and standard deviation of sports competitive anxiety test of College men and women athletes

Anxiety	N	Mean	SD	't' value	Significant/NS. Level
Men	50	25.88	6.696	3.917	S (0.01)
Women	50	29.90	4.062		

Required table value: 2.58 (0.01)

Table 1: reveal that athletic practice has significant in comparing sports competitive Anxiety Level between Men and Women group as the mean value of Men group is 25.88 and Women Group is 29.9. Men athletes were lesser anxiety than Women athletes. An examination of the table indicates obtained 't' value was 3.92 for Anxiety respectively. An obtained 't' ratio was found to be greater than the required value of 2.58 at 0.01 level of significance for 1, 49 degrees of freedom. Hence it was found to be significant.



Graph 1: Graphical representation Mean and SD of sports competition anxiety of college men and women athletes

4. Conclusion

The following conclusions were drawn on the basis of the analysis of the present data was significant difference found between men and women college athletes of University of Calicut in Kerala State to sports competitive anxiety. On the basis of mean scores men athletes were lesser sports competitive anxiety level than the women college athletes. During the study investigator was realized that the competitive sports anxiety depends upon player's experience and number of participation in the different tournaments.

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