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## A comparative study of precompetitive anxiety between club levels batsman and bowlers

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### Abstract

The purpose of the study is to find out pre-competition anxiety between 1<sup>st</sup> division club level males batsman and bowlers. Due to the fact that during competition players mental state greatly affects their stamina explosion, which finally influences the result of final competition. It refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self- confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles at the right time. For the purpose of the study the subjects were selected randomly from different 1<sup>st</sup> division club of burdwan district to measure the pre-competition anxiety by a questionnaire Sport Competition Anxiety Test (SCAT) developed by Rainer Marten. 20 club level bowlers and 20 club level batsmen were selected from club level 1<sup>st</sup> division tournament. To find out pre-competition anxiety between club level batsman and bowlers 't' test was applied to calculate of collected data at 0.05 level of significant. The result showed that there was no significant difference on pre-competition anxiety between club level batsman and bowler.

**Keywords:** Pre-competition anxiety, club level batsman, club level bowlers

### 1. Introduction

Sport is the quintessence of physical education- the end-product of all activity effect. Sport as recreation carries with it greater educational value and is dealt with the educational psychology. However, sport as a competitive phenomenon places great Premium on man's body, mind emotions, learning process etc. It alters participant's behavioural dynamics. Therefore, the offshoot of psychology that deals with performance oriented Sport is known as sport psychology- an emerging distinct discipline.

Anxiety refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self- confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles (Akbar *et al.*, 2011). Anxiety can have a devastating effect on the performance of an athlete. No matter how much talent or skill one may have, he will never perform at his or her best if he or she lives in fear before every event.

The problem of pre-competitive anxiety is one of the most pressing problems in modern sports psychology. It has been recognized for many years that psychological factors, in particular anxiety, play an important role in competition and in competitive sports, every athlete experience fear before, during and after events (Lizuka, 2005). Anxiety could make even the world most successful athlete feel nervous. According to Moran (2004), factors such as fear of failure and lack of confidence induce feeling of anxiety in athletes. Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they are faced with challenges.

Anxiety can affects emotional and physiological Working of the organism in many ways. For instance, anxious individuals are said to have reduced attentional Control. During heightened activity (anxiety inclusive) Attention cannot remain one-pointed. It is distributed to various aspects of the organismic activity which is chaotic and intense. There is a benumbing effect on the individual's Judgement. Anxiety often results in narrowing of the field of attention as relevant cues are excluded. Less Information Seems to be processed by those under Momentary (state) anxiety or those whose deeper Personality system is marked by high levels

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of trait anxiety (cratty, 1989 ). Anxious Individuals have also been found to be tensed or highly strung. As result, therefore, their Performance in tasks involving precise neuron-muscular Coordination is quiet low compared to those who are less anxious and perform under tension-fee state of body and Mind. In nutshell, anxiety retards muscular performance, Over- anxiety absolutely Cripplesit. Cratty (1989) rightly concludes that ‘anxiety does not Result in a psychique vacuum, but, is a part of complex of Feelings that may include low self-esteem, helplessness, depression or aggressive thoughts and behaviours’”. The Persistent negative feelings associated with anxiety Coupled with physiological commotion (an inevitable result of high anxiety syndrome)—somatic disorders. Since anxiety is a complex Physiological phenomenon as well as a personality trait, its assessment in various

Cricket now is the famous sports world wide the demand of the cricket is the player must be physical and physiological fit but the recent changes in this sport the Psychological factors also important. The team those who having the strong Psychological fitness they may be performs well or achieve the high performance. Competitive anxiety has enjoyed a largo prominence in the sport psychology literature and is often cited as one of the most studied areas in the discipline.

## 2. Methodology

For the purpose of the study 20 male club level batsman who participated at 1<sup>st</sup> division tournament and 20 male club level bowlers who participated at 1<sup>st</sup> division tournament during

2014-2015 were selected randomly for the purpose of this study. The age of the subjects were ranged in between 16 to 20 years.

To compare the pre competition anxiety between the club level batsman and bowlers, the data were collected by using Sport Competition Anxiety Test (SCAT) questionnaire, developed by Rainer Marten. Students‘t’ test at 0.05 level of significance was applied to calculate the significance of difference between club level batsman and bowlers.

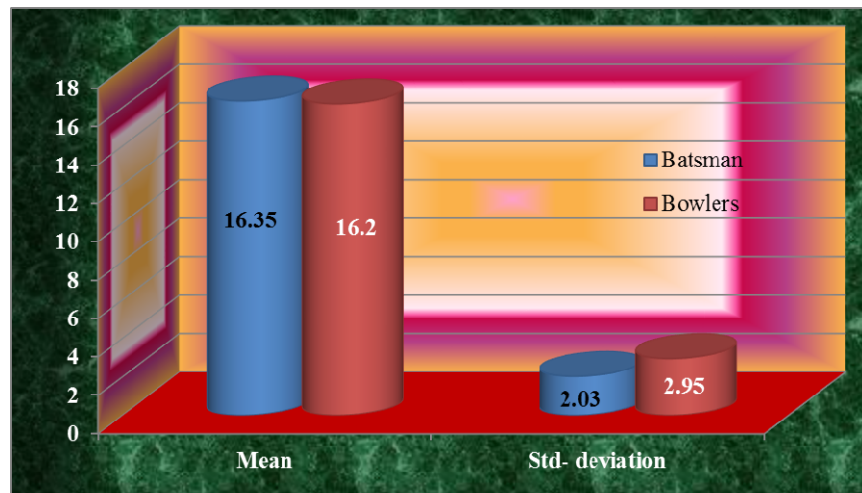
## 3. Finding

**Table 1:** Significance of Differences of Mean, Standard deviation and “t” test on pre-competition Anxiety between club level batsman and bowlers.

Groups	Mean	Std- deviation	t-ratio
Batsman	16.35	2.03	.19
Bowlers	16.20	2.95	

\* =significance,  $t_{0.05}(38) = 2.021$

It is evident from Table – 1 Shows that the mean, standard deviation and ‘t’ test between batsman and bowler of club level Cricketer on pre-competition Anxiety. Mean and standard deviation of club level batsman has been found  $16.35 \pm 2.03$  and bowlers has been found  $16.20 \pm 2.95$ , the mean and standard deviation of club level cricket player. The ‘t’ value of pre -competition Anxiety is .19, this is not significant.



**Fig 1:** Here, the bar graph shows that the mean value of pre-competition Anxiety of batsman is 16.35 and bowlers is 16.20. and Std- Deviation value batsman is 2.03 and bowlers is 0.2.95.

## 4. Discussion

Anxiety plays a paramount role in sports. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. The mean for pre-competition Anxiety scores shown higher in batsman compared to bowlers in 1<sup>st</sup> division club level cricket players but no significance difference between them, due to they are same level cricket players that’s why both are able to control their emotion and anxiety before any level of competition. On the other hand their nutritional status, blended demand with training for skill development in their training schedule and previous record in competition increase their confident level before competition. These have been reflected in the result for no significant differences. Douglas *et al* (2006) stated that the major sources of pre-competitive

anxiety include: fear of failure, thinking too much on what people may say about the performance, and lack of confidence. pre- competitive anxiety is dependent upon factors such as: skill level, experience and general level of arousal in daily activities. The 1<sup>st</sup> division batsman and bowlers they are much experienced that’s why they know how to control the pre-competition anxiety in different situation and its reflect in to the study.

## 5. Conclusion

Based on the findings and within the limitation of the present study, following conclusions were drawn:-

- No significance difference found between batsman and bowlers of pre-competition anxiety.

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