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A comparative study of will to win and sport competition anxiety of university level gymnasts

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Abstract
The aim of present study is to compare the university level gymnasts with regard to their will to win and sport competition anxiety. To accomplish the study, purposive sampling technique has been used. The sample of the study has been selected from the All India inter University gymnastic (M & W) Championship held at Panjab University Chandigarh from 1th to 5th Feb. 2017. For this purpose, fourty two university level gymnasts which included twenty one high performer and twenty one low performer male gymnasts were selected as subjects. The selected subjects were between the age group of 17 to 25 years. Will to win questionnaire developed by Kumar and Shukla (1988) was applied to measure the level of will to win and to measure the level of sport competition Anxiety (SCAT, developed by Martens et al. (1990) was used. To find out the difference in the level of will to win and sport competition anxiety independent sample't' test was applied through Statistical Product and Service Solutions (SPSS) version 20.0. The level of significance was set at 0.05. The result of the present study shows that no significant difference was found in the level of win to win and sport competition anxiety of high performer and low performer university level gymnasts.

Keywords: Will to win, competition anxiety, gymnast, high performer, low performer

Introduction
The main thrust of the modern sports is on the winning, not just participating and playing. Today's scenario has totally changed, because presently, winning is the only target of the sportspersons in all kinds of competitions. Therefore, sports psychologists have been attached with every team and individual player to boost up their morals for the competitions. These sports psychologists increase the level of will to win in the sportspersons for achieving higher level of performance in the competitions. The dismissal performance of Indian players and athletes in the international events has been largely attributed to the lack of will to win. It is the factor that makes great competitors (Kumar and Kang, 2011) [9]. Pezer and Brown (1980) [18] have reported in their study that will to win is significantly related to performance and analysis indicated that high, moderate and low will to win groups differed significantly from each other. Higher the will to win, better the performance. Passion of will to win helps an athlete to put in his best and do it till the end of the activity. Will is the strength of a sportsperson; its character, attribute, collective attitude, determination, unrecoverable decision and total perception of situation. It is man's power on the mind, as control exercised by a deliberate purpose over impulse. The strong willed overcome the emotions and the weak willed give up. Paul (1960) [17] rightly remarked "A winner never quits and the quitters never win". That means if one has to desire to win surely wins. It indicates that where there is a will, there is a way. A correct attitude towards winning is found always helpful in achieving high performance in sports. It is expressed by scientists that the ability to work to the capacity is directly related to will to win. Defined will to win is the extent to which a person desires to reach some standard of excellence or defeat of opponent. The athletes high in will to win mainly compete to first position and may have something of win at all cost attitude. Will to win is an important parameter which makes great competitors. It has been observed in some competitions that players who although lacked physical fitness ended up winning the match, all due to their determination to win. This ability to work to one's full potential is directly related to an individual's will to win.

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Low will to win indicates that competitors are careless about winning. The ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes (Hardy, Jones, & Gould, 1996; Orlick & Partington, 1988) [6, 16]. Researchers have reported that over 50 of consultations among athletes at an Olympic festival were related to stress or anxiety related problems (Murphy, 1988) [15]. A great deal of research has been conducted examining the relationship between anxiety and performance within the field of athletics. Previous research conducted relating to anxiety and performance in athletics has been difficult to synthesize for a variety of reasons including methodological flaws such as a lack of clear operational definitions and a clear theoretical construct. Instead, terms such as stress, anxiety, arousal and activation have been used interchangeably. Stress is a state that results from the demands that are placed on the individual which require that person to engage in some coping behavior (Jones, 1990) [7]. Arousal can be considered to be a signal to the individual that he or she has entered a stressful state and is characterized by physiological signs (Hardy et al., 1996) [5]. Anxiety results when the individual doubts his or her ability to cope with the situation that causes him or her stress (Hardy et al., 1996) [5]. The catastrophe model of anxiety and performance looks at the interactive effects of physiological arousal and cognitive anxiety upon performance (Fazey & Hardy, 1988; Hardy, 1990) [2, 4]. Physiological arousal can influence performance as a result of the individual's interpretation of their physiological symptoms. According to the model as cognitive anxiety increases it will be beneficial to performance at low levels of physiological arousal but a detrimental effect at high levels of physiological arousal (Hardy et al., 1996) [6]. Furthermore, when cognitive anxiety is at a low level, changes in physiological arousal have little effect upon performance. However, as cognitive anxiety increases physiological arousal can have either a positive or negative effect on performance depending on how much arousal there is (Hardy et al., 1996) [5]. Once physiological arousal levels are too high there is a steep drop in performance which can only be reversed by a reduction in physiological arousal (Hardy et al., 1996) [6].

Objectives of the study
1. To differentiate the high performer and low performer university level gymnasts with regard to their level of will to win.
2. To differentiate the high performer and low performer university level gymnasts with regard to their level of sport competition anxiety.

Hypotheses of the study
1. There will be no significant difference between the high performer and low performer university level gymnasts with regard to their level of will to win.
2. There will be no significant difference between the high performer and low performer university level gymnasts with regard to their level of sport competition anxiety.

Delimitations of the study
- The study is delimited to the age group of 17 to 25 years.
- The study is delimited to male players only.
- The study is delimited to high performer i.e. (teams who secured 1st, 2nd and 3rd positions) and low performer as (teams who secured 4th, 5th and 7th positions) in the championship.
- The study is delimited to all India inter-university level players only.

Method & procedure
To accomplish the study, purposive sampling technique has been used. The sample of the study has been selected from the All India inter University gymnastic (M & W) Championship held at Panjab University Chandigarh from 1th to 5th Feb. 2017. For this purpose, fourty two university level gymnasts which included twenty one high performer and twenty one low performer males gymnasts were selected as subjects. The selected subjects were between the age group of 17 to 25 years. Will to win questionnaire developed by Kumar and Shukla (1988) [10] was applied to measure the level of will to win and to measure the level of sport competition Anxiety (SCAT, developed by Martens et al. (1990) [12] was used. To find out the difference in the level of will to win and sport competition anxiety independent sample 't' test was applied through Statistical Product and Service Solutions (SPSS) version 20.0. The level of significance was set at 0.05. Will to win Questionnaire consists of 14 items, in which first 7 items are yes and rest of 7 are no. Score 1 will be given for each correct response, so that maximum score will be 14 on this questionnaire and minimum will be 0. The scoring system of SCAT items is 1, 4, 7, 10 and 13 considered as 0 and are filled items used to help disguise the purpose of the test; as they will not used for scoring. Items 2,3,5,8,9,12 and 15 are scored in the following manner: Rarely 1, Sometimes 2, Often 3 and for the items 6, 11 and 14 the scoring is reversed i.e. Rarely 3, Sometimes 2, Often 1. Simply total the numbers of these items to determine your sport competition Anxiety Score.

Findings of the study
The table no.1 presents significance of difference between high performer and low performer gymnasts with regard to their will to win.

Table 1: Significance of difference between high and low performer gymnasts with regard to their will to win

Variable	Groups	N	MEAN	SD	MD	t value	Sig.
Will To Win	High Performer	21	6.57	1.39	.285	.701	.473
	Low Performer	21	6.85	1.23			

Table 1 shows the significance of difference between high performer and low performer university level gymnasts with regard to their will to win. The high performer gymnasts registered 6.57 as mean score with SD 1.39. Whereas low performer gymnasts recorded 6.85 as mean score with SD 1.23. The mean difference between high performer and low performer gymnasts was found .285 with t-value/calculated value .701. The tabulated value was 1.68 in 42 degrees of freedom at .05 level of significance which showed that the calculated value was less than the tabulated value and revealed no significant difference between the high performer and low performer university level gymnasts with regard to their will to win. The p-value (sig.) was .473 also states no significant difference between the high performer and low

performer gymnasts as the p-value was higher than the .05 level of significance. The hypothesis is accepted as no significant difference was found between the university level gymnasts with regard to their will to win. The comparison of mean scores of both the groups has been presented graphically in figure 1.
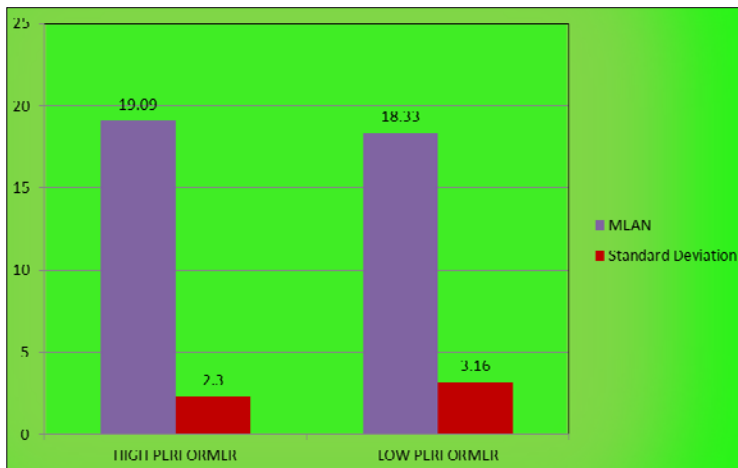

Fig 1: The graphical representation of high performer and low performer gymnasts with regard to their will to win

The table no.2 presents significance of difference between university level gymnasts with regard to their sport competition anxiety.

Table 2: Significance of difference between high and low performer gymnasts with regard to their competition anxiety

Variable	Groups	N	MEAN	S.D	MD	t test	Sig.
Competitive Anxiety	High Performer	21	19.09	2.30	.716	.892	.210
	Low Performer	21	18.33	3.16			

The data represented in table no.2 is relevant to high performer and low performer university level gymnasts with regard to their sport competition anxiety. The mean and S.D. values registered by the high performer gymnasts were 19.09 and 2.30 respectively. On the other hand, low performer gymnasts have secured 18.33 and 3.16 as mean and S.D. values respectively. The t-value/calculated value obtained was .892 whereas; the tabulated value was 1.68 in 42 degrees of freedom at .05 level of significance which shows that the calculated value was less than the tabulated value and revealed no significant difference between the high performer and low performer university level gymnasts with regard to their sport competition anxiety. The p-value (sig.) was .473 also states no significant difference between the high performer and low performer gymnasts as the p-value was higher than the .05 level of significance. The hypothesis is accepted as no significant difference was found between the university level gymnasts with regard to their sport competition anxiety. The comparison of mean scores of both the groups has been presented graphically in figure 2.
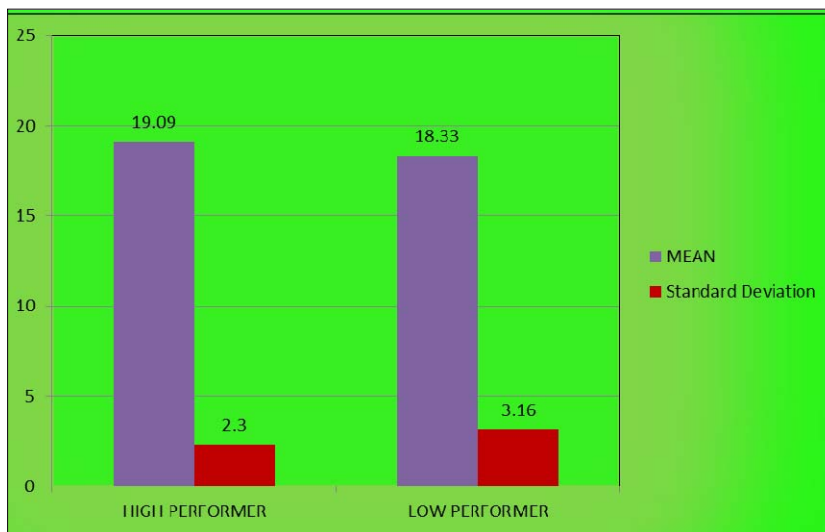

Fig 2: The graphical representation of high performer and low performer gymnasts with regard to their competitive anxiety

Discussion of the findings

The present study was conducted to compare the high performer and low performer university level gymnasts with regard to their will to win and sport competition anxiety. The findings of the study highlighted that no significant difference was found between the high performer and low performer university level gymnasts with regard to their will to win and sport competitive anxiety. Results in table 1 indicated that high performer gymnasts mean score was low than the low performer gymnasts with regard to their will to win and in table 2 high performer gymnasts mean score was greater than the low performer gymnasts with regard to their sport competition anxiety but not that much difference exists between the mean scores of both the groups that it can display the significant difference. The reasons might be that both the groups possess same level of attention towards planning of the game, ability to play with more courage at the time of losing, they feel sad when opposed players loosing or lacking behind, take part in the game that they are going to win, they don't feel bad while playing bad game, they don't feel bad when their coach didn't give them full co-operation, a good played game gives satisfaction though they loose in the game, winning is only the main aim of a game and the main aim of practicing of a game is to win. Before they compete they feel uneasy and worry about not performing well, get a queasy feeling in stomach, noticed that my heart beats faster than usual, worry about making mistakes, feeling calm, relaxed, nervous, uptight and they believe in pleasure and enjoyment than winning in the game etc. are definitely the strong parameters that influence the psychological state and performance of the players. Will to win and sport competition anxiety exerts a variety of effects on athletic performance. These effects vary based on sport, gender and level of experience. In order to facilitate peak performances by athletes, sport psychologists must consider the three different facts of anxiety: cognitive anxiety, somatic anxiety, and self-confidence. Although anxiety can have a considerable impact on performance, it is important to consider other components of an athlete's functioning as well. The mental health model of Performance (Morgan, 1985) does this by using the Profile of Mood States (McNair, Lorr, & Droppelman, 1971) [13]. According to the model, peak performances are achieved by individuals who possess psychological states with high levels of vigor and low levels of tension, depression, anger, fatigue, and confusion. This is typically called the iceberg profile and is one method for differentiating between successful and unsuccessful performers. The findings of study is in line with the findings of (Vimal Kishore, 2017) [8] conducted comparative study on conveniently selected male inter university players equally 50 from both team (Kho-kho, Handball, Basketball, Softball, Baseball, and Volleyball) and individual (Chess, Power lifting, Boxing, Taekwondo, Badminton, Judo, Weightlifting and Yoga) games of average age 24 years. Will to win was measured using Kumar and Shukla will to win scale is having valid and reliable tool. The data was interpreted using descriptive and independent sample t-test at 0.05 level of significance using SPSS. It has been observed that the mean scores on locus of control of individual & team game players was 7.18 and 6.69 respectively, on applying t-test insignificant difference was found in will to win between individual and team game players as the t-value 0.76 found smaller than the tabulated value 1.98 at 0.05 level of significance for 98 degree of freedom, hence on the basis of data it has been concluded that team and individual game players does not differ in will to win. (Sachin Gupta, 2013) [3] examined the mental toughness and will to win between throwers and jumpers. To obtain data for the study, the investigators had selected forty (N=40) male school level athletes of 16 to 19 years of age group to act as subjects. They were further divided into two groups which includes twenty (n= 20) Throwers and twenty (n=20) Jumpers. The purposive sampling technique was used to obtain the required data. It has been also conclude that no significant differences were noticed between throwers and sprinters on the variable will to win. The results of sport competition anxiety are relevant with the findings of (Rajbala, 1994) [19] studied competitive anxiety on the high achievers and low achievers as related to the performance of volleyball players. Other findings of (Bharat Bhushan, 2002) [1] relates with the present study on Anxiety as related to the performance of volleyball players. (Rajender Singh, 1988) [20] work demonstrated that champion and non-champion female judo players did not differ on sports competitive anxiety.

Conclusion

As per the results of the study, it was concluded that no significant difference was found between the high performer and low performer university level gymnasts with regard to their will to win and sport competition anxiety. The hypotheses of the study are accepted as no significant difference was found between the high performer and low performer university level gymnasts.

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