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A comparative study of pre-competitive anxiety level among the selected team games

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Abstract

The main purpose of the study was comparison of pre-competitive anxiety level among the selected team games. The collection of data regarding the comparison of anxiety levels among the players of team games would be conducted on the Inter collegiate players of Sant Gadge baba. Amravati University, Amravati. The subjects would be selected by the researcher from five team games (Cricket, Kabaddi, Kho-Kho, Handball and Volleyball). All these selected players would act as the source of data. The subjects would be selected randomly for the present study in the following manner. 50 male subjects from Cricket, Kabaddi, Kho-kho, Handball and Volleyball in which 10 subjects from each game. For the present study only the pre-competitive anxiety level of the subjects would be investigated and compared. To collect data pertaining to the study, sport competitive anxiety test (SCAT) questionnaire would be applied. Simple random sampling method would be adopted. The analysis and interpretation would be done on the basis of data collection. The data obtained from the responses given in the questionnaire which would be marked according to the key would be analyzed by using one way Analysis of variance statistical technique (ANOVA) to find out the significance difference. The level of significance would be kept at 0.05 to test the hypothesis. Result: There was insignificant difference among cricket, kabaddi, kho-kho, handball and volleyball players' anxiety level.

Keywords: anxiety, games

Introduction

Psychology of sports means applying psychological theories to aspects of sports, such as coaching and teaching. The sports psychologist used psychological assessments techniques and achieves their optimal performance. Sports psychology is concerned with analyzing human behavior in various types of performance ^[1].

The complexity of competition in the modern life has heightened the anxiety in these days. In light of this the twentieth century is termed as the 'Age of Anxiety'. In modern competitive sports also the anxiety in sportsmen has affected their performance. As the physical load during training of sports men for international competition is being increased day by day, the psychic stress during competition is also intensified. The players and athletes like other human beings, apparently are anxiety-prone while participating in competitive sports.

During playing situations, the sportsmen are by and large fearful to some degree which eventually affects their performance. This is a natural phenomenon. No human being is free from fear and anxiety. In the stressful setting provided by competitive sports, it is usual to observe a player who either is unable to act because of fear of whose fears at least interfere with his effective performance. The word 'fear' here refers to a rational appraisal of a real threatening situation and the term anxiety denotes an abnormal apprehension of such a situation. Anxiety is a complex emotional state characterized by a general fear of foreboding usually accompanied by tension. It is related to apprehension and fear and is frequently associated with failure, either real or anticipated. It often has to do with inter-personal relation and a part of anxiety. According to Frost (1971). Anxiety is an uneasiness and feeling of foreboding often found when a person is about to embark on a hazardous venture; it is often accompanied by a strong desire to excel. "Hence anxiety state arises from faulty adaptations to the stresses and strains of life and is caused by over-actions in an attempt to meet these difficulties ^[2].

The symptoms in anxiety state may be expressed by apprehension, gloomy forebodings, fear

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of dying, feelings of insecurity and general excitements. Fatigue, insomnia, gastro-intestinal disturbances and depressions of spirits are found in many individuals having anxiety. Some individuals exhibit cardiac, disorders, emotional instability, inferiority feelings, panic and headaches. Indecision, intolerance, suicidal pre-occupation, panic states, subjective thought disturbances, strange fears, giddiness, etc. etc are noted in many cases. Many anxiety-ridden persons often complain of a general loss of interest and an inability to concentrate or think. Other symptoms like excessive perspiration of hands, increased frequency of muscular tremour of the various parts of the body such as rise in eye-blink rate and fast respiration.

Anxiety, selected for the study, is one of the psychological factors. It differs from around in that it encompasses both, some degree of activation and an unpleasant emotional state thus, anxiety is a term used to describe the combination of intensity of behavior and direction of an impact or emotion. The direction of characteristic of anxiety is negative in that it describes subjective that are unpleasant.

Anxiety is an emotion that is difficult to define and then more relate to defeat in performer's "Nervousness" is often used synonymously with anxiety. At one time or another, almost every one has been nervous. Nervousness can be experienced at various level of intensity. Tension is another term used to describe the chronic usually low level anxiety to which we all seem to be susceptible [3].

Anxiety plays an important role in the acquisition of motor skill as well athletic performance. Anxiety can either increase or decrease performance. Whether its effect is positive or negative. Its depends upon how an individual sportsman perceivers the situation [4].

Statement of the Problem

A Comparative Study of Pre-Competitive Anxiety level among the selected team Games

Methodology

Source of Data

The collection of data regarding the comparison of anxiety levels among the player's of team games would be conducted on the Inter collegiate players of Sant Gadge Baba. Amravati University, Amravati. The subjects would be selected by the researcher from five team games (Cricket, Kabaddi, Kho-Kho, Handball and Volleyball). All these selected players would act as the source of data.

Selection of Subjects

The subjects would be selected randomly for the present study in the following manner. 50 male subjects from Cricket, Kabaddi, Kho-kho, Handball and Volleyball in which 10 subjects from each game.

Selection of Variables

For the present study only the pre-competitive anxiety level of the subjects would be investigate and compare.

Selection of Test

To collect data pertaining to the study, sport competitive anxiety test (SCAT) questionnaire would be applied.

Sampling Method

Simple random sampling method would be adopted.

Administrative of Test

To collect data on the selected subjects. The (SCAT) questionnaire would be administrated on selected subjects before one hour of competition. Before distribution of the questionnaire. The purpose of the study would be explained to the subjects so that the subjects would be honest in their answers.

Scoring

The data would be collected through the standardized SCAT questionnaire for the pre-competitive state anxiety level. The SCAT questionnaire would be given to all samples. Fifteen items were adopted from SCAT questionnaire for this investigation. The completed questionnaire was scored as follows.

The items 2, 3, 5, 8, 9, 12, 14 and 15 were scored as:

Rarely -1 point

Some times – 2 point

Often -3 point

The items 6 and 11 were scored as –

Rarely - 3 point

Some times-2 point

Often - point

Items, 1, 4, 7, 10 and 13 would be not scored.

The answers and replies to the questionnaires that would be recorded in a systematic way for further tabulations. The answer sheet would be collected and recorded with the help of key. Thus the raw score would be recorded in each answer sheet.

Analysis and interpretation of data

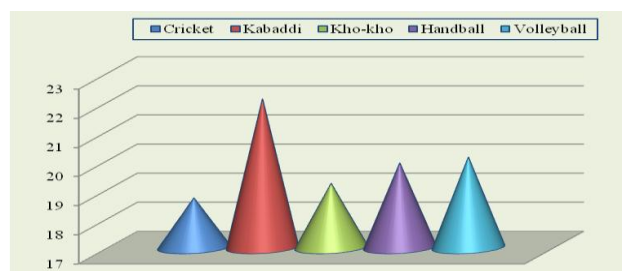
The analysis and interpretation would be done on the basis of data collection. The data obtained from the responses given in the questionnaire which would be marked according to the key would be analyzed by using one way Analysis of variance statistical technique (ANOVA) to find out the significance difference.

The level of significance would be kept at 0.05 to test the hypothesis.

Table 1: Mean and Standard Deviation of pre-competitive anxiety level among the cricket, kabaddi, kho-kho, handball and volleyball players

Groups	Mean	Standard Deviation
Cricket	18.7	5.165
Kabaddi	22.1	2.885
Kho-kho	19.2	4.237
Handball	19.9	4.748
Volleyball	20.1	4.358

It was evident from table-1 that mean and standard deviation scores of pre-competitive anxiety level cricket, kabaddi, kho-kho, handball and volleyball players were 18.7±5.165, 22.1±2.885, 19.2±4.237, 19.9±4.748 and 20.1±4.358 respectively.



Graph 1: Showing mean difference of pre-competitive anxiety level in cricket, kabaddi, kho-kho, handball and volleyball players

Table 2: Analysis of covariance on pre-competitive anxiety level among the cricket, kabaddi, kho-kho, handball and volleyball players

Source of Variation	SS	df	MS	F
Between Groups	67.6	4	16.9	0.894
Within Groups	850.4	45	18.8978	

*Significant at 0.05 level $F_{0.05}(4, 45) = 2.579$

To find the mean difference F test was applied. Table 1 shows the mean difference obtained by applying F test.

Table-2 reveals that there was significant difference between the means of cricket, kabaddi, kho-kho, handball and volleyball players anxiety level. The calculated 'F' was 0.894 where as tabulated 'F' was 2.579. Calculated 'F' less than the tabulated 'F', which shows insignificance in cricket, kabaddi, kho-kho, handball and volleyball players of anxiety level. Therefore, there is no need of post hoc test.

Conclusion

There was insignificant difference among cricket, kabaddi, kho-kho, handball and volleyball players' in anxiety level.

It requires for the sportsmen and athletes a like to perform to the very best of their abilities and beyond. Individual sport activities such as wrestling and Judo have shown to elicit higher anxiety levels. Ever game contain anxiety level and it is one of the important factor but increase in anxiety level effect badly on performance and may deteriorate the performance.

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