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## Assessment of the sports competitive anxiety among national level women footballers of India

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### Abstract

**Introduction:** Almost all performances depend on the ability of application of psychological skills against any situation. Increased mental skill will often contribute to better performance. Performance anxiety is not uncommon in sports, as to some extent, fear of performance helps in achieving desired concentration.

**Purpose:** Purpose of the study was to Assess the Sports Competitive Anxiety in National Women Footballer Players of India. Selection of Subjects: 84 women players of 7 different state teams of India Were selects as the subjects for the purpose of the study.

**Methodology:** For the purpose Sports Competitive Anxiety Test Inventory (SCAT, developed by Rainer Martens in 1977) was used.

**Results:** As results it was found that National Indian Women Football Players have an average Level of Anxiety. Total 43% teams have low level of Anxiety, 43% have Average level of Anxiety, and 17% of team have high level of Anxiety. On the basis of states Bihar, Punjab and Uttar Pradesh have low level of Anxiety, Madhya Pradesh, Haryana and Jharkhand have Average level of Anxiety and Rajasthan Have the high level of anxiety.

**Conclusion:** It was concluded that National Level Women Football Players of India have average level of anxiety.

**Keywords:** Anxiety, sports competitive anxiety test (SCAT), mental skill, football, performance, concentration

### Introduction

From last few decades, sports Coaches and Athletes from different sports have started to recognize the value of the psychological side of performance. Weinberg and Jackson (1983) point out that the fact that the interest shown by Coaches and Athletes to enhance their teams' psychological skills proves the above statement true. This is also true within the world athletics as many athletics coaches and athletes have become more interested in enhancing their athletes' psychological skills. Almost all performances in any sports mostly depend on the ability of applying of psychological skills in different situations. "Sports psychology has long been recognized as an essential element in all physical activities and is generally considered to be a basic component of sports performance", says Bud Getchell (1976).

Performance anxiety is common in sports and Games, as we know that some level of anxiety, or fera of failures helps us in achieving our goals. This is also true that the excess of concentration will lead to a rush anxiety. Whenever we feel short of breath, sweating, shaking or high heart beat rate. Generally we lose concentration, our actions become disorderly and we feel paralyzed. Short of breath, sweating, shaking, or high heart beat are symptoms of performance anxiety. To overcome with such thoughts we must learn how to manage anxiety and to do so, it is imperative to understand how sports performance and anxiety are interrelated [1].

Ordinarily, sport may be "play-like in nature" (low, 1968), a leisure time activity and a means of relaxation but moving with the Olympic spirit, it is today better understood as a competitive activity...., in which the quest for records is of high significance" (Vandar-Zwaag, 1998). Coakly (2001) considers sports as "institutionalized competitive activities" that involve

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Rigorous physical exertion or the use of relatively complex physical skills by participants motivated by personal enjoyment and external rewards. Intensive proliferation of the Olympic movement, rise of professionalism in sport, refinement in the coaching academics, induction of science and technology in the methodologies of athletic training in a big way, increasing media role in sport marketing, and steeply ascending spectator interest in watching sport have made sports intensely competitive, with serious psycho-social implications for the athletes and the society. If there were no competition, sport would be a lifeless activity, worth nothing. An additional anxiety causing factor is the expectation of success. When sportspersons themselves or their trainers/managers expect too high of them or they are given verbal reinforces, their ability to play natural nosedives. Some athletes rise to the challenge imposed by public expectation while others can choke.

### Related Literature

Thus, it is not surprising that sport psychology literature is replete with studies of anxiety, together with strategies for its reduction, control and elimination. The literature focusing on anxiety in sports is somewhat tangled for two reasons. First, the terms employed and the constructs they represent are often vague and imprecise; for example, the world arousal, stress, and anxiety are often used interchangeably. Second, the intervention strategies that have been formulated appear to overlap; and there is lack of agreement on just who should help athletes “get their heads together.” Some methods of anxiety adjustment are apparently intended for use by coaches, while others are for use only by qualified clinical psychologists. One may, for example, read chapters by Smith (1980) and Long (1980) for contrasting viewpoints as to who should practice anxiety-reducing intervention strategies. Moreover, when and if an athlete might engage in useful self-management represents still another area of possible confusion and controversy (Cratty, 1985; Kaus, 1980).

During the past decade a great number of scales have been used to determine what worries athletes participating in various sports. Thus, in addition to more general scales, there are now survey forms to determine just what kinds of worries athletes have in basketball (Fisher & Zwart, 1982), wrestling and other sports (Gould, Horn, & Spreeman, 1983; Gould & Weinberg, 1985).

Borrelli, Dina M. (1997) examined the relationship among levels of trait and state anxiety, self-confidence, arousal and performance of athletes in a competition. Sport Competition Anxiety Test (SCAT) (Martens, 1990) was used to measure the trait anxiety and the Competitive State Anxiety Inventory-2 (CSAI-2) (Martens, 1990) was used to analyze self-confidence. There was no statistically significant relationship found among these levels. Cognitive and somatic state anxiety levels were at its highest and self-confidence was at its lowest for the more competitive games and cognitive and somatic state anxieties were at its lowest and self-confidence was at its highest for the least competitive games.

**Lal Manohar and Sharma Saurabh I** <sup>[2]</sup>, Conducted a study. The aim of the study was to analyze the degree of sports competition anxiety between medalist and non-medalist kho-kho players. This study included 72 kho-kho players of All India Inter-University, including medalists (N=36) and non-

medalists (N=36). Sports competition anxiety was measured by Sports Competition Anxiety Test (SCAT). It was found that medalist kho kho players have lower level of sports competition anxiety i.e. 18.47 than non-medalist players which have the more level of anxiety i.e. 20.94. There was a significant difference between medalists and non-medalist kho-kho players on sports competition anxiety.

### Procedure

**Selection of Subjects:** Ninety-five (95) female football players of seven State teams who have participated in All Senior Open National Football Woman Championship 2016 held at the Jiwaji University Sports Complex, Gwalior, were selected as subjects for the study. The procedure for selection of the subjects was based on purposive sampling technique. The average age of the subject was 18 years ranging between 12 to 25 years. These players had come from different states of the country and were from different Cast, Religion, and Educational background. The most common factor among them was football training and playing football to the level of Senior national. The names of these seven teams are

1. Madhya Pradesh
2. Punjab
3. Haryana
4. Chhattisgarh/Jharkhand
5. Rajasthan
6. Bihar
7. Uttar Pradesh

### Selection of criterion variables

In order to test the hypothesis of the study the criterion variable selected for the study was assessment of Sports Competitive Anxiety Test Score of Women Football Players of India by a using a Rainer Martens (1977) constructed questionnaire.

To measure competition related anxiety of the athletes Sport Competition Anxiety Test (SCAT, developed by Rainer Martens in 1977) was used. Each athlete's composite score (CS) was found. Then that score was analysed according to SCAT score analysis norms. All 95 athletes were first of all provided with following SCAT questionnaire and they were asked to give their opinion strictly independent manner. The SCAT contains 15 items, in which 10 items were related to anxiety. The standard instructions of the SCAT ask respondents to indicate how they “usually feel when competing in sports and games”. The scoring system of SCAT is mentioned below.

### Scoring

Items 1, 4, 7, 10, and 13 are filler items used to help disguise the purpose of the test; one should have to cross them out, as they will not be used for scoring. Items 2, 3, 5, 8, 9, 12, and 15 are scored in the following manner: hardly ever=1 pt., sometimes=2 pts, often=3 pts. For items 6 and 11, the scoring is reversed: hardly ever=3 pts, sometimes=2 pts, often=1 pt. Simply total the numbers for these 1- items to determine your trait anxiety score, which ranges from a low of 10, to a high of 30.

Sports Competitive Anxiety test (SCAT) inventory:

### Sports Competition Anxiety Test (SCAT)

A few statements are given below read each statement carefully and put a TICK (✓) ever which you think appropriate.

<sup>2</sup> Lal Manohar and Sharma Saurabh I, “Analysis of sports competition anxiety among kho-kho players in relation to their performance” International Journal of Applied Research 2015; 1(9): p.p.651-652.

Q. No.	Question	Hardly Ever	Sometime	Often
1	Competing against others is socially enjoyable			
2	Before I complete I feel uneasy			
3	Before I compete I worry about not performing well			
4	I am a good sportsman when I complete			
5	When I complete, I worry about making mistakes			
6	Before I complete I am calm (excited)			
7	Setting a goal is important when competing			
8	Before I complete, I get an uneasy feeling in my stomach			
9	Just before competing I notice my heart beats faster than usual			
10	I like to compete in games that demand considerable physical energy			
11	Before I complete I feel relaxed			
12	Before I compete I am nervous			
13	Team sports are more exciting than individual sports			
14	I get nervous wanting to start the game			
15	Before I compete I usually getup tight			

**Administration of Test and Collection of Data**

For the said project the permission from the coaches and managers of Football players are has been obtained. Also discussion with the office bearer of Football Association of India had been taken prior to the administration of the test. The investigator has had a meeting with the concerned national coaches and players. The objectives and purpose of the test was made clear to the subjects so that they are aware of what they are expected to do. Naturally, the information, which it contains, is entirely anonymous and will be used only for research purposes. If the players and coaches require feedback it can be done but with the permission.

**Statistical Techniques**

In order to examine the hypothesis of the study, descriptive statistics such as mean standard deviation was applied for the present study.

**Results**

The SCAT score of Women Football Players of India is presented in table 1

**Table 1:** Assessment of SCAT Score of Women Football Players of India

No. of Players	Total Score	Mean	Level of Anxiety
93	1644	17.67	Average

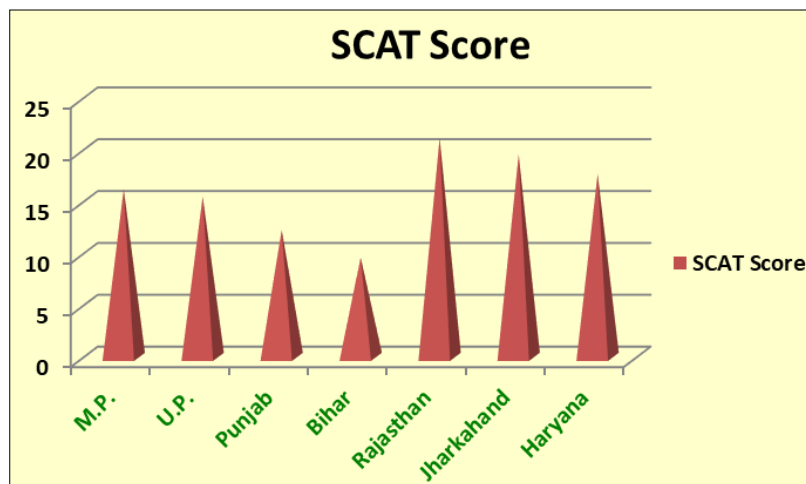
It is clear from the table 3 that women footballers of India have an average level of anxiety as the mean value of their SCAT is 17.67 which fall in the category of average Level of anxiety in norms table.

Further the descriptive Analysis of SCAT (SCAT Score) of different teams is presented in table 2

**Table 2:** Assessment of SCAT Score of different teams

Team Name	SCAT Score	Interpretation
Madhya Pradesh	16.20	Avg.
Uttar Pradesh	15.47	Low
Punjab	12.26	Low
Bihar	09.60	Low
Rajasthan	21.13	High
Jharkhand	19.53	Avg.
Haryana	17.66	Avg.

The table 3 reveals that the Players of M.P. have the average level of anxiety i.e. 16.2, Players of U.P. have the low level of anxiety i.e. 15.47, Players of Punjab have low degree of anxiety i.e. 12.26, Player of Bihar have the low degree of anxiety that is 9.6, Players of Rajasthan have high level of anxiety i.e. 21.13, Players of Jharkhand have the average level of anxiety i.e. 19.52, and Players of Haryana have average level of Anxiety i.e. 17.66. It is also clear from the above table that Players of Bihar have the lowest level of anxiety while Players of Rajasthan have highest level of anxiety. The graphical representation of Anxiety Level of different teams is shown n Figure 1.



**Fig 1:** Graphical representation of Anxiety Level of different teams

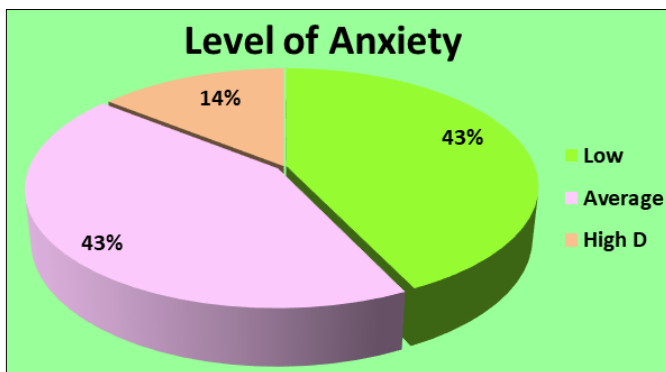
Further it was analyzed that what was the percentage of teams in different Anxiety level. The analysis of team's percentage is given in table 3.

**Table 3**

Level of Anxiety	No. of teams	percentage
Low	3	43%
Average	3	43%
High	1	14%

It may be observed from the given table 3 that 43% of teams are have average level of anxiety, 43% of teams have Low level of anxiety, and 14% of the teams have very high level of anxiety.

The Graphical representation of percentage distribution is given in Fig. 2



It may be observed from the given table 1 that there was an insignificant difference found between University and national level field hockey players on state anxiety as the calculated, "t" value (0.14) is lower than tabulated "t" value (2.02) at 0.05 level of confidence.

### Discussion

It is evident from the descriptive analysis of data that Women Footballer Players of India have Average level of Sports Competitive Anxiety. From the results of the study it has been evident that when the players attain excellence and become mature, their level of anxiety also lowered down at certain level. These results have been conformed by Singh, Kumar & Tiwari, (2009) who compared sports competition anxiety of male and female north zone intervarsity badminton players and found no significant difference between the experimental groups. Similarly in another study Panda, Kaul, & Mittal (2004) observed insignificant difference in national level male and female athletes on trait anxiety.

### Conclusion

In the present study SCAT was used to find out the anxiety level of National Football Players of India. 43% of Football Players showed low level of CA, 43% showed Average Level of Anxiety and 17% Football Players found high level of Anxiety. All team Players showed that female football players have low level of CA.

### Recommendations

1. It is recommended that effective measure be taken by team administration to conduct a good environment for teams so that they can feel less anxiety.
2. It is recommended that similar research study may be conducted on different Games at different level and in Both Section (Male and Female).

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