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Comparative analysis of competitive anxiety and will to win between individual and team game players

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Abstract

The main purpose of this study was to investigate the Competitive anxiety and will to win between individual and team game players. The statistic sample included 60 male inter-collegiate players, 30 individual game players and 30 team game players. The subjects were selected by using simple random sampling method. The standard Questionnaire of state competitive Anxiety test constructed by Martens *et al.*, (1990) and standard questionnaire of will to win prepared by Anand Kumar and Prem Shankar Shukla (1988) was used to know the comparative anxiety and will to between individual game and team game players. The Questionnaire was distributed among the subjects about 30 minutes before the competition. The collected data was analysed by using appropriate statistical techniques, *viz.* Mean, Standard Deviation and 't' test to find out the significant difference between individual game and team game players. The findings of the study has revealed that there was significant difference in competitive anxiety where as no significant difference in will to win was found between individual and team game players.

Keywords: Competitive anxiety, will to win, individual and team game players

Introduction

These days, sports contests are quite challenging. To improve their performance during competitions, players employ the best strategy and training methods available. Even still, they are disappointed with the outcomes. As a result, the importance of psychology in physical education has been recognized in order to deliver the greatest possible results for players. Sports psychology is a branch of psychology concerned with athletes' positive behavior during training and competition in order to increase performance. It teaches coaches and players how to deliver individual attention by employing a variety of methods and motivating techniques. It includes knowledge about adolescent problems, changes that occur during adolescence, and helps with adolescent problem management. It focuses on sports ethics and sportsmanship in order to promote a positive sports mindset. Expertise in sports psychology supports coaches and athletes in growing and controlling their anxiety levels. It also assists in dealing with a variety of life issues. (Sanjay Kundra, 2010) [14].

Anxiety is a negative emotional state characterized by feelings of fear, worry, unease, and apprehension, as well as activation or arousal of the body. One of the most extensively researched issues in sport psychology literature is competitive anxiety. This is primarily owing to the perceived negative impacts of anxiety on performance, which contributes to the bad perception that most people have of this idea. Anxiety is described as emotions of anxiety and tension caused by arousal-related environmental demands. These demands are typically stressful, signaling to the athletes a perception of an imbalance between the demand and their ability to meet the demand (Gould, Greenleaf, & Krane, 2002) [4]. Competitive anxiety study has just begun to investigate the directional component of anxiety. Instead than focusing solely on the level of existing anxiety, researchers are now interested in directionality, or how athletes interpret their observed anxiety symptoms. This new approach contradicts traditional beliefs that anxiety is a negative construct that is detrimental to athletes' performance (Martens, Burton & Robin, 1990) [10, 2]. Jones and Swain (1992) [8] developed a modified version of the CSAI-2 to assess this directed component of anxiety. Along with the basic scale for anxiety intensity, this modification included a directed response scale.

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In general, research has shown that the way athletes perceive their nervousness before a competition (whether beneficial or detrimental) can alter performance. Athletes who interpret their anxiety symptoms as beneficial are more likely to perform well than athletes who regard their anxiety feelings as debilitating. Furthermore, exceptional athletes are more likely to perceive their anxiety as beneficial, as opposed to non-elite athletes, who are more likely to perceive their worry as debilitating (Jones, Hanton, & Swain, 1994; Jones & Swain, 1995; Perry & Williams, 1998)^[7].

As time passed and researchers were able to link anxiety interpretation to performance, an interest arose to explain why this association existed. (Hanton & Connaughton, 2002)^[5] conducted extensive interviews with elite and sub-elite athletes and discovered that perceived control was an essential element in the directional interpretation of competition anxiety. In general, symptoms perceived to be under the athlete's control were deemed to be beneficial to performance, whereas symptoms perceived to be outside the athlete's control were deemed to be debilitating. The interpretation of athletes determined whether self-confidence levels were boosted or diminished, and hence whether performance was improved or worsened. Athletes utilized varied techniques depending on their skill level and the type of anxiety symptom (cognitive or somatic). One of the most important issues that has piqued the interest of sports scientists and psychologists is the identification of the factors influencing sports performance, and it has been recognized that psychological aspects, particularly anxiety, play a major role in competition. Researchers discovered that a high amount of anxiety can have a negative impact on an athlete's performance (Parnabas & Mahamood, 2010)^[11]. In two respects, anxiety is multifaceted. Anxiety, like all other emotions, has a trait component as well as a state component. The trait component is similar to a personality disposition, but the state component is a situational response marked by trepidation, fear tension, and an increase in physiological arousal (Cox, 2002)^[1].

There are numerous theories about how anxiety affects performance. Anxiety can be beneficial in occupations that demand strength or power, but it can also be damaging in other situations. The researchers (Tutko, 1971)^[16] discovered supportive evidence for the inverted 'U' theory by assessing the influence of anxiety on player performance in their investigations. According to the inverted 'U' theory, a player performs best when his or her anxiety level is modest. When anxiety levels are either too low or too high, performance suffers (Burton, 1988)^[2]. (Weinberg & Genuchi, 1980). Although anxiety is commonly acknowledged as a significant factor to sports performance, it has both advantages and disadvantages. It has a significant impact on athletic performance.

The emphasis of modern sports is on winning rather than simply participating and playing. Today's reality has completely changed, because winning is now the sole goal of all athletes in all types of events. As a result, sports psychologists have been assigned to each team and each player in order to enhance their morale ahead of the contests. These sports psychologists instill a strong desire to win in athletes, allowing them to perform at a better level in tournaments.

In their study, Pezer and Brown (1980)^[13] found that will to win is highly associated to performance, and that analysis

revealed that high, moderate, and low will to win groups differed significantly from one another. The more the desire to win, the better the performance. Athletes who are driven by a desire to win are more likely to give their all and persevere until the event is over. Will is a sportsperson's strength; it is their character, attribute, collective attitude, determination, unrecoverable decision, and overall appraisal of the circumstance. It is man's mastery over his intellect, as exercised by a conscious purpose over instinct. The strong willed conquer their feelings, while the weak willed surrender. Paul (1960)^[12] correctly stated, "A winner never quits, and quitters never win." That is, if one has a strong desire to win, one will almost certainly win. It implies that wherever there is a will, there is a way. A positive attitude toward winning is usually beneficial in obtaining peak performance in sports. Scientists have stated that the ability to work to capacity is closely tied to the want to win.

Methods and procedure

To achieve the purpose of this study, sixty (60) male inter-collegiate players, 30 individual game players and 30 team game players were selected at random as subjects from Dr C. V. Raman University, Bilaspur and their age ranged between 18 to 23 years. The standard Questionnaire of state competitive Anxiety test constructed by Martens *et al.*, (1990)^[10] and standard questionnaire of will to win prepared by Anand Kumar and Prem Shankar Shukla (1988) was used to know the comparative anxiety and will to win between individual game and team game players. 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 be 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. 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. For the collection of data, the directions were read out by the researcher at a dictation speed to make the subjects understand about what they were exactly required to do. Both the questionnaires were associated with particular validity and reliability which is reliable for this study. The responses were marked according to the key.

Statistical Analysis and Interpretation of Data

To compare the competitive anxiety and will to win between inter-collegiate individual and team game players 't' test statistical technique was applied, the level of significance was set at 0.05. Data was analyzed by using statistical package for social science (SPSS version 21.00).

Analysis of Data

The results obtained from the statistical analysis of the data are presented in below mentioned table.

Competitive anxiety

The statistical analysis between inter-collegiate individual and team game players on competitive anxiety and will to win are presented in table - 1 to table -2.

Table 1: Descriptive Analysis on Competitive Anxiety between Inter-collegiate Individual and Team Game Players

| Players | Mean | S.D. | M.D. | S.E. | O.T | T.T. |
|-----------------|-------|------|------|------|------|------|
| Individual game | 21.20 | 3.55 | 2.97 | 0.86 | 3.44 | 2.04 |
| Team game | 18.23 | 3.09 | | | | |

*significant at 0.05 level calculated 't' .05 (3.44) = 2.04

Table-1 shows that mean value of competitive anxiety of inter-collegiate individual game and team game players were 21.20 and 18.23 respectively. The obtained 't' ratio on competitive anxiety is 3.44 which is greater than the required table value of 2.04 with df 58 at 0.05 level of confidence. This shows that significant difference exists when competitive anxiety is considered between individual game and team game players. The results indicated that team game players had significantly lower levels of competitive anxiety as compared with individual game players ($P < 0.05$). Comparison of mean performance has been graphically presented in Figure 1.

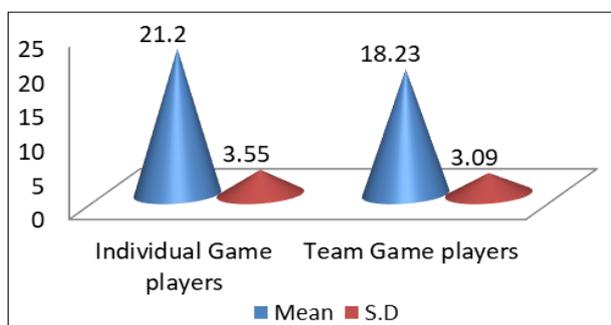


Fig 1: Graphical Representation of Competitive Anxiety between Inter-collegiate Individual and Team Game Players

Will to Win

Table 2: Descriptive Analysis on Will to Win between Inter-collegiate Individual and Team Game Players

| Players | Mean | S.D. | M.D. | S.E. | O.T | T.T. |
|-----------------|------|------|------|------|------|------|
| Individual game | 9.03 | 1.77 | 0.63 | 0.47 | 1.32 | 2.04 |
| Team game | 8.40 | 1.92 | | | | |

Insignificant at 0.05 level calculated 't' .05 (1.32) = 2.04

Table-2 shows that mean value of will to win of inter-collegiate individual game and team game players were 9.03 and 8.40 respectively. The obtained 't' ratio on will to win is 1.32 which is lesser than the required table value of 2.04 with df 58 at 0.05 level of confidence. This shows that no significant difference exists when will to win is considered between individual game and team game players. Comparison of mean performance has been graphically presented in Figure 2.

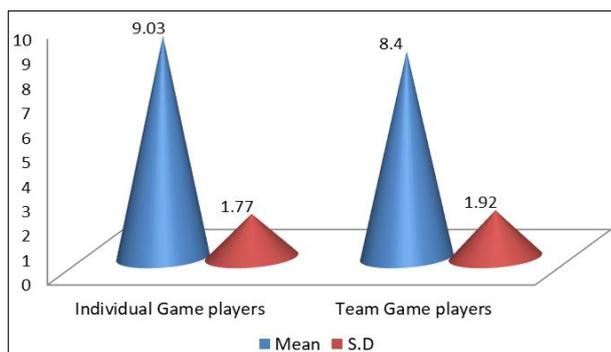


Fig 2: Graphical Representation of Will to Win between Inter-collegiate Individual and Team Game Players

Discussion on Hypothesis

The researcher hypothesized that there would be a significant difference in Competitive anxiety and will to win between individual and team game players. The findings of the present study has revealed that there was significant difference in competitive anxiety where as no significant difference in will to win was found between individual and team game players. From the findings it was observed that athletes who participate in individual sports have been found to experience more anxiety than those who play team sports. Furthermore, the athlete in individual sports is more focused on their own abilities and skills, whereas in team sports, they are influenced by their colleagues and their performance is based on the group's performance. The findings of the study are in conformity with the findings of the earlier studies Simon 1977, Howard and Zeng 2003, Adem *et al.* 2010 [15, 6, 1]. The results in table 2 showed that team game players had a lower mean score than individual team game players in terms of desire to win, but there was not a significant difference between the mean scores of both groups.

The reasons might be that both groups possess same level of attention towards planning of the game, ability to play with more courage at the time of losin, they feel sad when opposed players loosing or lacking behind, take part in the game that they are going to win. 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. As a result, it is recommended that coaches and athletic directors of participating teams in inter-collegiate tournaments sport psychologists to teach and prepare comprehensive plans for developing psychological skills and appropriate strategies for coping with competitive anxiety in individual games athletes and team game players, as well as to assist them in eliminating negative thoughts and focusing on the positive. As a result, it is recommended that coaches and athletic directors of participating teams in intercollegiate tournaments hire sport psychologists to teach and prepare comprehensive plans for developing psychological skills and appropriate strategies for coping with competitive anxiety in individual game athletes and team game players, as well as to assist them in eliminating negative thoughts and focusing on the positive.

Conclusion

The findings of the present study has revealed that there was significant difference in competitive anxiety where was no significant difference in will to win was found between individual and team game players. The present study found that the team game players experience lower levels of competitive anxiety than individual game players. In conclusion, the individual game players are more prone to feel the effects of anxiety on performance than team game players. The desire to win pervades all players since everyone wants to win the game and reach high heights, here in this study the level of will to win is more in individual game players as compared to team game players. Modern sports place an emphasis on winning rather than simply participating and playing. Today's reality is drastically different, as winning is now the only goal of all athletes in all types of sports. As a result, sports psychologists have been appointed to each squad and player in order to boost morale before the games. These sports psychologists instil in athletes a strong desire to win, allowing them to perform better in events.

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