



ISSN: 2456-0057

IJPNPE 2018; 3(1): 2099-2101

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www.journalofsports.com

Received: 19-11-2017

Accepted: 20-12-2017

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Analysis of performance on competition anxiety among the women players of selected competitive sports

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Abstract

The purpose of the present study was to analysis of performance on competition anxiety among the women players of selected competitive sports. Seventy five female players were selected as randomly from (n = 75) from Patiala city, Punjab. The players participated in the intercollegiate tournament from selected competitive sports namely Football, Rugby and Hockey. Each team sport was consisting of '25 players (n = 25). Their age was fixed in the range of 18 ~ 25. The sports competition anxiety test was used to collect the data. The standard psychological tool devised by Rainer Martens sports competition Anxiety test was used to measure anxiety. The level of significance was set at 0.05. The mean values of the anxiety test for Football, Rugby and A Hockey players are 20.23, 21 .20 and 19.72 respectively. The obtained F -Ratio of 3.89 is higher than the table value of 3. The result of the study indicates that there is a significant difference between the mean of Football, Rugby and Hockey players on the anxiety test.

Keywords: Anxiety, football, rugby, hockey etc.

Introduction

Sports psychology is an applied field in which the principles of psychological aspects are to be applied in sports settings. It is mainly concerned with the psycho regulative analysis of sports ability and performance. Psychological preparation for sport is an essential aspect of successful sports performance at all levels (Alderman, 1974) [3]. Elite sports performers make great use of psychological techniques before. The higher the level of competition, the greater the psychological demands on the performers. Sport psychologists are interested in two main areas: (a) helping athletes use psychological principles to achieve optimal mental health and to improve performance (performance enhancement) and (b) understanding how participation in sport, exercise, and physical activity affects an individual's psychological development, health, and well-being throughout the life span (Dine, 1986) [4]. Psychological preparation for sport is an essential aspect of successful sports performance at all levels. Elite sports performers make great use of psychological techniques before, during and after sports performance, both consciously and unconsciously. The higher the level of competition, the greater the psychological demands on the performers. Indeed many sport psychologists would argue that psychological preparation for sports performance is the most important part of sports performance (Kamlesh, 1993) [5].

Anxiety is characterized by subjective consciously perceived feelings of apprehension and tension which were accompanied by a associated with fluctuated (arousal) of the automatic system. The anxiety level of individuals fluctuated over time in response to both internal and external stimulation which source anxiety would be manifested in any given situation (Spielberger 1970) [2]. In sport, the anxiety is arisen at the moment the player or athlete receives the message about the time of competition. Then the anxiety about the competition progressively becomes too high or optimum till or at zero hour of competition. Thus the competitive anxiety takes place among the players. During this course, because of multi corner stimulus, the individual cognitive pressures about the way of winning automatically drag the individual to negative mental health. It affects the player physical and physiological mechanisms. Competitive anxiety is a personality disposition akin to trait anxiety. It reflects an individual's tendency to perceive a threat and experience stress in situation that involve Open competition.

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Anxiety can either enhance or inhibit performance whether its effects is positive to negative depends on how an individual athletic perceivers the situation (Lewellyn and Bluker, 1974) [1].

Methodology

The aim of this study was to analyse the performance of psychological variable among the players of selected competitive sports. Seventy five female players were selected as randomly from (n = 75) from Patiala city, Punjab. The players participated in the intercollegiate tournament from selected competitive sports namely Football, Rugby and Hockey. Each team sport was consisting of ‘25 players (n = 25). Their age was fixed in the range of 18 ~ 25. The sports competition anxiety test was used to collect the data. The

standard psychological tool devised by Rainer Martens sports competition Anxiety test was used to measure anxiety. SCAT questionnaire consists of fifteen questions. Three point Scale was used. Subjects were asked to make any one of the cited words [Hardly Ever-Some Times-Often]. The mean was calculated for anxiety for teams. The data were analyzed by using analysis of variance (ANOVA). If the ‘F’ value was found to be significant for adjusted post-test mean, Scheffer’s test was used as a post hoc test to determine the significant difference between the paired mean. All analysis was carried out using SPSS version 16 and statistical significance was set to priority at p<0.05.

Analysis of data

Table 1: Analysis of variance of the sports competition Anxiety Test of Football, Rugby and Hockey players

Mean			Sov	SS	df	MS	'F' ratio
Football	Rugby	Hockey	B	27.71	2	13.85	3.89*
20.32	21.20	19.72	W	256.48	72	3.56	

The table I show that the mean values of the anxiety test for Football, Rugby and A Hockey players are 20.23, 21 .20 and 19.72 respectively. The obtained F -Ratio of 3.89 is higher than the table value of 3. 126 for df 2 and 72 required for significance at the 0.05 level of confidence. The result of the study indicates that there is a significant difference between

the mean of Football, Rugby and Hockey players on the anxiety test.

To determine which of the mean had a significant difference, Sheffer’s test was applied as post hoc test and the results are presented in Table II.

Table 2: Scheffer's Test for the Difference between the Mean of the Sports Competition Anxiety Test

Mean			MD	CI
Football	Rugby	Hockey		
20.32	21.20		0.88	1.33
20.32		19.72	0.6	
	21.20	19.72	1.48	

* Significant at 0.05 level of confidence.

Table II Shows that the mean difference on the anxiety between Rugby and Hockey players is 1.48. This value is higher than the required confidence interval value 1.33 which shows significant difference at the 0.05 level of confidence. This result revealed that there is A Significant difference in anxiety between Rugby and Hockey players.

Table II also shows that the mean difference between Football and Rugby and Football and Hockey players are 0.88 and 0.6

respectively. These values are lesser than the required confidence interval value 1.33 which shows that there is no significant differences exist in anxiety between Football and Rugby and Football and Hockey players. The mean Values of Football, Rugby and Hockey on anxiety was presenting in Figure 1.

Figure – 1

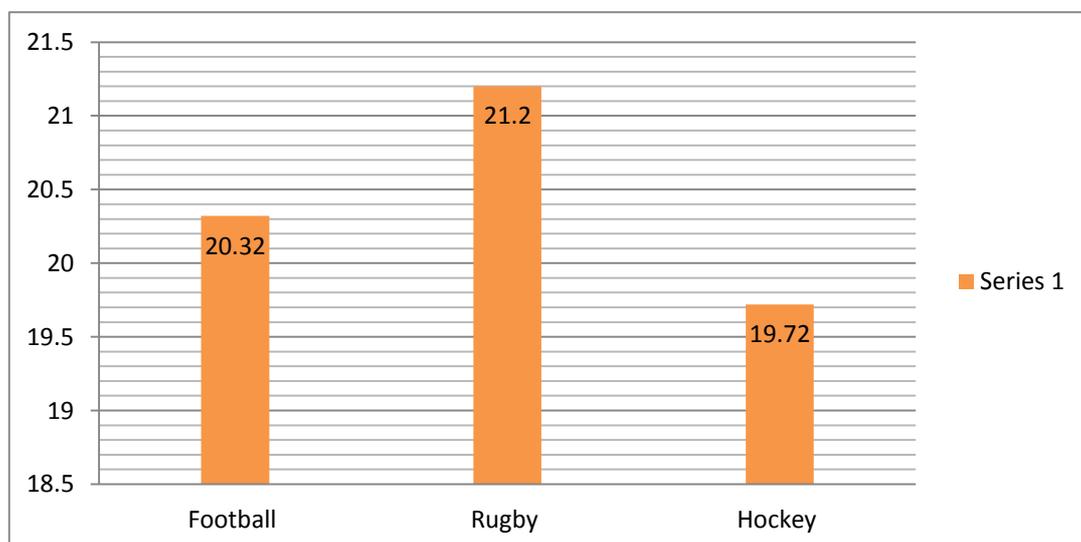


Fig 1: Mean Values of Football, Rugby and Hockey Players on Anxiety

Findings and conclusion

Research studies suggested that anxiety may be influencing factors of sports performance. Many studies suggested that sports anxiety is playing a major role in sports competition. The findings of the study showed that the anxiety of Rugby athletes was higher than the Football and Hockey players. The anxiety between Rugby and Hockey players were only significant. However, the Football and Rugby players and Football and Hockey players were not having significant difference in anxiety. Further the Football players had a greater anxiety level than the Hockey players. The finding of the study was supported by Creswell & Hodge (2004) ^[6] There was a significant difference in anxiety level between women intercollegiate Rugby and Hockey players. College women Rugby players had a higher anxiety level than Football and Hockey players. There was no significant difference in anxiety between Football and Rugby Players and Football and Hockey players.

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