



ISSN: 2456-0057  
IJPNPE 2018; 3(2): 1178-1179  
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www.journalofsports.com  
Received: 18-05-2018  
Accepted: 20-06-2018

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## A study to compare level of competitive sport anxiety between India and Sri Lanka players

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### Abstract

Competitive sport anxiety is common in every game; Anxiety is the state of uneasiness and fear to loss during competitive events. Competitive sport anxiety affects player's ability to perform well during competition. The aim of this study was to analyze the level of sports Competition anxiety of India and Sri Lanka players during the Asian championship played at Indore April 2016. For this study 15 players were taken as subject from both the teams' age group between 15 to 30 years. To measure the competition related anxiety sports competitive anxiety test (SCAT) was used. Questionnaire was distributed prior to the competition. Level of significant was set at .05. Means, standard deviation and Independent t-test was used to analyze the data. The result of the study revealed that there is an insignificant difference between Indian and the Sri Lankan players. The Indian players had higher anxiety scores than the Sri Lankan players. Findings may assist coaches' understanding of the level to which competitive sports anxiety exists during competition.

**Keywords:** Kho kho, sports competition anxiety

### Introduction

Anxiety is triggered by stressful stimulus and manifests itself in an individual's lack of adaptability on physiological, behavioral, and cognitive levels. In this way, it also hinders athletic performance [1]. The anxiety experienced can also affect an individual's overall level of self-confidence. Competitive sport anxiety is commonly found in young athletes. Anxiety is a negative response that takes place when players undermine their capabilities to manage certain circumstances [2]. Generally competitive anxiety is a result of an individual's sentiment of stress, tension and failure. It is associated with sharp excitement of the automatic nervous system [3]. Anxiety has been a central concept for sport psychology and has received a huge amount of investigation because of its influence on performance. Anxiety plays an important role in the acquisition of motor skills as well as athletic performance. Anxiety can either increase or decrease performance. Generally, there are two types of anxiety that are state anxiety and trait anxiety. State anxiety involved feeling of apprehension, tension, fear, and increase in physiological arousal. This is an immediate emotional state response to specific situation [4]. Success and failure in competitive games and sports depend on series of emotions. Players may feel worried, tensed, stressed and fear prior to or during a competition. Uncertainty causes anxiety in players. The significance of the event, level of competition and crowd contribute to player's anxiety [5]. Competitive anxiety is the tendency to determine antagonistic situations and take action accordingly with feelings of stress, pressure and nervousness [6]. The competitive anxiety instantly accelerates just before the competition and suddenly decelerates after the competition [7]. Generally, there are two types of anxiety that are state anxiety and trait anxiety. State anxiety involved feeling of apprehension, tension, fear, and increase in physiological arousal. This is an immediate emotional state response to specific situation [8].

### Methodology

For the present study the purpose was to compare Sport Anxiety among Sri Lanka and India Kho Kho players.

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### Selection of subjects

For the present study thirty male kho kho players were selected as subject, 15 from India and 15 from Sri Lanka Kho Kho Teams. The age of the subject was ranged from 15 to 30 years.

### Tools and data collection

Sports Competition Anxiety Test (SCAT) developed by Rainer Marten's. SCAT questionnaire was used to collect data. Standardized questionnaire consists 15 Multiple Choice Questions, to diminish response bias towards the actual test items five spurious questions were added to the questionnaire.

### Scoring of the questionnaire

The answer of questionnaire was from three options- hardly ever, sometimes, and often that carry 1, 2, and 3 marks respectively. The ten test items which taken for the scoring purpose was 2, 3, 5,8,9,12,14, and 15 as suggested by Rainer Marten.

### Collection of Data

For this study Data was collected from India and Sri Lanka teams' during Asian kho kho championship held at Indore (Madhya Pradesh) in April 2016. Instructions were provided before filled the questionnaires. The subjects were instructed not to ponder too long over any statement and they are independent to respond all the statements.

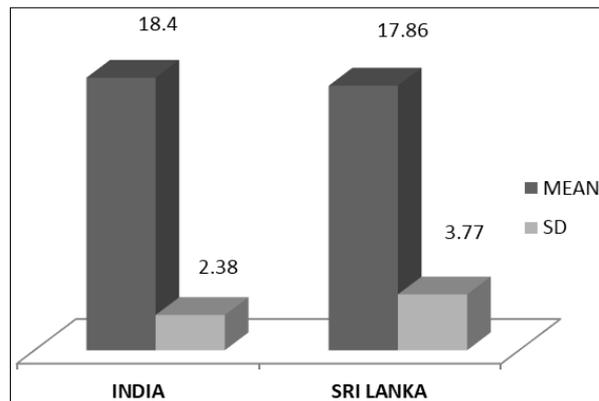


Fig 1: Mean and standard deviation of India and Sri Lanka Kho Kho players on Competitive Sport Anxiety

### Discussion and Conclusion

Every game have a different level of pressure on the players during match situation rather than practice sessions, anxiety is such kind of fear to lose the match. In order to measure the level of competitive sport anxiety the result of India and Sri Lanka kho kho players indicated that there was insignificant difference between India and Sri Lanka players. The mean score of the Sri Lanka kho kho players was little low than the India players. Therefore it may be concluded as India's players have higher anxiety means fear to lose more than Sri Lanka's players. But in relation to the match performance during competition Indian players were far batter then Sri Lankan Players that shows fear to lose sometime motivate the players to play at his best.

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### Findings

In order to analyze the data of the study descriptive statistics was applied and for comparing the Competitive Sport Anxiety Test Asian kho kho championship players. Independent 't' - test was used. The level of significance for t' test was set at .05.

Data pertaining to Competitive Sports Anxiety of India and Sri Lanka Kho Kho players are presented in Table 1

Table 1: Mean, standard deviation and t ratio of Competitive Sports Anxiety of India and Sri Lanka Kho Kho players

Groups	Mean	Std. D	MD	't'-value
India	18.4	2.38	.53	.46*
Sri Lanka	17.86	3.77		

Significant at .05 level

Tab t<sub>0.05</sub> (28) = 1.701

Table – 1 shows that there was insignificant different between the India and Sri Lanka Kho Kho players on Competitive Sport Anxiety, as obtained "t" value was .46 which is less than tabulated t<sub>0.05</sub> (28) = 1.701. The mean and standard deviation of India and Sri Lanka Kho Kho players on Competitive Sport Anxiety; India Kho Kho players: 18.4 ± 2.38 and Sri Lanka Kho Kho players: 17.86 ± 3.77. Graph represent of mean and standard deviation of India and Sri Lanka Kho Kho players on Competitive Sport Anxiety.

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