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Study of competitive anxiety among high and low achiever female cricket players of Haryana

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Abstract
To accomplish the study, purposive sampling technique has been used to select the sample of eighty (40) university level female cricket players with the age group of 18 to 24 years. 20 players from each team which scored 1st, 2nd.3rd and 4thposition (20*2=40) were taken as subjects for the study. The team who got the 1st and 2nd position in women football inter-college was considered as High achievers and 3rd and 4th position teams were considered as low achievers. Tool to measure competition related anxiety of the players sport competition Anxiety Test (SCAT, developed by Martens *et al*. (1990) was used. To find out the significance of mean differences between high and low achiever female cricket players 't' test was applied.

Keywords: anxiety, football, competitive, female and haryana

Introduction
Competitive Anxiety
The medicinal meaning of anxiety describe it is state consisting of psychosomatic and corporeal symptoms brought about by a sense of uneasiness of a apparent danger. It is also goes on to state that anxiety can differ according to the state of affairs and the individual. Psychologists usually distinguish between two types of anxiety. Trait anxiety relates to an feature of personality in which apprehension is a stable character trait in an individual. State Anxiety on the other hand refers to provisional feelings of anxiety in a exacting situation. Therefore a person with an anxious character may find many different on a daily basis tasks demanding compared to someone who only gets anxious in tremendous situations.

Methodology & procedure
To accomplish the study, purposive sampling technique has been used to select the sample of eighty (40) university level female cricket players with the age group of 18 to 24 years. 20 players from each team which scored 1st, 2nd.3rd and 4thposition (20*2=40) were taken as subjects for the study. The team who got the 1st and 2nd position in women football inter-college was considered as High achievers and 3rd and 4th position teams were considered as low achievers. Tool to measure competition related anxiety of the players sport competition Anxiety Test (SCAT, developed by Martens *et al*. (1990) [1] was used. To find out the significance of mean differences between high and low achiever female cricket players 't' test was applied.
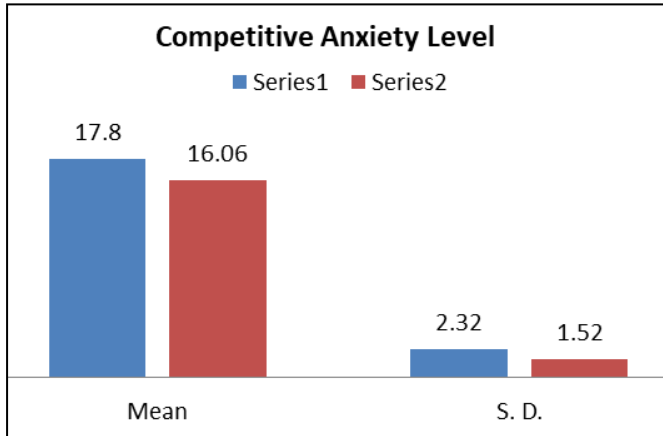
Results and Discussion
Significance analysis of mean differences of competitive anxiety between high and low achievers female cricket players has been presented in table 1.1 and depicted in figure 1.1

Table 1: Significance of mean differences of competitive anxiety between high position holders and low position holder female cricket players

Variable	Group	N	Mean	S.D.	M.D.	S.ED	't' value
Competitive Anxiety	High position	20	17.80	2.32	.600	.408	1.04
	Low position	20	16.06	1.52			

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The table 1 depicts that the mean and S.D. value of high position holders were 17.80 and 2.32, whereas the low position holders were having the mean and S.D. value 16.06 and 1.52 respectively. The high position holders was found to have comparatively high mean score as compare to the low position holders which indicate that high position holder feels more anxiety as compare to low position holders during competition. Results in the above table shows that there is no significant difference observed between high position holders and low position holders in their competitive anxiety level.

Graph 1: Graphical Representation of mean differences of competitive anxiety between high position holders and low position holder female cricket players

Discussion

Results in table 1.1 did not indicate any significant difference between high position holder and low position holder female cricket players on the variable sports competitive anxiety. This indicated that both these groups exhibited optimum sports competitive anxiety levels.

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