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Competitive anxiety among medalist and non-medalist football players

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Abstract

The purpose of present study was to access the Sports Competitive Anxiety between Medalist and Non-Medalist football players in the age group of 17-25 years. In the present study, the subjects for data collection were collected from Inter-College Football Championship. The subjects were purposively selected in the case of Medalists and Randomly in the case of Non-Medalists. The sample consist of 76 Inter-College Football players which further divided into two groups (N=38) Medalists and (N=38) Non-Medalists Players. To measure the level of Sports Competitive Anxiety of the subjects, Competition Anxiety test constructed Marten's was applied. The result revealed significance difference between Medalist and Non-Medalist Football Players. It has been observed that Medalist Football Players had higher level of overall Sports Competitive Anxiety than the Non-Medalist Football Players.

Keywords: Sports competitive anxiety, medalist and non-medalist, football players

Introduction

In the present Scenario, the standard of all games has increased considerably. The ability to deal with anxiety is an integral part of sports training. People, who are able to overcome their anxiety, perform much better than some of the strongest contenders of the game. Sports bring out the best quality in every individual. Elite sportsperson are finding it increasingly difficult to sustain their dominance in their respective sports. Anxiety sets in when an individual begins to doubt his or her capacity to deal with situation which build stress. Competitive anxiety is a negative emotional state that is generated when a person feels unable to cope with competitive demands. The increased mental stress of sports competition can cause player to react both psychologically and physiologically in a manner that can negatively affect their sports performance.

Sports competitive anxiety

Sports Competitive Anxiety has been defined as the tendency to perceive competition situation with feeling of apprehension or tension. It is a natural phenomenon. No human being is free from fear and anxiety. The well trained athlete is less affected by emotionally arousing stimuli as compared to an average athlete. During competition, the sportsman is fearful to some degree which eventually affects their sports performance. Anxiety has to be used as a booster to improve performance, to achieve sporting glory.

Link (1993) Anxiety starts gradually and increases step by step. In case not to be controlled, it rises and irritates the people. The main reasons of anxiety are business travel, smoking, alcohol, overweight, failure, inappropriate physical appearance. Anxiety indications may be bone pains, being tired, headache, nervous, poor sleeping, forgetting, hesitation, hypochondriacs etc.

Methodology

In the present study, the subjects for data collection were collected from Inter-College Football Championship. The subjects were purposively selected in the case of Medalists and Randomly in the case of Non-Medalists. The sample consist of 76 Inter-College Football players which further divided into two groups (N=38) Medalists and (N=38) Non-Medalists Players.

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To measure the level of Sports Competitive Anxiety of the subjects, Sports Competition Anxiety test constructed Marten's was applied. The t-test was used to compare the significance difference between Medalist and Non-Medalist Football Players. The level of significance was set at 0.05 level $t > 2.00$ (df=74).

Results

Table 1: Mean Differences in the Scores of Sports Competitive Anxiety of Medalist and Non-Medalist Inter-College Football Players

Variable s	Medalist Players = 38		Non Medalist Players = 38		Mean Difference	SEDM	t-Value
	Mean	SD	Mean	SD			
Sports Competitive Anxiety	20.208	1.973	21.128	1.831	-0.918	0.435	-2.102*

*Significant at 0.05 level of significance with $t > 2.00$ (df=74)

The results shown in Table-1 indicate significant difference on the variable Sports Competition Anxiety between inter-college medalist and non-medalist football players. The medalist subjects had Mean value 20.21 and S.D. value 1.973 respectively; whereas the non-medalist subjects had Mean value 21.13 and S.D. value 1.831 respectively. The calculated t - value between these two groups was -2.102 which was found to be significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). It demonstrated from the above results that non-medalist players had higher level of Sports Competitive Anxiety than medalist players who had demonstrated the moderate level of Anxiety resulting which they had performed better than non-medalist players in the competition.

Discussion

The results revealed that inter-college medalists had moderate level of Sports competitive Anxiety than the non-medalist football players. Morgan and Johnson (1978) revealed that successful athletes possess higher perceived ability, greater satisfaction and a lower state of anxiety than less successful athletes. Martin *et al.* (1975) [6] described relationship of competition anxiety and sports performance and found that state anxiety registered by a person in competitive situation is determined by the person's perception of livelihood of success.

Conclusion

It can be concluded by above findings that statistically significance difference were found among Medalist and Non-Medalist Football Players in Sports Competitive Anxiety. It is further concluded that Medalist Football Players have moderate Sports Competitive Anxiety compare to their counterpart in relation to their performance. If the athletes had higher as well as low anxiety, the performance is likely to be less desirable

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