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## Construction of psychological tool on pre-competition anxiety in intercollegiate players

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### Abstract

The philosophy of psychology would benefit from a more precise analytical conception of what constitutes explanation in psychology. This method measures user's subjective feelings, although users are often reluctant to disclose their inner feelings to researchers in order to avoid embarrassment (Wong, 2006). They cannot be easily used in parallel with the user task, only in very specific cases where mannequins and imaginaries are used for quick and short answers. The sports community now recognizes that mental factors such as confidence, composure, focus, and motivation are highly significant to athletic performance. As a result, over the year's performance enhancement has become an emerging career track within the field sport psychology. Sport psychology is the study of the psychological factors that affect participation and performance in sports. Sport psychology professionals who focus on performance enhancement aim to increase athletic performance by minimizing the psychological effects of poor performance and instilling the mental skill needed to attain peak performance. In order for the field of sport psychology to advance professionals must educate the sports community on the value and benefits of mental training. To fulfil the purpose of the study, the inter collegiate players from affiliated to madras university were asked to assemble in a hall. The Researcher explained the proposed research work, nature of the study and subjects involved. All the players volunteered to serve as subjects out of which 1000 (N=1000) inter collegiate players were selected at random and their age ranged between 18-25. To assess the change as a result of psychological tool in anxiety. The data collected from the four groups on the selected variable criteria were factor analysis and cluster analysis to find out the significant improvement if any, due to the influence of the selected training means. The concept was also used to find out the percentage of the improvement of each criterion variable due to the influence of independent variables. In somatic anxiety it was observed that the all intercollegiate players are not differ significantly. In somatic anxiety winning team has more self-confidence as compared to third and fourth place, whereas winning team is not differ from team secured second place significantly.

**Keywords:** Anxiety, psychological tool, pre-competition

### Introduction

Psychology principles such as positive thinking, imagery, and goal setting can be applied in sports to help athletes perform and prepare for competition. At the elite levels all athletes have the talent and the physical tools to compete. In an interview hall of quarterback and sports analysis, Troy Aikman stated, "When you get to the elite level in sports, athletically, what separates the really great performers are the ones who are mentally tough and see things a little bit quicker than their competitors." These athletes have the ability to move on after mistakes, maintain confidence and composure in the face of adversity, and focus on what is need to execute each task successfully.

### Methodology

To fulfil the purpose of the study, the inter collegiate players from affiliated to madras university were asked to assemble in a hall. The Researcher explained the proposed research work, nature of the study and subjects involved. All the players volunteered to serve as subjects out of which 1000 (N=1000) inter collegiate players were selected at random and their age ranged between 18-25. To assess the change as a result of psychological tool in anxiety. The data collected from the all the inter collegiate players both men and women through questionnaire.

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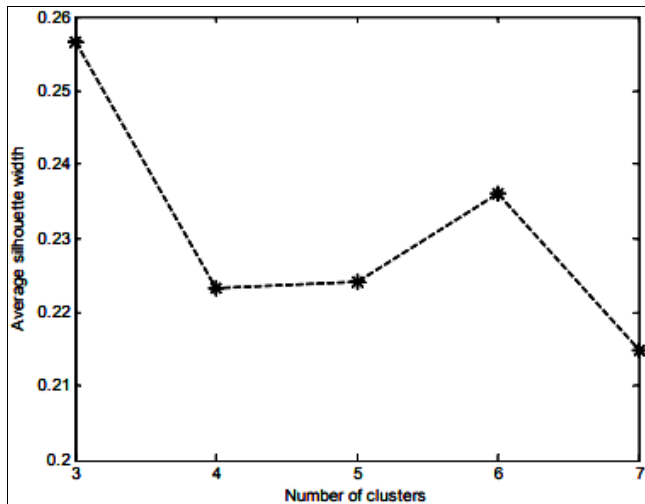
## Results and findings

**Table 1:** The statistical factor analysis construction of psychological tool on pre-competition anxiety in intercollegiate players.

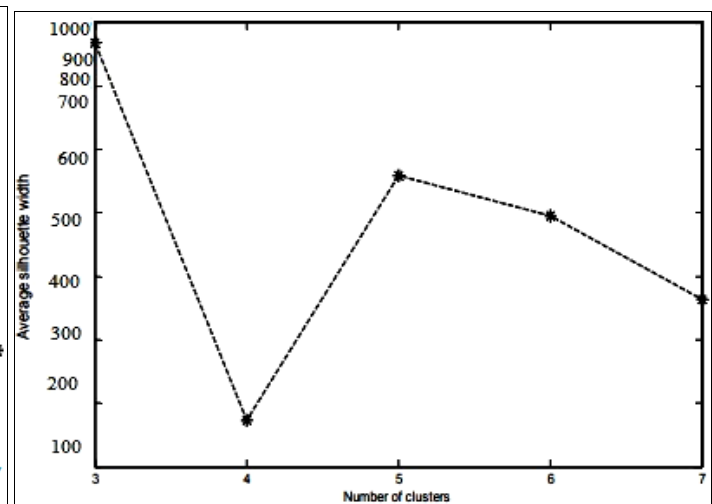
Questionnaire percentage	Volleyball	Football	Cricket	Softball	Handball	kabaddi	Kho-Kho	Basketball
1	0.17	0.15	0.10	0.09	0.08	0.11	0.18	0.26
2	0.19	0.16	0.13	0.14	0.12	0.11	0.10	0.27
3	0.18	0.17	0.13	0.11	0.10	0.16	0.11	0.28
4	0.19	0.19	0.13	0.12	0.12	0.15	0.12	0.29
5	0.19	0.19	0.11	0.12	0.14	0.15	0.11	0.27

Table 1 shows a plot of the value of the average means clustering, as a function of the number of clusters. The means for a given is calculated based on the clustering solution that has the lowest sum of questions. Among the 1000 clustering samples produced for this using different sets of initial values.

The value of the average means is highest. The volleyball players is comparing to other intercollegiate players the anxiety level is more significant than the basketball players .In the same way all the intercollegiate players was collected the data and applied analysis of factor and cluster



**Fig 1:** Average of silhouette



**Fig 2:** Show the clusters

### Discussion on findings

In the criterion measures used in the study, significance mean difference was observed among the teams rankings of players on anxiety. In anxiety was observed that all the team has few confidences as compared to basketball players differ significantly. In anxiety basketball team has more self-confidence as compared to volleyball and cricket players secured second place significantly. In the present study all the team entered into tournament were tested on anxiety. The significant mean difference was observed that the among the rankings of basketball, volleyball and cricket team anxiety was more than the other games. The reason for this might have been arise from the nurture gained on their previous matches and not having the at par competition.

### Conclusions

The following conclusions have been made in the light of the findings of the present study. In the criterion measures used in the study, significance mean difference was observed among the teams rankings of semi-finals (basketball, volleyball and cricket team) on anxiety. In cognitive was observed that winning team has fewer in anxiety as compared to third and fourth team, whereas other team is not differ significantly. In anxiety basketball team has more self-confidence as compared to volleyball and cricket team is not differ from team secured second place significantly

### Recommendation

The same study may be conducted by adding some physiological variables, since psychological components are

having functional association with physiological aspects. In the present study the internal pressures of the players only analyzed. So, in future a study may be conducted on some external pressures such as effect of audience and home ground situations. Lack of coping mechanism will definitely affect the individual both physical and physiological systems. Resulting of these, the efficiency of psychomotor system dislodged. In high level competitions very specifically at quarterfinals, the players will be high tensed. So, in such situation a study may be conducted to test the functional relationship of competitive pressures on psychomotor system.

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