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A study of pre-competitive and post-competitive anxiety level of inter-collegiate football players

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Abstract

The present study is mainly concerned with Football players who participated in the inter college competition. Now days, the Game Football is becoming as a professional sport rather than the competitive sport. So the competitiveness among the Football players is growing up day by day with different color. The main purpose of this study was to compare pre-competitive anxiety and post-competitive anxiety in inter- collegiate Football players. A group of 170 Football players (boys=85 and girls=85) were selected from different colleges affiliated to Guru Nanak Dev University, Amritsar, India through purposive sampling technique. Their age was ranged from 18 to 25 years. Data were collected from athletes using a Sports Competitive Anxiety Test - (SCAT) BY Rainer Marten questionnaire were used for this study. The t-test was used to test the effect of anxiety level between pre and post completion. The significance level was determined as .05 level of confidence.

Keywords: Anxiety, inter-collegiate, football players, SCAT

Introduction

One of the psychology factor that is believed to have an effect on athletic performance is the level of anxiety experienced prior to an athletic contest. This is referred to in the literature as precompetitive anxiety (PCA). PCA has both positive as well as negative role in performance. Psychology is the systematic study of behavior and mental processes as the study of humans is the primary focus of much of the field of psychology. Sports psychology is a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. Sport psychology is the scientific study of people and their behaviors in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, using rituals, attribution training, and periodisation. It has been recognized for many years that psychological factors, in particular anxiety, play an important role in competition (C.A. Lizuka, *et al.* 2005) [3]. Competitive sport can make even the world's most successful athlete feel nervous. Many factors such as expectations, perfectionism, fear of failure, lack of confidence, induce feelings of anxiety in athletes (Moran, 2004). In sport psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent feelings of apprehension and dread (E. Cashmore, 2002) [2].

Objectives of the study

Purpose of the study is to find out the compare of pre competitive anxiety and post competitive anxiety on inter collegiate Football players.

Methods

Subjects

Gave their written consents and the study was approved by the local Committees of Ethics. To achieve the purpose of the study a group of 170 Inter-Collegiate Football players (boys=85 and girls=85) were selected from different colleges affiliated to Guru Nanak Dev University, Amritsar, India through purposive sampling technique.

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Their age was ranged from 18 to 25 years. All subjects, after having been informed about the objective and protocol of the study.

Methodology

Sports Competition Anxiety Test - (SCAT) An evaluation that measures the competitive anxiety levels of athletes (Marten *et al.*, 1990). Martens' Sport competitive Anxiety Test (SCAT) was used to measure the anxiety level of Football players. The test consists of fifteen items which include 5 spurious items, 8 positive items and 2 negative items. The odd-even reliability of the test in the present study was found to be .80. The lowest possible score on this test and the highest possible score is 27. A low score indicates higher anxiety and a high score indicates low anxiety. The t-test was used to test the effect of anxiety level between pre and post completion. The significance level was determined as 0.05 level.

Results

Table 1: Showing the Pre-competitive and Post-competitive Anxiety of Inter-Collegiate Female Football Players

Group	N	Mean	Variance	't' value
Pre competitive anxiety	85	25.24	4.56	39.84*
Post competitive anxiety	85	22.02	4.02	

*significant at 0.05 level

The above table-1 indicates the mean values of Pre competitive and Post competitive anxiety score of inter college female Football players are 25.24 and 22.02 respectively. The t-value is 39.84 which were significant at 0.0 level of confidence. Thus it indicates that there is significant difference between anxiety scores of Pre competitive and Post competitive anxiety of inter- collegiate female Football players.

Table 2: Showing the Pre-competitive and Post-competitive Anxiety of Inter- Collegiate Male Football Players

Group	N	Mean	Variance	't' value
Pre competitive anxiety	85	24.73	4.47	35.21*
Post competitive anxiety	85	21.07	4.01	

*significant at 0.05 level

The perusal of table-2 indicates the mean values of Pre competitive and Post competitive anxiety score of inter college male Football players are 24.73 and 21.07 respectively. The t-value is 35.21 which are significant at 0.05 level of confidence. Hence indicating that there was significant difference between the scores of pre competitive anxiety and post competitive anxiety of inter collegiate Football male players.

Conclusion

The present study has certain limitations that need to be taken into account when considering the study and its contributions. Since the level of anxiety after the competition is not related to the athletes' performance, this study merely focused on the level of anxiety pre and post competitions only. Based on the current results, it is recommended that sport psychologists, sport counselors, and coaches use the findings to design appropriate training programme to help athletes acquire suitable coping strategies so as to reduce their anxiety levels and enhance their performance.

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