



ISSN: 2456-0057

IJPNPE 2019; 4(1): 2496-2498

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www.journalofsports.com

Received: 15-01-2018

Accepted: 21-03-2018

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A study on anxiety profiling of Ranji Trophy level cricket players

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Abstract

The present investigation was conducted on a total number of 100 male cricket players, who were selected with adopting purposive sampling design. The minimum level of participation is open senior national level championship organized by cricket association of India for the year 2010 to 2012. The age of the subjects ranged from 17 to 30 and the mean value of age was 24.50. The variables selected for the study was Sports Competitive Anxiety, which was administered by Competitive Sports Anxiety Inventory-2 by R. B. castle, Kruq, measured anxiety. & I. H. Scheiler, Anxiety Scale. The collected data was analyzed by computing descriptive statistics and 5 point Hull Scale. The five point grading scale for the Competitive State Anxiety and its sub variables were prepared, under the category of Good, above average, Average, below average and poor for ready reference and status assessment. From the results, it can be concluded that the players were having optimum anxiety level.

Keywords: competitive anxiety

Introduction

"Cricket" In the earliest known reference to the sport in 1598, in Flemish, krick(e) means a stick, and, in Old English, cricc or cryce means a crutch or staff (though the hard "k" sound suggests the North or Northeast midlands, rather than the Southeast, where cricket seems to have begun), it is called creckett. "cryce", Saxon, a stick.

Cricket was first played by adults in the beginning of 17th century in some parts of Sussex and Kent. In the same century, the cricket spread to North America via English colonies. In 18th century, the cricket Moved to West Indies and India. Similarly, it spread to New Zealand and South Africa in 19th century. Cricket in its modern form originated in the west in the eighteenth century. It was played and enjoyed by the rich. It was quite different from that at present. A club in Hampshire took much interest and played an important part in the development of the game.

Cricket was first played in southern England in the 16th century. By the end of the 18th century, it had developed into the national sport of England. The expansion of the British Empire led to cricket being played overseas and by the mid- 19th century the first international matches were being held. The ICC, the game's governing body, has 10 full members. The game is played particularly in Australasia, the Indian subcontinent, the West Indies, Southern Africa and England.

Early cricket was at some time or another described as "a club striking a ball (like) the ancient games of club-ball, stool-ball, trap-ball, stob-ball". Cricket can definitely be traced back to Tudor times in early 16th-century England. Written evidence exists of a game known as creag being played by Prince Edward, the son of Edward I (Longshanks), at Newenden, Kent in 1301 and there has been speculation, but no evidence, that this was a form of cricket.

Cricket performance in its broader sense is an unlimited and open process. It starts, with cricketer's career and ends with his end of career. In short, cricket performance has no end; it keeps on changing its limit with the development of the performance of the game. A cricketer goes on increasing his runs-, wickets and catches against his name in the record books through improving his constitutional, physical, physiological, psychological, technical and tactical Variables. The concept of cricket performance may be deemed as the modification of performance factors. Accordingly,

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aspects but it is also with other aspects of the game. Spills performance is the sum of numerous factors which can vary from individual to individual & in spite of variations the players may give similar results in competitions. In sufficient power can be compensated by superior technique, inadequate sprinting speed by superior endurance and inferior techniques by aggressiveness. A few centimeters and fraction of a second, decide between record performance, victory or defeat in tough international competitions. For this reason, it is very important to identify and fully mobilize each individual's potential to the maximum^[1].

Some Cricketers are simply better suited to running faster than others, it does not mean that they are any better people. It means that their physiological and psychological blueprint enables them to start out with a physical advantage in that particular movement.

After watching great fast Bowlers of the world like Wesley Hall from West Indies, Ian Botham from England, McGrath, Brett Lee from Australia Shaun Pollock from South Africa, Imran Khan and Wasim Akram from Pakistan and Kapil Dev, Zaheer Khan from India were taller, having different body size and of course very long length of their various body segments in comparison to Spin Bowlers like Bishen Singh Bedi, E.A.S. Prasanna, and Chandra Shekhar from India, Intikhab Alam and Abdul Quadi from Pakistan, Richie Benaud from Australia and Muralidharan from Sri Lanka or the batsmen like Tendulkar, Brian Lara, Panting and others. In view of the achievements of the great players and their statistics of performance reveals that the psychological variables play a very important role in making choice in identifying the talent for all departments of the Cricket Games.

Somatic anxiety uneasiness is pressure incited by large unwanted side effects connected with force, by way of example, butterflies within the stomach. Research needed it truly is commonly diverged coming from cognitive pressure that's in which incited by emotional considerations as well as stress. These types of varied pieces as well as dimensions connected with anxiety usually are in particular muddled more than in games brain exploration Anxiety is usually a multistage a reaction to a good noticeable chance as well as danger. This and decorative mirrors a new mixture of biochemical changes in the body, your understanding is all-around house heritage and memory, as well as the interpersonal circumstance. Degree that we understand, pressure is an oddly enough human being experience. Different wildlife obviously understand concern, on the other hand human being pressure features a potential, make use of memory and ability to go in change and ahead on time, in which wild life are not appearing to own. The strain that happens in posttraumatic issues displays in which human being memory is usually a much more perplexed emotional potential when compared with person memory. In addition, a good expansive section of human being anxiety is sent by hope connected with upcoming events. With no feeling with person congruity after some time, individuals may not possess the "crude materials" connected posture.

Large is the point at which that you do not discover why it's happening. Just like possessing butterflies as well as hassle-restricted spaces on the other hand almost nothing provides ever before taken place to be able to trigger that. Large in most cases leads to a new unwanted effect similar to reaction (dazedness, butterflies, breathing in concern, having). Cognitive signifies there is certainly idea bundled, typically that originates from memory. "You were tad by a puppy if

you were 6, thus currently you have scared at whatever level people find out a new pup sound off as well as go to the great pooch". Consider bodily body and cognitive because mind and body Trust in which is important.

Cognitive anxiety continues to be located to make use of a capable impact on execution. That story retains true paying very little take to the singular's potential degree. Associations in university softball competitors were put into 1 to 2 circumstances: high circumstance criticality as well as small. Even though bodily uneasiness failed to fluctuate within a pair of situations, those people competition within the high criticality issue acquired in essence a lot more improved number of cognitive-tension (Krane, Joyce & Rafeld, 1994). Admittedly, your cognitive interpretation an individual supplies a new circumstance supplies a positive change. It is also known as emotional portion of anxiety. For this reason that connected with unfavorable expressions regarding success as well as by unfavorable self-evaluation (Hobby, Magyer, Becker, & Ltz, 2003).

Confidence is the manner to experience oneself as being capable to adapt to the essential difficulties of life and of being deserving of joy. It is trust in our capacity to learn, settle on proper decisions and choices, and react adequately to change. It is likewise the experience that achievement, accomplishment, satisfaction and joy are correct and common for us". Self-confidence the characteristics of a champion That mystery fixing that every single incredible competitor appeal to have, paying little heed to what level particular, things that folks, mentors and colleagues do that can murder it. Fearlessness is that impalpable component, a "cousin" to PMA, positive mental demeanor that keeps a competitor buckling down paying little heed to how frequently he/she may fizzle or what number of snags get tossed in his/her way. Fearlessness can give a normal competitor or group the mettle and center to annihilation a more grounded adversary. Self-assurance can rouse you to endeavor and fulfill the unthinkable. Similarly, deficient with regards to self-assurance, a competitor or group will reliably perform route underneath their potential. Low self-assurance can murder a competitor's satisfaction in the game and turn him/her into a dropout measurement.

Objectives and Hypothesis

Following objectives were set for the proposed study:

- The objective of the present study was to investigate the Cognitive, Somatic and Self-Confidence Anxiety level of national level cricketers.
- To prepare the grading norms of sports competitive anxiety of National level players.

Based on objectives following hypothesis was framed:

- The National level cricket players will have optimum Sports Competitive Anxiety level.

Procedure and Methodology

The present investigation was conducted on a total number of 100 male cricket players, who were selected with adopting purposive sampling design. The minimum level of participation is open senior national level championship organized by cricket association of India for the year 2010 to 2012. The age of the subjects ranged from 17 to 30 and the mean value of age was 24.50. The variables selected for the study was Sports Competitive Anxiety, which was administered by Competitive Sports Anxiety Inventory-2 by R. B. Castle, Kruq, measured anxiety. & I. H. Scheiler,

Anxiety Scale. The collected data was analyzed by computing descriptive statistics and 5 point Hull Scale.

Result and Analysis

Table 1: Descriptive Analysis of the Competitive State Anxiety and its sub-variables of national level cricket players

Variables	N	Minimum	Maximum	Mean	Std. Deviation
Cognitive	100	12	34	24.10	5.75
Somatic	100	11	33	21.76	6.09
Self Confidence	100	15	34	24.26	4.38
Total	100	48	89	70.32	9.87

Table No. 1 clearly depicts the descriptive analysis of Competitive State Anxiety and its sub variables for selected national level cricket players, which shows that, the mean and standard deviation for Cognitive, Somatic and Self Confidence are found to be 24.10±5.75, 21.76±6.09 and 24.26±4.38 respectively. The graphical representation has been shown in Fig no. 1.

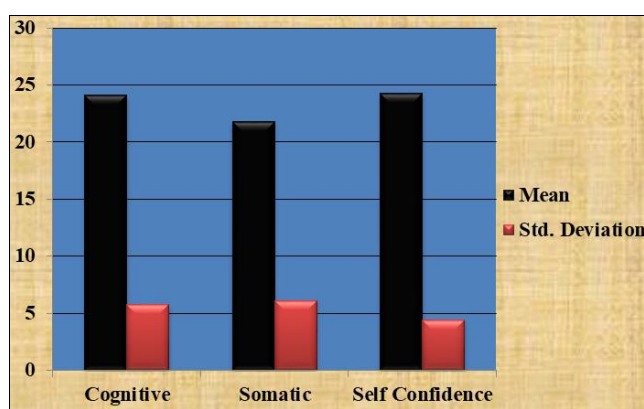


Fig 1: Graphical representation for Descriptive Analysis of the Competitive State Anxiety and its sub-variables of national level cricket players

Table 2: Grading norms for Competitive State Anxiety and its sub variables

Category	Cog	Som	SC	Total
Good	> 34	> 32	> 32	> 88
Above Average	27- 33	25 - 31	25 - 31	76 - 87
Average	20 - 26	18 - 24	18 - 24	64 - 75
Below Average	13 - 19	11 - 17	11 - 17	52 - 63
Poor	< 12	< 10	< 10	< 51

Table No. 2 clearly depicts the five point grading scale for the Competitive State Anxiety and its sub variables, under the category of Good, Above average, Average, Below average and poor for ready reference and status assessment.

Conclusions

- The mean and standard deviation for Cognitive, Somatic and Self Confidence are found to be 24.10±5.75, 21.76±6.09 and 24.26±4.38 respectively. The higher scores from different sub scales shows that the players were in a condition of somatic tension or cognitive worry, but their level of self-confidence was high.
- The five point grading scale for the Competitive State Anxiety and its sub variables were prepared, under the category of Good, above average, Average, below average and poor for ready reference and status assessment.
- From the results, it can be concluded that the players

were having optimum anxiety level.

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