



ISSN: 2456-0057

IJPNPE 2019; 4(1): 704-705

© 2019 IJPNPE

www.journalofsports.com

Received: 25-11-2018

Accepted: 27-12-2018

**Sonia Bathla**

Assistant Director (Physical Education &amp; Sports), SRM University, Delhi-NCR, Sonapat, Haryana, India

**Sandeep Kumari**

Assistant prof, Noida College of Physical Education, Greater Noida, Uttar Pradesh, India

## Measurement of competitive sports anxiety between university level basketball & football players

**Sonia Bathla and Sandeep Kumari**

### Abstract

Anxiety is a common affair in day to day life and the sports arena is also not get untouched with the effect of that whether the person is official, coaches or athletes. The purpose of this study was to find out the competition anxiety level. To serve the purpose of the study 60 male university level players, 30 from basketball and 30 from football team of SRMUH was selected. As the both games involve lot of effort and endurance with skills so the study was hypothesised that there will be no significant difference between the competition anxiety levels of the participants. To collect the data SCAT was used. T-test with the help of SPSS was found out to compare the means of the data. Significance level was set to 0.05 for the study. The result concluded that  $p > .05$  hence there was no significant difference between the basketball and football players of SRMUH competition anxiety level.

**Keywords:** Sports competition anxiety, football, basketball, male

### 1. Introduction

Every individual at some point experience the anxiety in their life and the sports persons/athletes have no exception in that. The term competition itself creates a cause of negative effects in the individuals performances in physical (somatic) & mental (cognitive) both the ways.

As the anxiety is one of the unavoidable terms so in sports as well as the level of training or the demand of high performance in match increase on the other hand automatically its increase the stress level in athletes. Anxiety reduces the athlete's performance not only before and during the competition it affects the athletes even after the competition as well.

According to Kremer and Moran (2008) one reason why we tend to get uptight before competition could be related the pressure of being observed. Spectators of any sport are constantly evaluating the skills of the athletes they are watching and this can be extremely daunting to those who are not trained to deal effectively with this pressure. Not wanting to fail can heap more strain on a player when as they become more aware of being observed and so the stress continues to grow.

### 2. Methods

#### 2.1 Subjects

60 male university level football & Basketball team players of age group 18-21 from SRMUH were selected. The players were represented university in All Indian Inter University, State and District competition an average of 3 years. Among the 60 players 30 were from basketball team and 30 were from football team of the university (table 1).

**Table 1:** Demographic Information of the participants

Discipline	Number of Participants	Percentage (%)
Basketball	30	50%
Football	30	50%
Total	60	100%

**Correspondence****Sonia Bathla**

Assistant Director (Physical Education &amp; Sports), SRM University, Delhi-NCR, Sonapat, Haryana, India

**2.2 Procedure**

To collect the data for this study Sport Competition Anxiety Test (SCAT; Martens, 1977) of 15 items to measure the competition anxiety was used. To collect the data an online questionnaire with the help of Google form was prepared and the link to fill in was shared with all the subjects. Necessary instructions before sharing the link to mark the responses on each item were given.

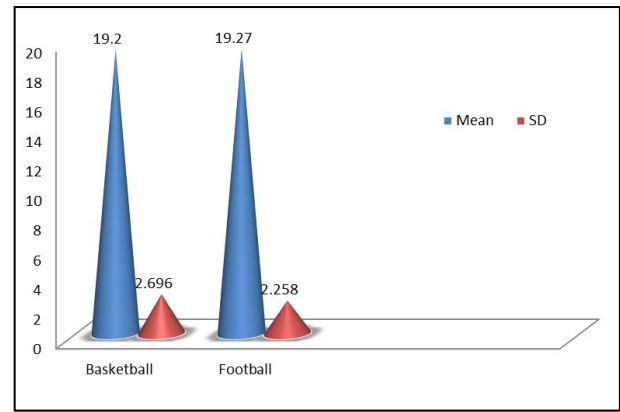
For statistical procedure to analyse the data t-test was applied to find out the difference of competitive sport anxiety between football & basketball players through SPSS.

**3. Result**

To find out the difference between the basketball and football player of SRMUH a “t-test” were calculated. The mean of basketball and football players were 19.20 and 19.27 whereas the SD of basketball and football players was 2.696 and 2.258 respectively (Table 2 & Chart 1).

**Table 2:** Group Statistics

	Discipline	N	Mean	Std. Deviation	Std. Error Mean
Competition Anxiety	Basketball	30	19.20	2.696	.492
	Football	30	19.27	2.258	.412



**Chart 1:** The mean of basketball and football players were 19.20 and 19.27 whereas the SD of basketball and football players was 2.696 and 2.258 respectively

According to the findings of independent sample test (t-test) the F value is above than.05 (table 3) hence the value of Levene’s Test for equality of variances of Equal Variances assumed will be considered where the p value is.918 which is greater than.05 ( $p > .05$ ) which states that there is no significant difference between the football and basketball players of SRMUH competition anxiety.

**Table 3:** Independent Samples Test (t-test)

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Competition Anxiety	Equal variances assumed	1.076	.304	-.104	58	.918	-.067	.642	-1.352	1.219
	Equal variances not assumed			-.104	56.268	.918	-.067	.642	-1.353	1.219

**4. Conclusion**

To find out the competition study the SCAT was used in this present study for SRMUH basketball and football players. The findings of the present study revealed that there was no significant difference between the mean and SD of basketball and football players.

The data analysis also revealed that the  $p > .05$  which states that there are no significant differences of competition anxiety level found in SRMUH Basketball and football players.

**5. References**

1. Research Thoughts. Volume I, Issue VI. Ali Jaowad, Rahaman Abdul, Khan Mohd. Tanveer. A comparative study of sports competition anxiety between male and female weight lifters of Manipur. Human Kinetic Journal of Physical Education. 2010; 1(2):1-4.
2. Debnath, Kalapna, Bawa, Gurdial Singh. A Study of Sports Competition Anxiety among Junior and Senior Female Cyclist and Gymnasts of National Coaching Camp. National Sport Psychology Conference (SPA), 1986.
3. Martens R, Burten D, Vealey R, Bump L, Smith D. The Development of the Competitive State Anxiety Inventory (CSA-2), Champaign, Illinois, 1990.
4. Carre J, Mair C, Belanger J, Putnam S. Pre-competition hormonal and psychological levels of elite hockey players: Relationship to the home advantage, Physiology Behav. 2006; 89:392-98,
5. Hanton S, Jones G, Mullen R. Intensity and direction of

competitive state anxiety as interpreted by rugby players and rifle shooters. Percept Mot Skills. 2000; 90:513-21.