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## Assessment of sports competition anxiety of Indian international yoga competitors

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### Abstract

The purpose of the present study was to assess the level of Sport competition anxiety of Indian International yoga competitors. To achieve the purpose of the study total 30 yoga players were selected from different places from India during 8<sup>th</sup> Asian Yoga Sports Championship held at Thiruvananthapuram, Kerala In the year of 2018-19. The Subjects age ranges from 18-28 years. The data for the study were collected by using questionnaire technique. The scores on Sport competition anxiety were collected by administering Martins "SCAT" Sport competition anxiety scale. For the Statistical analysis 'mean and standard deviation' technique was opted to assess the Sport competition anxiety. The results revealed that there was a low level of Sport competition anxiety.

**Keywords:** Anxiety, mean, standard deviation, yoga

### Introduction

Yoga is an ancient culture of Indians contributed to the world by the sages with great effort. Yoga is a metaphysical science which gives a brief explanation about life. Yoga is not meant for only physical fitness it is meant for blissful life. Yoga is a unification of individual consciousness with universal consciousness. Yoga helps to develop overall personality which includes psychological aspects those who are involve in this yogic activities they can control and balance their psychic status.

Sports psychology means applying psychological theories and concepts in sports coaching and training. It is concerned with analyses of sportsman behavior under sports setting. It is individual behavior acting individually or acting in a group. Team may win or lose under psychological stress. It is believed that winning an international sport competition greatly depend on the psychological abilities. Therefore psychological fitness and training of the individuals are the factor which helps in achieving outstanding performance.

Anxiety is a psychological state characterized by somatic, emotion, cognitive and behavioral components. The body prepares to deal with threat, blood pressure and heart rate is increased, sweating is increased, blood flow to the major muscles group in increased. External signs of anxiety may include pale skin, sweating and trembling.

Anxiety is equated with fear of practicing in sport person. Respective of their sex and age, athletes tend to have variety of fear at all stages of their sporting carrier. Sports scientists believe that exposure of young athletes to competitive situations should be gradual and well planned. Anxiety level is different from sports to sports For instance, the way individuals competing in individuals sports like archery, wrestling, gymnastics judo shooting track & field etc. The Athletes in individual sports experience higher anxiety than those in team sports. Anxiety may differ in contact, non-contact and semi contact sportsman.

In this study the researcher tried to assess the level of sports competitive anxiety of Indian international yoga competitors.

### Purpose of the Study

The main purpose of this study was to assess the level of sports competitive anxiety of Indian international yoga competitors.

### Statement of the Problem

To assess the sports competition anxiety of Indian international yoga competitors.

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**Hypothesis**

It was assumed that the levels of sports competition anxiety were low in Indian international yoga competitors.

**Delimitations**

The study was delimited to the male Indians, who are currently residing in India. The study was delimited to those who participated at the 8<sup>th</sup> Asian yoga championships, Thiruvananthapuram 2018-19 aged 18 to 28 years. The study was delimited a total 30 male yoga competitors and the study was delimited to the selected psychological variable sports competition anxiety.

**Methodology**

**Selection of Test**

Rainer Martins (1977) sports competition anxiety inventory “SCAT” was opted to measure the level of anxiety. The inventory consists of 15 questions.

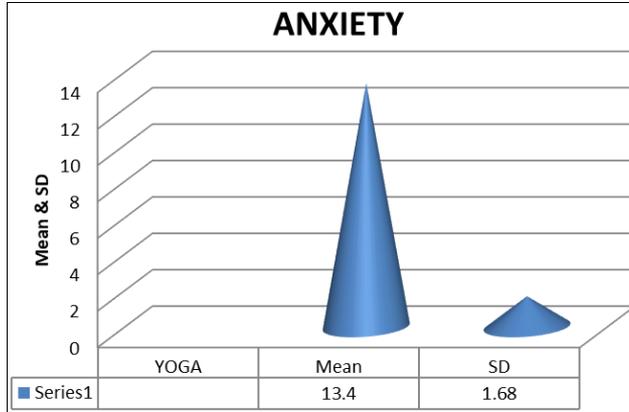
**Analysis of the Data and Results**

The collected data was assessed through the statistical technique Mean and standard deviation, presented in below tables.

**Table 1:** Descriptive analysis of sports competition anxiety of Indian international yoga competitors.

Event	N	Mean	Std. Deviation	Minimum	Maximum
Yoga	30	13.4	1.68	11	17

**Table 1:** describes briefly about number of players-30, mean-13.4, standard deviation-1.68, minimum-11 and maximum-17 Scores. The diagrammatic representation is given below.



**Fig 1:** Graphical representation of “Anxiety” scores of International Indian Yoga Competitors.

**Results**

From the statistical analysis it was concluded that the Indian international yoga competitors were having low level of sports competitive anxiety.

**Discussion**

As anticipated players who were participating in yoga competition were having significantly low level of anxiety score as per the sports competition anxiety test inventory. So the level of anxiety might be influenced by the yogic way of life, yogic competitions are non-contact in nature, the players might be influenced by home ground and local supportive spectators, without equipments or instruments while playing, previous experience and performance and also level of competition etc. decreases the anxiety behavior of Indian

international yoga competitors. According to related literature performance increases with optimum level of anxiety. Performance and anxiety have reverse direction relation.

**Conclusion**

From the study it may be concluded that Indian international yoga competitors were having low level of anxiety during the competition.

**Recommendations**

Recommended to participate in the yoga competitions which have no influence on anxiety and Promote yoga competitions for a healthy life.

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