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A comparative study of pre-competitive anxiety level among selected team games and individual sports

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Abstract

“A Comparative Study of Pre-Competitive Anxiety Level among Selected Team Games and Individual Sports.” The prime purpose of this study was to assess the anxiety level among the players of team games and individual sports. Five team games viz, Kho-Kho, Cricket, Handball Kabaddi and Ball Badminton and Five individual sports viz, Boxing, Gymnastic, Badminton, Table Tennis and Fencing were selected for the study. A total of 100 players, 10 from each sport were presented with sport competitive anxiety test (SCAT) questionnaire and no individual technique was given to the subjects prior to the questionnaire is given. The SCAT questionnaire form was distributed to each player of each sport at least one hour to 30 minutes before start of their match and was asked to answer the questions then and there. The data collected was treated statistically by applying one way analysis of variance statistically technique (ANOVA). The level of significance difference, if any, was set as, 0.05. The findings and results of the calculated data revealed that there was significant difference in the anxiety levels among both team games and individual sports. On the basis of the findings of this study the following conclusion were drawn.

1. The result of the study indicated that there was a significant difference in the anxiety level among players of team games and individual sports.
2. By using the L.S.D. post Hoc test, it was also revealed that the anxiety level of Gymnastic and Boxing was much higher as compared to the remaining eight sports.

Keywords: Anxiety, team games, individual games

Introduction

Physical education scores as a medium for men's total education, emotional and intellectual development through experience. Hence, the promotion of physical education and sports is the moral and social responsibility of each nation. Sports by their very nature are enjoyable, challenging and require a certain amount of skill and physical education. Today sports have become a form of mass participation. Many participate in sports activities for the fun, for health, strength and fitness. It is taking a shape of a profession to some extent with high skills, with ample financial benefits linked with high degree of popularity. Today almost every nation in the world attaches great importance to the development of sports in order to improve the nation's health and for the well being of the future generation. Hence a large number of governmental and non-governmental organization in close collaboration with private bodies, administer and supervise the development of sports. The poor performance of athletes and sportsman at the international and national competitions has been of great concern. Efforts have to be made to develop proper means and methods, so that stagnation factor might be eliminated for high level performance. There are numerous factors which are responsible for the performance of sportsmen. The physique and body composition includes the size shape and form which play a significant role in this regard. The performance of sportsman in any game or event also depends on speed, strength, endurance ability, flexibility and co-ordination. Along with these physical variables, physiological and psychological components also play an important role in the execution of the performance.

Psychology

Kamlesh says “psychology is the science of the activities of an individual in relation to their environment.” The activity of the soul or the mind in other words.

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The internal behavior is manifested through the physical or the outer, for thinking and 'doing' are points or the same stretch are inseparable for the struggle of survival." Sport psychology, an applied subdivision of general psychology, is unique because of the athletic settings in which efforts are concentrated and because of the type of stresses placed on competitors and coaches in this environment. These stresses include the marked visibility of efforts, operation's and results.

Anxiety

The complexity of competition in the modern life has heightened the anxiety in these days. In light of this the twentieth century is termed as the 'Age of Anxiety'. In modern competitive sports also the anxiety in Sportsmen has affected their performance. As the physical load during training of sports men for international competition is being increased day by day, the psychic stress during competition is also intensified. The players and athletes like other human beings apparently are anxiety-prone while participating in competitive sports.

Statement of the Problem

"A Comparative Study of Pre-Competitive Anxiety Level among Selected Team Games and Individual Sports."

Source of Data

The collection of data regarding the comparison of anxiety levels among the player's of team and individual sports was conducted on the inter collegiate players of Kashmir University North Zone. The subjects were selected by the researcher from five individual sports *viz* (fencing, Gymnastic, Table Tennis, Badminton and Boxing and five team games *viz* (Cricket, Kabaddi, Kho-Kho Korf ball and Handball). All of these selected players will act as the source of data.

Selection of Subjects

The subjects were selected randomly for the present study in the following manner.

1. 50 male subjects from Cricket, Kabaddi, Kho-kho, Handball and Ball Badminton in which 10 subjects from each game.
2. 50 male subjects from fencing, Gymnastic, Table Tennis,

badminton and Boxing in which 10 subject from each sport.

Selection of Variables

For the present study only the pre-competitive anxiety level of the subjects were investigated and compared.

Selection of Test

To collect data pertaining to the study, sport competitive anxiety test (SCAT) questionnaire were applied.

Design of the study

Simple random sampling method was adopted.

Administration of Test

To collect data on the selected subjects. The (SCAT) questionnaire was administered on selected subjects before one hour of competition. Before distribution of the question. The purpose of the study was explained to the subjects so that the subjects were honest in their answers.

Collection of Data

The data was collected through the standardized SCAT questionnaire for the pre-competitive state anxiety level.

The SCAT questionnaire was given to all samples. Fifteen items were adopted from SCAT questionnaire for this investigation. The completed questionnaire was scored as follows.

The items 2, 3, 5, 8, 9, 12, 14 and 15 were scored as:

Rarely -1 point

Sometimes - 2 point

Often -3 point

The items 6 and 11 were scored as -

Rarely - 3 point

Sometimes-2 point

Often - point

Items, 1, 4, 7, 10 and 13 will be not scored.

The answers and replies to the questionnaires that was recorded in a systematic way for further tabulation. The answer sheet was collected and recorded with the help of keys. Thus the raw score were recorded in each answer sheet. The statistical result of the anxiety level between team game and individual sports was illustrated in the following tables

Table 1: Showing Summary of One way Analysis of Variance of Anxiety Mean Scores of Team Games

Source of Variance	DF	Sum of Squares	Mean Variance	F
Between Groups	4	113.32	28.33	6.66
Within Groups	45	191.40	4.25	
Total	49	304.72		

Table 2: Showing the paired mean difference of Team Games

Group	Mean	Group	Mean	Dif.	Cri. Dif.	Rem
Kho-Kho	19.2000	Kabaddi	17.1000	2.1000	3.0198	%
Kho-Kho	19.2000	Ball badminton	19.4000	0.2000	3.0198	%
Kho-Kho	19.2000	Cricket	15.7000	3.5000	3.0198	*
Kho-Kho	19.2000	Handball	19.4000	0.2000	3.0198	%
Kabaddi	17.1000	Ball badminton	19.4000	2.3000	3.0198	%
Kabaddi	17.1000	Cricket	15.7000	1.4000	3.0198	%
Kabaddi	17.1000	Handball	19.4000	2.3000	3.0198	%
Ball badminton	19.4000	Cricket	15.7000	3.7000	3.0198	*
Ball badminton	19.4000	Handball	19.4000	0.0000	3.0198	%
Cricket	15.7000	Handball	19.4000	3.7000	3.0198	*

Table 3: Showing summary of one way analysis of variance of anxiety scores of individual sports

Source of Variance	df	Sum of Squares	Mean Variance	F
Between Groups	4	56.32	14.08	2.82
Within Groups	45	224.40	4.99	
Total	49	280.72		

Table 4: Showing the Paired Mean Difference of Individual Sports

Group	Mean	Group	Mean	Dif.	Cri. Dif.	Rem
Table Tennis	17.7	Badminton	18.1	0.4	3.27	%
Table Tennis	17.7	Fencing	19.7	2	3.27	%
Table Tennis	17.7	Boxing	19.9	2.2	3.27	%
Table Tennis	17.7	Gymnastic	20.4	2.7	3.27	%
Badminton	18.1	Fencing	19.7	1.6	3.27	%
Badminton	18.1	Boxing	19.9	1.8	3.27	%
Badminton	18.1	Gymnastic	20.4	2.3	3.27	%
Fencing	19.7	Boxing	19.9	0.2	3.27	%
Fencing	19.7	Gymnastic	20.4	0.7	3.27	%
Boxing	19.9	Gymnastic	20.4	0.5	3.27	%

Table 5: Showing Summary of ‘t’ Test of Anxiety Mean Scores of Team Game and Individual Sports

	Team	Individual
Mean	18.16	19.16
S.D.	2.49	2.39
S.E.		0.48
Mean Difference		-1.00
Obtained ‘t’		-2.04
Degree of Freedom		98
level of significance		0.05
Tabulated ‘t’		1.6
Res		significance

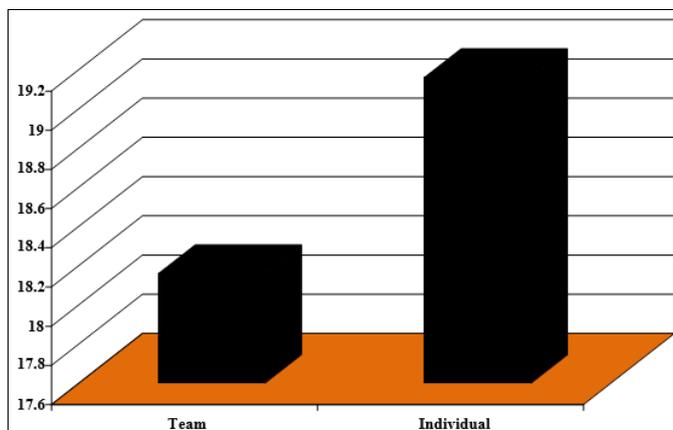


Fig 1: Showing the Mean Score of Anxiety of Team Game and Individual Sports

Conclusion

On the basis of the findings of this study the following conclusion were drawn

1. The result of the study indicated that there was a significant difference in the anxiety level among players of team games and individual sports.
2. By using the L.S.D. post Hoc test, it was also revealed that the anxiety level of Gymnastic and Boxing was much higher as compared to the remaining eight sports.

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