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Relationship among somatic anxiety, cognitive anxiety and self-confidence with the performance of middle-distance runners

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Abstract

The purpose of this study was to examine the Relationship among Somatic Anxiety, Cognitive Anxiety and Self-Confidence with the performance of Distance Runners. The Competitive State Anxiety Inventory-2 (CSAI-2) by Rainer Marten were utilized based on their ability to assess a number of different psychological state thought which is crucial for proper mental preparation prior to athletic competition as well as for their psychometric properties. These inventories were employed to determine pre-competition levels of Somatic Anxiety, Cognitive Anxiety and Self-Confidence of Middle-Distance Runners. Thirty females middle distance runners were randomly selected from Inter College State Sports and Games Championship (2019-2020) which was held at NSNIS, Salt lake, Kolkata. The age of subjects ranged between 18-25 years. Pearson's product moment correlation was employed to examine the relationship. The level of confidence was set at 0.05 level. The findings revealed that somatic anxiety have significant impact on performance of middle-distance runners because somatic anxiety is a conditional response in performance arena. Therefore, it shows that once performance begins and it has significant effect on the performance of cognitive anxiety and self-confidence also shows significant relationship with performance.

Keywords: Somatic anxiety, cognitive anxiety and self-confidence

Introduction

Stress is the process that involves the perception of a substantial imbalance between environmental demand and response capabilities under condition in which a failure to meet demand is perceived as having important consequences and is responded to with increased levels of cognitive and somatic state anxiety (Marlens, Veabey and Buston, 1990). When in stressful and anxiety-provoking circumstances, some athletes have been observed to experience deficits in performance, even to the point of "Choking". The multidimensional theory suggested that anxiety consisted of both cognitive and somatic subcomponent based on the theory, cognitive anxiety is "The mental component of anxiety and is caused by negative expectation about success or by negative self-evaluation, the other hand somatic anxiety refers to the physiological and affective element of the anxiety experience that develop directly from autonomic arousal". Marlens *et al.* (1990) have suggested that somatic anxiety should affect performance with lower and higher levels of somatic anxiety being increased to performance. The third subcomponent is the individual differences factor of self-confidence.

Objectives of the study

1. To examine the relationship between somatic anxiety in middle distance runners.
2. To examine the relationship between cognitive anxiety in middle distance runner.
3. To examine the relationship between self confidence in middle distance runners.

Methodology

Selection of Subjects

Thirty Female subjects were randomly selected from 800 meters and 1500 meters participants from Inter College State Sports and Games Championship (2019-2020) which was held at NSNIS, Salt lake, Kolkata. The age of subjects ranged between 18 to 25 years. The data were

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collected by the permission of the coaches. The Competitive State Anxiety Inventory-2 (CSAI-2) by Rainer Marten was selected for the study because it is a sports specific anxiety test.

Administration of Questionnaire

The test was administrated to the subjects before thirty minutes of the competition. The subjects were assembled in a group, clear instruction were specifically given that all the items in the questionnaire must be attempted. The 800 meters and 1500 meters performance were considered as the score of middle distance runners performance.

Statistical Procedure

Pearson's Product Moment Correlation was employed to determine the relationship between competitive anxiety and middle distance runners performance and also with sub variables somatic anxiety, cognitive anxiety and self-confidence with the middle distance runners performance.

The level of confidence was set at 0.05.

Results

In order to find out the relationship competitive anxiety and middle distance runners performance and also with sub variables somatic anxiety, cognitive anxiety and self-confidence with the middle distance runners performance, the collected data was analysed by using coefficient of correlation. The results of the statistical technique used on data were presented in given table 1.

Table 1: Relationship of competitive anxiety along with variables with the performance of middle distance runners

S. No.	Name of Variables	Coefficient of Correlation (r)
1.	Somatic Anxiety	0.567*
2.	Cognitive Anxiety	0.448*
3.	Self-confidence	0.405*

* Significant at 0.05 level $r_{0.05} (28) = 0.361$

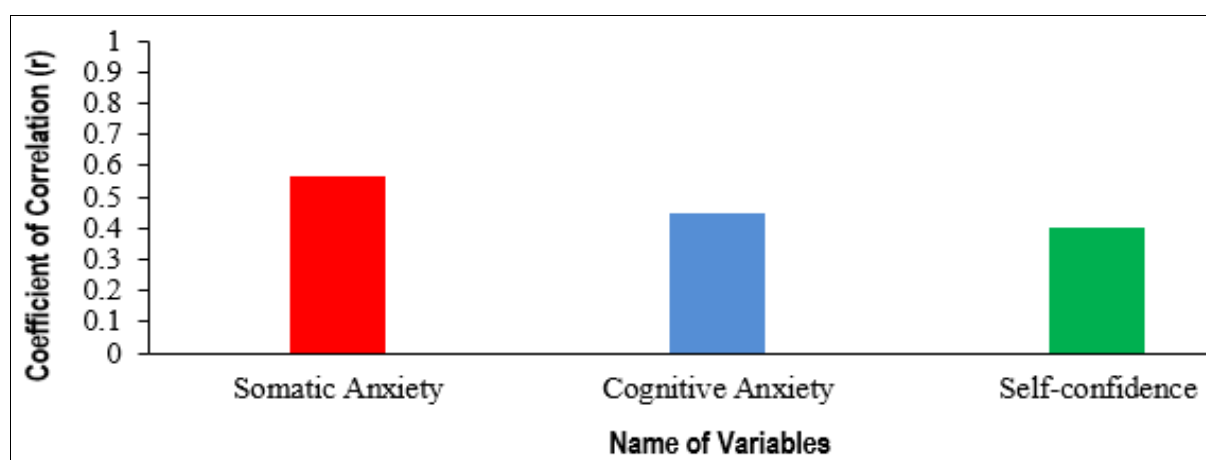


Fig 1: Graphical representation of relationship among somatic anxiety, cognitive anxiety and self-confidence with performance of middle distance runners

Discussion of Findings

The findings revealed that somatic anxiety have significant impact on performance of middle distance runners because somatic anxiety is a conditional response to performance arena. Therefore, it shows that once performance begins it has significant effect on the performance of cognitive anxiety and self-confidence also shows significant relationship with performance.

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