



ISSN: 2456-0057

IJPNPE 2022; 7(1): 92-94

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Received: 19-11-2021

Accepted: 21-12-2021

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## A study of sport competitive anxiety among cricketers and shuttlers participated in school nationals championship

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### Abstract

A study was conducted to assess the influence of competitive anxiety on sports participation at national level among cricketers and badminton players. To reveal the study, Sports Competitive Anxiety Test (SCAT) Questionnaire' developed by Martens, Vealey, R. S. and Burton, D (1990) to measure the level of anxiety in the players who participate in the School National competitions. The test was administered on randomly selected samples, total of 60 players were selected for the study, 30 cricketers and 30 shuttlers with an age range of 13-19 years who participated in School National Championships, the data collected was analyzed by applying t- test and mean score of cricketers and shuttlers. From the above study it has been found that the mean value of cricketers and shuttlers are 17.13 and 17.90 respectively at 0.5 level significant, hence the results showed that some cricketers are having a slight low sports competitive anxiety than the shuttlers, but overall there was no such big difference observed in the study.

**Keywords:** competitive sport, cricketers, shuttlers, anxiety & national championship

### 1. Introduction

The new generation is full of excitement and enthusiasm in the field of sports, players are giving their high performances in the field by various means and methods. Physical efficiency is not the last word, the mostly impacted area is psychological. In every players mind the utmost expectation is to perform the best for survival in the top level. The game of cricket and badminton has evolved in India as one of the successful sport/game now a days. Many young children's are trying to learn these two games very eagerly. Some are getting desired success and some are unable to carry on with the failures or plateau periods. During the unsuccessful journey the most important thing appears in players is anxiety. Players are highly disturbed and faces huge problems in carrying on with their practices and competitions, then the psychological preparations are needed to inspire or motivate the player to move on. Thus the condition of anxiety sometimes proves fatal for players to quit the journey. In the game of cricket and badminton players were skilled in locomotor movements and mentally strong to execute any tactics planned for the game situation. In both the game players have to perform against opponents so that they have to be very much alert and sound in skill executions. Cricketers and shuttlers possess quick thinking abilities and decision making abilities in any situation. In all forms of situation in a game players need to be in a cool and calm state so that they can easily tackle the unfavorable moments occurred during the game. Anxiety in a players can damage the whole effort and practices done for the event, if the anxiety is assessed and taken care of then it can be a boon for the players. Due to anxiety a player can go through stress depression, lack of concentration, confidence and motivation.

### 2. Material and Methodology

#### 2.1 Subjects for the study

For the purpose of the study a total of 30 male cricketers and 30 shuttlers with the age between 13 to 19 years were selected as subjects. The subjects were taken from various coaching camps in Durgapur, Paschim Bardhaman, West Bengal. Data was collected from all talented players of Durgapur Aryan Club Cricket Academy, Santose Cricket Club and Durgapur Badminton Academy who represented School National level tournaments or championships.

The instrument used in obtaining data of each player's anxiety level was the questionnaire of Sport Competition Anxiety Test (SCAT) developed by Rainer Martens *et al.* (1990). The SCAT consists of 15 questions. The questions were in the form of statements that the subjects used to describe themselves.

## 2.2 Collection of Data

All participants were asked to take 5 minutes for reading the questionnaire and decide if he "Rarely", "Sometimes" or "Often" feels when they play in their specific games or competitions, and then tick in the appropriate box to indicate their response.

## 2.3 Scoring details

The score for the response to each question according to the situation carries point as 1, 2 and 3. The sum of score of each

question is the SCAT score, higher score represents higher levels of competitive trait anxiety.

Norms of SCAT Score

Range of scores	Grades or remarks
Less than 17	Low level of Anxiety.
17 to 24	Average level of Anxiety
More than 24	High level of Anxiety.

In order to find out the significant difference, if any, between the two group of players means independent 't'-test was applied. The level of significance was set at 0.05.

## 3. Findings and Results

The mean score of anxiety level and p-value of the cricketers and shuttlers under study are given in the Table- 1.

Table 1: Results of the Analysis

Groups	Mean± S.D	Critical Value	Calculated Value	Test statistics
Cricketers	17.13 (± 2.14)	2.045229642	0.142797646	-1.506334306
Shuttlers	17.90 (± 2.02)			

In Table I, the comparison of mean of the two groups indicated that the mean anxiety level of the cricketers (=17.13) was lower than that of the shuttlers (=17.90). It was expected observation that the competitive anxiety level was slightly alike in cricketers than shuttlers. As the SCAT score indicates that the Anxiety level may be considered 'average' in case of obtained scores ranging between 17 to 24. It appears that both the groups, i.e. cricketers and shuttlers were average in sports competition anxiety level.

Table -I also elaborates the p-value comparing the anxiety level of the cricketers and shuttlers shows that no significant difference between the groups, as the test statistics value is less than the critical value ( $0.142797646 < 2.045229642$ ). The reason for average anxiety level of both the players' of each group under study might be due to moderate exposure of the tactics in the competitive sport. Further, in both the groups' insignificant difference can be observed in anxiety level might be due to homogeneity in experience level and personality characteristics, or due to higher skill level. In senior level with higher skill adaptation ability have been found to report low levels of anxiety (Sade, Bar-Eli, Bresler and Tenenbaum, 1990). In this regard many further studies can be conducted on the higher level of Skill execution of the cricketers and shuttlers and their sports anxiety level. From some previous studies have shown that although in senior and sub junior levels of athletes both experience the same intensity of anxiety, senior athletes are better able to cope up to the response (Jones, Hanton & Swain, 1994). Hanton & Connaughton (2002) found that although elite performers initially view cognitive state anxiety as debilitating, they use cognitive strategies to overcome negative thoughts and change them to positive ones.

## 4. Conclusion

Within the limitations of the study it may be concluded that there was no significant difference in the anxiety levels of cricketers and shuttlers in the school national competitions both the groups were found average in levels of sports competition anxiety. The complications in the game changes the anxiety conditions of the players at different levels in

relation with the opponents or team. The average anxiety level in both groups of players provides some kind of advantage in achieving the peak performance level in their career.

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