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A comparative study of sports competition anxiety on successful and unsuccessful males sports person

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Abstract

The purpose of this study was to compare the Sports Competition Anxiety of successful sports and unsuccessful sports male at college level. The present study was conducted on the 60 successful sports and 60 unsuccessful sports male of college level of Punjab. Their age was ranged 18 to 25 year. The collection of data to measure the Sports Competition Anxiety Marten's (1977) Inventory was used. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at $p < .001$ level of significant. The result of the study concluded that there was statistically significant difference in successful male and unsuccessful sports male. It is clear that the mean successful male between of unsuccessful sports male is significantly higher than the mean Sports Competition Anxiety of the unsuccessful sports male.

Keywords: Sports, competition, questionnaire, unsuccessful, successful etc

Introduction

In today's world of neck competition, a sportsperson cannot afford to take chance in any area as any minute lapse in his preparation may deprive him of fame, fortune and glory. Thus, sportsmen strive to embrace all possible means which promise to improve their performance and leave no stone unturned in getting the extra edge over their counterparts. In completion sports, psychological preparation of sportsperson is as important.

Anxiety as an emotion that is difficult to define and even more difficult to reliably detect in performance but the importance of anxiety as a powerful influence in contemporary life is increasingly recognized and manifestations of current concern with anxiety phenomena are ubiquitously reflected in literature, the arts, science and the facets of our culture. The most serious level of anxiety is panic. One would never want panic to be a part of the athletic environment. It is a condition in which the anxiety has become so great the person loses complete control of himself and the situation. Fear is a still higher level if anxiety and can have a serious effect on sports performance. Fear is an intense anxiety experienced in response to a specific threat.

Competitive anxiety is a multidimensional state that arises as a result of the cognitive evaluation of a competitive situation. There is a tendency to perceive competitive situations as threatening and to respond to them with feelings of apprehension and tension. Situational factors (such as type of sport or the complexity of the task) and personal factors (such as expectations, achievement of goals, skill level, experience, and age) are crucial in the process of evaluation.

Anxiety symptoms can occur before, during or after the event, which can be cognitive (confusion, negative thoughts, irritability, fear, feelings of weakness, poor concentration), somatic (increase in blood pressure and heart rate, sweating, muscle tension, nausea, vomit) and behavior (repetitive movement, aggressive outbursts, inhibited posture, biting nails).

Procedure and Methodology

In the present study a sample of 60 successful sports and 60 unsuccessful sports male (Total=120 men) of Punjab. The collection of data to measure Sports Competition Anxiety Marten's (1977) [3] Inventory was used. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at 0.01 level of significant.

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Results

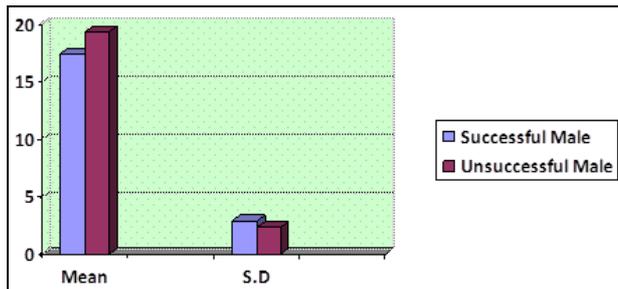
To find out the significant differences Sports Competition Anxiety between successful sports and un-successful sports male. The analysis of data, collected by administering the questionnaire to the entire subject's t- test was employed at 0.05 level of significant. The statistical analysis of data pertaining to Sports Competition Anxiety is given below. Finding of the study show that all there was significant the sports and non- sports men of Punjab. It is clearly indicates

that Sports Competition Anxiety of sports is significantly high than the mean Sports Competition Anxiety of the non-sports men of Punjab. This may be attributed due to the reality that the players of Sports Competition Anxiety for various competition and develop team composition in them and it also help them to distribute the pressure of the completion. It is necessary to train players of team sports to Sports Competition Anxiety. These outcomes may realize to develop the various training plans.

Table 1: Mean, SD and t-values with regard to successful male and unsuccessful male on the variable sports competition anxiety

Variable	Groups	Mean	S.D	Difference between Mean (DM)	't' ratio
Sports competition Anxiety	Successful Male	17.40	2.884	1.93	2.845*
	Unsuccessful Male	19.33	2.354		

** $p < 0.01$



t, 0.01(118)

Table present there was significant difference in successful sports and un-successful sports male of Punjab. It become clear that on the variable Sports Competition Anxiety, the first group i.e. successful group had the mean and SD values of 17.40 and 2.884, respectively whereas the second i.e. unsuccessful male group male group had 19.33 and 2.354 as mean scores and SD value respectively. The calculated t-values was 2.845 which was found to be significant ($p < 0.01$)

Discussion and Conclusions

The results of the study are concluded as follows:

This study was an effort in similar way to find out and compare the variety among the tow different field's men in terms of Sports Competition Anxiety. In the researcher had selected successful sports and un-successful sports male. In the light of the results of analysis researcher found that there were significant difference was observed between the successful sports and un-successful sports male in terms of surrounding especially where you work having more influence. This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion.

Researcher feel this I above factor might be reason to bring the significant difference between the successful sports and un-successful sports male who are not involved in any sports activities.

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