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## Comparison of competitive state anxiety among senior boys and senior girls Archery players in India

**Nisha Tomor and Mohammad Muzamil Shah**

### Abstract

The present study analysed the Competitive state anxiety among senior boys and senior girls Archery players of India who have been constantly playing from the last 5 to 15 years. N=30 competitors (15 Senior boys Archery players and 15 senior girls Archery players of India) were chosen as subjects of the study. The age of the subject were 19 to 30 years with the mean age (M= 25.76). For the appraisal of focused state anxiety "Competitive State Anxiety Inventory-2" (CSAI-2) was utilized as standard measure and t-test was used as factual apparatus for investigating information.

Result shown that that the level of focused state anxiety among the senior boys and non-senior boys Archery players in India was not noteworthy ( $P \geq 0.05$ ). There was no huge contrast between the level of somatic anxiety, cognitive anxiety and self-confidence among senior boys and non-senior boys Archery Players in India ( $P \geq 0.05$ ). On the complexity there was a noteworthy contrast between the level of somatic anxiety and preparing background of senior boys and non-senior boys archery players in India ( $p < 0.05$ ).

**Keywords:** Competitive State Anxiety, senior boys and senior Girls Archer

### Introduction

Anxiety is a particularly focused on work in an extent of mental investigation locales, including diversions, and has during the time experienced huge refinements concerning conceptualisation and inventories used. For a total perception of the present gathering of learning of tension in amusements, a fitting starting stage for this article is to rapidly graph the related certain headways within standard cerebrum explore. Athletic execution in the field is shown as the outcome of complex correspondence among physical, social, particular and mental variable. Especially, the mental variable is a champion among the most crucial parts for the Archers to manage their beguilement one of the expert forceful recreations at the Olympic Games is Archery. The method for Archery rivalries is that one of the two players or sets who fight in each match needs to win. There is no likelihood of a draw or tied outcome. Along these lines, after a match, there will constantly be a victor and a disappointment. This strategy is repeated until there is an opposition victor or champion. Arrow based weaponry player, or Archer, won't be perceived as a best player unless Archer has exhibited that he or she can battle successfully and get the opportunity to be developed on the planet's best positions, which is known as the International Archery Federation (IAF) situating system. To accomplish a higher rank on the planet, Archers chiefly needs however many concentrations as could sensibly be normal from approve rivalries. To get high concentrations, an Archer must win a couple of rivalries, especially from the IAF genuine fantastic prix plan. Plus, Archery rivalries generally use a pound out structure in which the washout in each round is abstained from the resistance. Winning, in this manner, transforms into a conclusive goal in each match. A natural piece of cantered diversions is the necessity for players to meet the solicitations of competition and to perform well under weight. Starting late, because of the movement of Archery's specific level and new rules showed up, the restriction ends up being continuously genuine. Especially in recurve round and compound cycle "70 meters Shooting for recurve, and 50 meter shooting for Compound" being finished, and the contender's mental state is the key variable to win, however the nervousness of rivals in competition accept an imperative part in their mental state.

In the diversions and sports, mental and physiological segments accept a crucial part in choosing the execution level. Numerous contenders who perform well in the midst of getting ready or practice can encounter the evil impacts of execution uneasiness on preoccupation day. If notions of worry, nervousness or fear interfere with ones amusements execution, making sense of how to use two or three hints from recreations mind research may enable one to get his/her uneasiness under control and reduce redirection day nerves. In Archery various players are awesome in the physical edge yet not adequately exceptional reasonably. Bows and bolts player can have all the wellbeing, power, agility and capacities however without the region of mental toughness, he or she can be affected objectively at whatever time, wherever. Competitors report various levels of uneasiness earlier and in the midst of contentions. First class or contenders with higher bent level have been found to report low levels of tension. The delayed consequences of revelations of Pigozzi (2008) insisted that a contender's capacity level is a basic figure controlling his/her engaged weights and he assumes that world class contenders for what reason should competent control their forceful nervousness through mental aptitudes, (for instance, inventive capacity, feeling control), have awesome motivation and confidence, yet amateur contenders with high uneasiness encounter feeble execution in competitions. Past examinations in Archery by and large have separated the aptitudes require in the beguilement. Diverse investigations have reviewed mental factors. Although several examinations have focused on the field explore for the execution change of first class and non-non world class players, significantly more information is as yet required. According to Martens *et al.* (1990) for contenders who perform only "the danger of appraisal is increased; that is the dispersal of commitment in regards to execution goofs is limited". Toward the day's end, only performing contenders understand that exclusive they are responsible for their mistake or triumphs. In case they have to succeed, they should cut down their level of subjective nervousness and raise their Self-certainty. Along these lines, analyze in diversion has focused just on the classes of tip top or productive contenders, however ignored exchange characterizations of less compelling contenders (Krane, 1995). Along these lines, the present examination endeavours to focus the level of aggressive state anxiety between the Senior boys and senior girls Archery players in India.

### Material and methods

The example comprised of 30 archery competitors in two categories. The principal gathering comprised of 15 senior boys Archers who took an interest in rivalries of senior National of India in 2012 year. The second gathering comprised of 15 senior girls archers. The mean of training

experience for senior boys (first group) were 8.6 years and for and girls archers group (second group) 6.05 years. All members in the study were frequently competing at the national and regional level. The age of the subjects extended from 19 to 30 years. The fundamental moral standards for leading examination studies were watched. The subjects were guaranteed secrecy in regards to the information gathered and their own personality.

### Procedures

At to begin with, scientist went to the diverse gatherings that had been picked and cleared up the method for the investigation and in the second stage revealed the examination to the contenders and scattered materials containing a letter portraying the examination and taught consent outlines. At the third stage Competitive Sports Anxiety Inventory-2 (CSAI-2) for both Senior girls and boys archery players were managed to subjects within 30 minutes going before the start of the resistance and the method for consider was portrayed at the most noteworthy purpose of the review to the subjects. Each overview took pretty much 5 minutes to wrap up.

### Measures

#### 1. Competitive State Anxiety Inventory-2 (CSAI-2)

This estimation instrument is frequently utilized as a part of examination studies keeping in mind the end goal to evaluate the members' intellectual and substantial sorts of tensions, and additionally their fearlessness (Martens, Vealey and Burton, 1990). The test shows to pick the answer that compares with how they feel as of right now, at this time.

*Cognitive anxiety* items are numbers 1, 4, 7, 10, 13, 16, 19, 22, and 25.

*Somatic anxiety* items are numbers 2, 5, 8, 11, 14 (reverse), 23, and 26

*Self-confidence* items are numbers 3, 6, 9, 12, 15, 18, 21, 24, and 27

As indicated by Martens *et al.* (1990) the scoring of the CSAI-2 is accomplished in the accompanying way. A man rates how they are feeling at this time by hovering one of the introduced answers. The four-introduced answers incorporate not in any way (1), to some degree (2), tolerably so (3) and all that much so (4). The last scores for each subscale will go from 9 to 36, with 9 demonstrating low anxiety/certainty and 36 showing high anxiety/certainty.

### Data Analysis

To analyse the Competitive sports anxiety inventory-2 of senior boys and girls archer's t-test was used to compare the mean difference.

### Result

**Table 1:** Mean values and comparison of Competitive State Anxiety subscales between senior boys and girls Archery players in India

	Groups	N	Mean	Std. Deviation	Std. Error Mean	T	Df	Sig. (2-tailed)
Cognitive Anxiety	Senior boys archers	15	16.00	3.36	.87	-3.17	28	.004
	Senior girls archers	15	21.20	5.40	1.39			
Somatic-Anxiety	Senior boys archers	15	15.47	2.97	.76	-2.40	28	.024
	Senior girls archers	15	19.07	5.01	1.29			
Self-confidence	Senior boys archers	15	30.33	3.94	1.01	3.85	28	.001
	Senior girls archers	15	22.80	6.47	1.67			

The results indicate that there was a no significance difference in cognitive anxiety between senior boys and senior girls archers,  $t(28) = -3.17$ ,  $P = 0.004$ . That is the average score of

senior boys archers ( $M=16.00$   $SD=3.36$ ) was statistically different from that of senior girls archers ( $M=21.30$ ,  $SD=3.36$ ). It is evident from table that in somatic anxiety, a t

value of  $-3.17$  was obtained and the probability in the significance was  $P=0.004$ , which is lower than  $0.05$ . Thus, it could be concluded that there was a significant difference in cognitive anxiety between senior boys and senior girls archers.

The results indicate that there was a significant difference in somatic anxiety between senior boys and girls archers,  $t(28) = -2.40$ ,  $P = 0.024$ . That is the average score of senior boys archers ( $M=15.47$ ,  $SD=2.97$ ) was statistically different from that of senior girls archers ( $M=19.07$ ,  $SD=5.01$ ). It is evident from table that in somatic anxiety, a  $t$  value of  $-2.40$  was obtained and the probability in the significance was  $P=0.024$ , which is less than  $0.05$ . Thus, it could be concluded that there was a significant difference in senior boys and senior girls archers.

The results indicate that there was a significant difference in self-confidence between senior boys and senior girls archers,  $t(28) = 3.85$ ,  $P = 0.001$ . That is the average score of senior boys archers ( $M=30.33$ ,  $SD=3.94$ ) was statistically different from that of senior girls archers ( $M=22.80$ ,  $SD=6.47$ ). It is evident from table that in stress, a  $t$  value of  $3.85$  was obtained and the probability in the significance was  $P=0.001$ , which is less than  $0.05$ . Thus, it could be concluded that there was a significant difference between senior boys and senior girls archers.

The restricted  $t$ -test exhibited in figure-1 demonstrates that level of focused competitive state anxiety among the senior boys and girls Archery players in India.

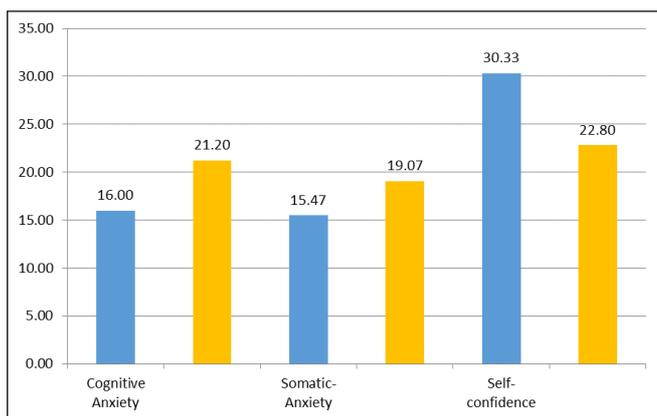


Fig 1

Fig. 1 The graphical representation of mean scores on cognitive anxiety, somatic anxiety and self-confidence of senior boys and senior girls archers. It is evident from the graph that the mean value of cognitive anxiety and somatic anxiety in senior girls archers is higher than the senior boys archers and mean value of self-confidence is higher in senior boys archers while it is lower in senior girls archers.

## Conclusion

By and large as per the consequences of present study just somatic anxiety level of competitive state anxiety among senior boys and senior girls Archery players was huge. In other word senior boys Archery players had lower level of somatic anxiety contrasted with senior girls Archery players however there was no critical distinction between the levels of cognitive anxiety and self-confidence among senior boys and senior girls Archery players and the methods scores of these two subscales give or take were moderate. In this manner boys might likewise experience the ill effects of anxiety the same amount of as the girls. The greatest distinction between

the two is the possibility that procedures are diverse. Senior boys competitors have a more positive translation of their sentiments of aggressive state anxiety and future exhibitions on the grounds that they take a gander at the future with higher positive desires than those of senior girls competitors. Senior girls competitors once in a while concentrate on the future occasions in a negative way in light of the fact that they expect the most exceedingly bad a ton of the times. It is recommended that mentors and athletic powers of taking interest groups in National level get ready thorough wanting to create mental aptitudes and suitable methods for adapting aggressive anxiety furthermore help them to dispense with negative musings and concentrate on the positive results and not on the shots of disappointment by the assistance of game clinicians.

Generally according to the results of present study only somatic anxiety level of competitive state anxiety among senior boys and senior girls Archery players was significant. In other word senior boys Archery players had lower level of somatic anxiety compared to senior girls Archery players but there was a significant difference between the levels of cognitive anxiety and self-confidence among senior boys and non-senior boys Archery players and the means scores of these two subscales approximately were moderate. Therefore senior boys athletes may also suffer from anxiety just as much as the senior girls archers. The biggest difference between the two is the thought that processes are different. Senior boys archers have a more positive interpretation of their feelings of competitive state anxiety and future performances because they look at the future with higher positive expectations than the senior girls archers. The senior girls archers sometimes focus on the future events in a negative manner because they expect the worst a lot of the times. It is suggested that coaches and athletic authorities of participating teams in National level prepare comprehensive planning to develop psychological skills and suitable strategies for coping competitive anxiety and also help them to eliminate negative thoughts and focus on the positive outcomes and not on the chances of failure by the help of sport psychologists.

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