



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2015; 2(2): 69-71
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www.kheljournal.com
Received: 17-09-2015
Accepted: 19-10-2015

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A study on anxiety level of Manipuri male footballers with respect to their playing position

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Abstract

The current study attempts to explore the sports competitive anxiety among Manipuri male footballers with respect to their playing position, and to find out if there exists any significant difference among Manipuri male footballers with respect to their playing position. SCAT (Martens, *et al.*, 1990) has been administered to 30 male football players participating in the Manipur State League Football Tournament, 2014 organized by All Manipur Football Association under the aegis of Asian Football Confederation (AFC). The Sports Competitive Anxiety Scores of the Manipuri male footballers was found to be average ($n=30$, $\text{mean}=17.26$, $\sigma=3.19$ and $\text{SEM}=0.58$). Difference on Sports Competitive Anxiety Scores between defender ($n=10$, $\text{mean}=17.5$, $\sigma=3.50$) and forward ($n=10$, $\text{mean}=17.4$, $\sigma=3.74$) footballers was found to be statistically not significant at $p \leq 0.05$ ($t\text{-value}=0.952$) at $df=18$. Also, difference on Sports Competitive Anxiety Scores between midfielder ($n=10$, $\text{mean}=16.9$, $\sigma=2.51$) and forward ($n=10$, $\text{mean}=17.4$, $\sigma=3.74$) footballers was found to be statistically not significant at $p \leq 0.05$ ($t\text{-value}=0.730$) at $df=18$. Further, difference on Sports Competitive Anxiety Scores between midfielder ($n=10$, $\text{mean}=16.9$, $\sigma=2.51$) and defender ($n=10$, $\text{mean}=17.5$, $\sigma=3.50$) footballers was found to be statistically not significant at $p \leq 0.05$ ($t\text{-value}=0.665$) at $df=18$. And also difference on Sports Competitive Anxiety Scores among defender ($n=10$, $\text{mean}=17.5$, $\sigma=3.50$), midfielder ($n=10$, $\text{mean}=16.9$, $\sigma=2.51$) and forward ($n=10$, $\text{mean}=17.4$, $\sigma=3.74$) footballers was found to be statistically not significant at $p \leq 0.05$ ($f\text{-value}=0.095$) at $df=27$. The results of the study revealed that anxiety level of Manipuri male footballers is average and there exist no significant difference on anxiety level among the footballers with respect to their playing position. The current study was limited in sample size and tools adopted for the study. Further research incorporating more sample size may give better insight on the problem.

Keywords: Anxiety, Defender, Midfielder, Forward, Playing Position, Footballers

1. Introduction

One of the most important issues which has attracted the attention of sports scientist and psychologist are to identify the factors affecting sports performance, and it has been recognized that psychological factors, in particular anxiety play an important role in competition. Researchers have found that high level of anxiety can have deteriorating effects on athlete's performance (Parnabas, 2010) ^[1]. Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension are associated with activation or arousal of the body (Weinberg, 1999) ^[2]. Anxiety is multidimensional in two different ways. Like all other emotions, anxiety has both a trait component and a state component. The trait component is like a personality disposition, whereas the state component is a situation specific response, characterized by apprehension, fear tension and an increase in physiological arousal (Cox, 2002) ^[3].

Alizadeh *et al.*, (1999) ^[4] by attention to the interaction of body and psyche on together stated that sport and body exercises have effective for mental health.

In sport fields, anxiety is the important part of subjects in the sport psychology. In the physical training, there is seen relationship between essence and psyche in the sport psychology, that it is included in two areas. These areas include making better sport function and mental health. The former is related to the psychological factors such as anxiety, concentration, mental preparedness and personality these components have direct relationship with sport functions, For example, sport function or to execute skilfully can to excite anxiety and anxiety can to interact on person's functions (Jalili, 1984 ^[5]; Dheera *et al.*, 2005) ^[6].

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It has been recognized for many years that psychological factors, in particular anxiety play an important role in competition (Lizuka, 2005) [7]. Most sports including soccer not only require a high level of physical, but also psychological, skills to handle stressful situations etc (Maddison and Prapavessis, 2007) [8].

The title of the problem consider for investigation is stated as “A Study on Anxiety Level of Manipuri Male Footballers with respect to their Playing Position”

The objectives of the present study was to find out the sports competitive anxiety test scores of Manipuri male footballers and to find out if there exists any difference on the sports competitive anxiety test scores among Manipuri male footballers with respect to their playing position.

The following hypotheses have been framed for the present study:

Hypothesis 1: The Sports Competitive Anxiety Scores of male footballers would be high.

Hypothesis 2: There will be significant difference on Sports Competitive Anxiety Scores between defender and forward footballers.

Hypothesis 3: There will be no significant difference on Sports Competitive Anxiety Scores between midfielder and forward footballers.

Hypothesis 4: There will be significant difference on Sports Competitive Anxiety Scores between midfielder and defender footballers.

Hypothesis 5: There will be significant difference on Sports Competitive Anxiety Scores among defender, midfielder and forward footballers.

2. Materials and Methods

2.1 Population

Footballers who have participated in Manipur State League Football Tournament 2014, (the biggest football league of the professional and semi-professional clubs organised by All Manipur Football Association under the aegis of Asian Football Confederation) were selected for the study. They were classified into three groups according to their playing position as Defender, Midfielder and Forward.

2.2 Sample

A total of 30 male footballers participated in this study. Samples were drawn out of the total population by adopting Stratified Random Sampling Techniques. The age of subject ranged from 19 to 29 years. Demography of the sample is presented as under:

Table 1: Demography of the Sample

Playing Position	No. Of Players
Defender	10
Midfielder	10
Forward	10
Total	30

2.3 Tools

Sports Competitive Anxiety Test (SCAT), (Martens *et al.*, 1990) was adopted to measure the anxiety level of footballers. The test consists of fifteen items on 3-point scale which include 5 spurious items, 8 positive items and 2 negative items. And, as such the maximum possible score on the SCAT was 30. The summated scores on each items on the scale formed the Sports Competitive Anxiety Test scores. Norms for interpretation of the results has been shown below:

Table 2: Norm for interpretation of SCAT Score

SCAT Score	Verbal Interpretation
Less than 17	Low level of Sports Competitive Anxiety
17 to 24	Average level of Sports Competitive Anxiety
More than 24	High level of Sports Competitive Anxiety

2.4 Data Collection

The data were collected from the players during the season of tournament without disturbing their normal practice session as well as match of the tournament and they were given proper instruction prior to the data collection and explain clearly.

2.5 Statistical Tools

Statistical tools such as mean, standard deviation, standard error of mean, and t-test and f-test have been employed in the present study.

3. Results and Discussion

Hypothesis 1: The Sports Competitive Anxiety Scores of male footballers would be high.

Table 3: SCAT Scores of Footballers

N	Mean	Standard Deviation(σ)	Standard Error of Mean
30	17.2	3.19	0.58

The Sports Competitive Anxiety Scores of the male footballers was found to be moderate ($n=30$, $\text{mean}=17.2$, $\sigma=3.19$ and $\text{SE}_M=0.58$). It was anticipated that the Sports Competitive Anxiety Scores would be high.

Thus, the hypothesis that “The Sports Competitive Anxiety Scores of male footballers would be high” fails to be accepted.

Hypothesis 2: There will be significant difference on Sports Competitive Anxiety Scores between Defender and forward footballers.

Table 4: Mean values and comparison of Sports Competitive Anxiety between Defender and Forward footballers

Variables	Position	N	Mean	SD	SEm	df	t-value
Anxiety	Defender	10	17.5	3.50	1.10	18	0.952
	Forward	10	17.4	3.74	1.18		

Difference on Sports Competitive Anxiety Scores between defender ($n=10$, $\text{mean}=17.5$, $\sigma=3.50$) and forward ($n=10$, $\text{mean}=17.4$, $\sigma=3.74$) footballers was found to be statistically not significant at $p \leq 0.05$ ($t\text{-value}=0.952$) at $df=18$.

Thus, the hypothesis “There will be significant difference on Sports Competitive Anxiety Scores between defender and forward footballers” was not accepted.

Hypothesis 3: There will be no significant difference on Sports Competitive Anxiety Scores between midfielder and forward footballers.

Table 5: Mean values and comparison of Sports Competitive Anxiety between Midfielder and Forward footballers.

Variables	Position	N	Mean	SD	SEm	df	t-value
Anxiety	Midfielder	10	16.9	2.51	0.79	18	0.730
	Forward	10	17.4	3.74	1.18		

Difference on Sports Competitive Anxiety Scores between midfielder ($n=10$, $\text{mean}=16.9$, $\sigma=2.51$) and forward ($n=10$, $\text{mean}=17.4$, $\sigma=3.74$) footballers was found to be statistically not significant at $p \leq 0.05$ ($t\text{-value}=0.730$) at $df=18$.

Thus, the hypothesis “There will be no significant difference

on Sports Competitive Anxiety Scores between defender and forward footballers” was accepted.

Hypothesis 4: There will be significant difference on Sports Competitive Anxiety Scores between midfielder and forward footballers.

Table 6: Mean values and comparison of Sports Competitive Anxiety between Midfielder and Defender footballers

Variables	Position	N	Mean	SD	SEm	df	t-value
Anxiety	Midfielder	10	16.9	2.51	0.79	18	0.665
	Defender	10	17.5	3.50	1.10		

Table 7: Mean values and comparison of Sports Competitive Anxiety between Midfielder and Defender footballers

Variables	Position	N	Mean	SD	SEm	df	f-value	Sig.
Anxiety	Defender	10	17.5	3.50	1.10	27	0.095	0.910
	Midfielder	10	16.9	2.51	0.79			
	Forward	10	17.4	3.74	1.18			
	Total	30	17.2	3.19	0.58			

Difference on Sports Competitive Anxiety Scores among defender (n=10, mean=17.5, $\sigma=3.50$), midfielder (n=10, mean=16.9, $\sigma=2.51$) and forward (n=10, mean=17.4, $\sigma=3.74$) footballers was found to be statistically not significant at $p \leq 0.05$ (f-value=0.095) at $df = 27$.

Thus, the hypothesis “There will be significant difference on Sports Competitive Anxiety Scores among defender, midfielder and forward footballers” fails to be accepted

Similar findings were also reported by some studies Raj, Xavier Maria (2012) [9] have also conducted a study on comparison of aggression and anxiety among defensive and offensive male football players of Uttar Pradesh. The study revealed that there is no significant difference between defensive and offensive football players in anxiety

It may therefore be construed that the Sports Competitive Anxiety among male footballers was moderate and their playing position may not be a determining variable for Sports Competitive Anxiety.

4. Conclusion

Results of the current study showed that the Sports Competitive Anxiety of Manipuri male footballers was found to be average, and there exists no significant difference on SCAT Score among Manipuri male footballers with respect to their playing position.

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Thus, the hypothesis “There will be significant difference on Sports Competitive Anxiety Scores between defender and forward footballers” was not accepted.

Hypothesis 5: There will be significant difference on Sports Competitive Anxiety Scores among defender, midfielder and forward footballers.

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