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An analysis of pre-competitive anxiety involving male and female basketball players

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Abstract

Background: The aim of the present study was to evaluate the Pre-competitive anxiety between male and female basketball players prior to competition and to evaluate any possible differences.

Materials & Methods: For this study, 48 basketball players (24 males and 24 females) were consisted who participated in the inter-university tournaments. The age range of the basketball players used in this study was between 18 to 23 years. For the present study, the data were collected according to the Sports Competition Anxiety Test (SCAT) developed by Martens *et al.* (1990). This test consisted of 15 items to be answered by the players. For comparison of the level of Pre-competitive anxiety t- test was used.

Result & Discussion: Results in the present study revealed that difference in pre-competitive anxiety between males and females basketball players was found statistically insignificant. No significant difference in pre-competitive anxiety in basketball may be due to similar level of training were obtained by the male and female players.

Keywords: Pre-Competitive Anxiety, Male, Female, Basketball.

1. Introduction

Competitive sport can make even the world's most successful player feel nervous. There are many factors such as expectations, perfectionism, fear of failure; lack of confidence can induce feelings of anxiety in players [1]. In sport psychology, anxiety means to an unpleasant emotion that can be identify by vague but persistent feelings of apprehension and dread [2]. Anxiety plays an important role and can either increase or decrease performance of any player. Moreover, Precompetitive anxiety is a state of arousal that is uncomfortable or negative and occurs during the 24 hour span prior to competition. For many years, it has been recognized that psychological factors, particularly anxiety, play an important role in competition [1, 3, 4].

Pre-competitive anxiety is the mental component that recognized by negative expectations about success or self-evaluation, negative self-talk, tense about the performance, fear of failure, inability to concentrate and disrupted attention.[5, 6] Basketball is a sport that includes accurate motor skills and psychological factors to a player for a decisive role in a competition. There are many studies has been done on the basis of gender differences concerning anxiety state levels. The studies also show that male players display low level of anxiety than females [7, 8]. Besides this, few studies also show that there was no significant difference of pre-competitive anxiety between men and women [9-11].

The purpose of the present study was to investigate the pre-competitive state anxiety between males and females basketball players prior to competition and to evaluate any possible differences between them.

2. Materials and methods

The sample of the study consisted of 48 basketball players (24 males and 24 females), that was participated in the inter-university tournaments. The sample age ranges was between 18 to 23 years. For the data collection, the Sports Competition Anxiety Test (SCAT) model developed by Martens *et al* [3]. Was used. The test consists of fifteen items which include five spurious items, eight positive items and two negative items to be answered by making a mark of 'X'. The players made a cross mark (X) on any one of the response that fitted according to them. Every statement consisted of three responses, i.e., hardly ever, sometimes and often.

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Before the game, the purpose and procedure of the test were making clear to the players for better understanding. For the purpose, list of students of males and females players that represented inter-university tournaments (Chaudhary Charan Singh University, Meerut and Delhi University, Delhi) was prepared and from these players (24 males and 24 females) were selected. For the statistical analysis of the data, mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the male and female players. To compare the data 't' test was used and for testing significance of the values ($t=0.05$), for males and females players.

3. Results & Discussion

In this study, the data analysis revealed that the mean of scores of males and females basketball players were 20.833 and 22.417 respectively for Chaudhary Charan Singh University and 21.33 and 23 for Delhi University, Delhi respectively. The significant difference ('t' ratio) of pre-competitive anxiety between basketball player's males and females of Chaudhary Charan Singh University and Delhi University, Delhi is 0.213 and 0.128 respectively that is found to be less than the required value at 0.05 level of significance. The results show that there is no significant difference between the performance of males and females basketball players. The data are given in the table 1 and 2.

Table 1: Comparison of pre-competitive anxiety between males and females basketball players of CCS University, Meerut.

Group	No. of player (N)	Mean	Variance	Degree of freedom	't'-value
Male players	12	20.833	6.697	22	0.213*
Female players	12	22.417	11.538		

*significant at 0.05 level

Table 2: Comparison of pre-competitive anxiety between males and females basketball players of Delhi University.

Group	No. of player (N)	Mean	Variance	Degree of freedom	't'-value
Male players	12	21.33	8.060	22	0.128*
Female players	12	23.00	5.272		

*significant at 0.05 level

Pre-competitive anxiety between males and females basketball players mean scores comparisons are also graphically presented in the figures 1 and 2.

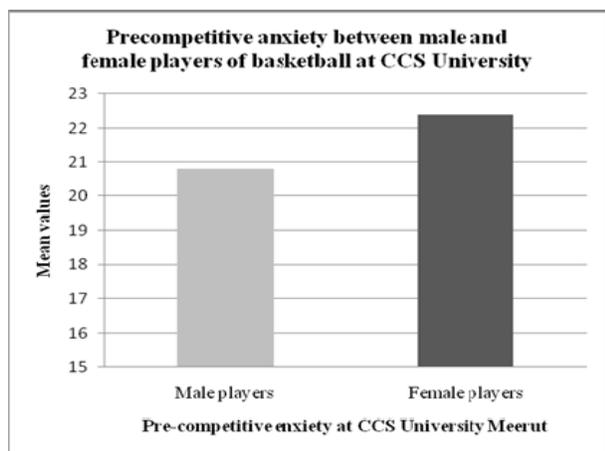


Fig 1: Bar diagram representing comparison of the mean values of pre-competitive anxiety between males and females basketball players of CCS University, Meerut

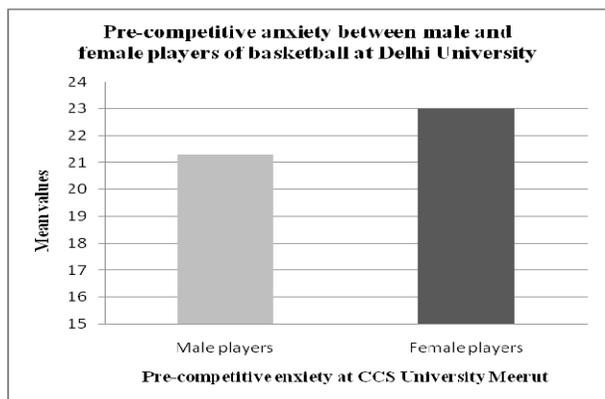


Fig 2: Bar diagram representing comparison of the mean values of pre-competitive anxiety between males and females basketball players of Delhi University.

Pre-competitive anxiety plays a vital role in sports. It is the challenge for a sportsperson to handles the anxiety. Sometimes, it may be positive or can interfere with successful performance in sports events. Besides this, the extent of pre-competitive anxiety also varies in different conditions. It is revealed from the above study that between the performance of males and females basketball players there is no significant difference was found.

The results of study also support the findings of other workers like Brustad and Weiss, Krane and Williams, Sisodiya and Yadav [9-11] that also examined the anxiety between the males and females basketball players and found no significant difference.

Therefore, this study highlighted the pre-competitive anxiety levels of males and female's basketball players are more or less same.

4. Conclusions

Thus, it can be supposed that players are having the same level of anxiety utilized by both psychological and physiological measures while they go to play in any game event.

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