



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2016; 3(1): 135-137
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www.kheljournal.com
Received: 12-11-2015
Accepted: 15-12-2015

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International Journal of Physical Education, Sports and Health

A study of pre-competitive anxiety involving male and female players competing in team versus individual events

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Abstract

Background: In the present study, the aim was to evaluate the Pre-competitive anxiety between male and female players involving in team and individual event games and to evaluate whether they have any possible differences in pre-competitive anxiety prior to competition.

Materials & Methods: For designed this study, the two groups were formed i.e., team game and individual event game. For team game, 30 cricket players (15 males and 15 females) were consisted who participated in the inter-university tournaments. However, for the individual event games, athletics, archery and boxing were chosen. For this, 30 athletics players (15 males and 15 females), 04 archery players (02 males and 02 females) and 10 boxing players (05 males and 05 females) were consisted that participated in the inter-university tournaments. For all the players of team game and individual event games, the age range used in this study was between 18 to 24 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 and for comparison of the level of Pre-competitive anxiety t- test was used.

Result & Discussion: After analysis of the present data it is exhibited that the difference is found in mean scores in pre-competitive anxiety between males and females players involved in team and individual event games but the difference were found insignificant. This insignificant difference in pre-competitive anxiety might be due to same level of training were obtained by the male and female players.

Keywords: Pre-Competitive Anxiety, Male, Female, Team game, individual event game.

1. Introduction

Competitive anxiety in sports can make most successful player feel nervous and is one of the most important and interesting area of sport psychology ^[1]. Anxiety can affect the performance of players especially during competitions and its effect on player's moods and locomotors skills. There are many factors that can make players anxious such as the importance of game success, or the difference between their abilities and capabilities required for their performance, and these factors can have a negative effect ^[2]. Besides this, Pre-competitive anxiety, a condition of arousal that is uncomfortable/negative and it occurs during the 24 hour span prior to competition. From many years, it has been recognized that in psychological factors, predominantly pre-competitive anxiety play an important role in competition ^[3-5].

Moreover, pre-competitive anxiety is the mental component that known by negative expectations such as about success or by self-evaluation, unrealistic beliefs, worrying, think about performance experience below expected levels in his previous match, a person with mental challenges, catastrophic and previous problems, and individual beliefs related to the implementation of sport skills, negative self-talk, tension about the performance, fear from failure, helplessness to concentrate and disrupt attention ^[6, 7]. Team and individual event games includes accurate motor skills and psychological factors for a player intended for a decisive role in a competition. Many studies have been conducted on the basis of gender differences concentrating anxiety state levels. Various studies demonstrate that male players display low level of anxiety than females but no significant difference of pre-competitive anxiety between men and women were found ^[8-12].

The intention of this study was to explore the pre-competitive state anxiety between males and females players involving in team and individual event games prior to competition and to evaluate any possible differences between them.

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2. Materials and methods

The sample of the study consisted of 30 team game (Cricket) players (15 males and 15 females), 22 individual event game players (Athletics- 15 males and 15 females; Archery- 02 males and 02 females and Badminton- 05 males and 05 females), that was participated in the inter-university tournaments. The sample age ranges was between 18 to 24 years. For the data collection, the Sports Competition Anxiety Test (SCAT) model developed by Martens *et al.* [4] 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. 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) was prepared and from these players males and 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

Data analysis in the present study revealed that the mean scores of males and females team game players were 21.8 and 22.9 respectively. The significant difference ('t' ratio) of pre-competitive anxiety between player's males and females is 0.172 that is found to be less than the required value at 0.05 level of significance. The results also showed that there is no significant difference between the performance of males and females basketball players. The data are given in the table 1.

In the present study, another aim was to evaluate the pre-competitive anxiety between males and female's players involving in individual game events. The analysis revealed that the mean scores were 22 and 23 for males and females respectively. The significant difference ('t' ratio) of pre-competitive anxiety between player's males and females is 0.067 which is close to the required value at 0.05 level of significance but it is found to be less. The results also emerged that there is no significant difference between the performance of males and females players. The data are given in the table 2.

Table 1: Comparison of pre-competitive anxiety between males and females players of CCS University, Meerut involving in team game, Cricket.

Group	No. of player (N)	Mean	Variance	Degree of freedom	't'-value
Male players	15	21.8	4.314	28	0.172*
Female players	15	22.9	5.495		

*significant at 0.05 level

Table 2: Comparison of pre-competitive anxiety between males and females players of CCS University, Meerut involving in individual game events.

Group	No. of player (N)	Mean	Variance	Degree of freedom	't'-value
Male players	22	22	4.000	41	0.067*
Female players	22	23	2.807		

*significant at 0.05 level

Pre-competitive anxiety between males and females players mean scores comparisons involved in team game and

individual game events are also graphically presented in the figures 1 and 2 respectively.

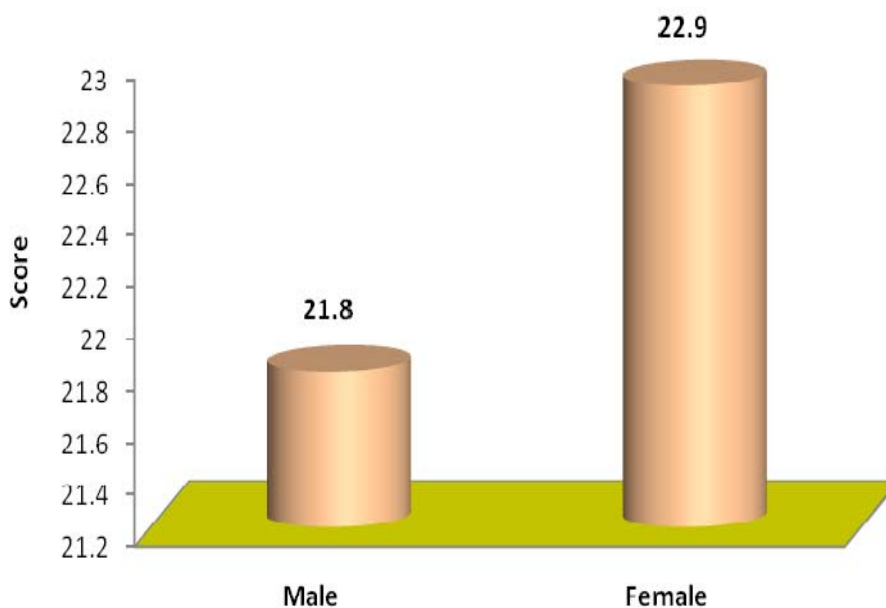


Fig 1: Bar diagram representing comparison of the mean values of pre-competitive anxiety between males and females players of CCS University, Meerut involving in team game, Cricket.

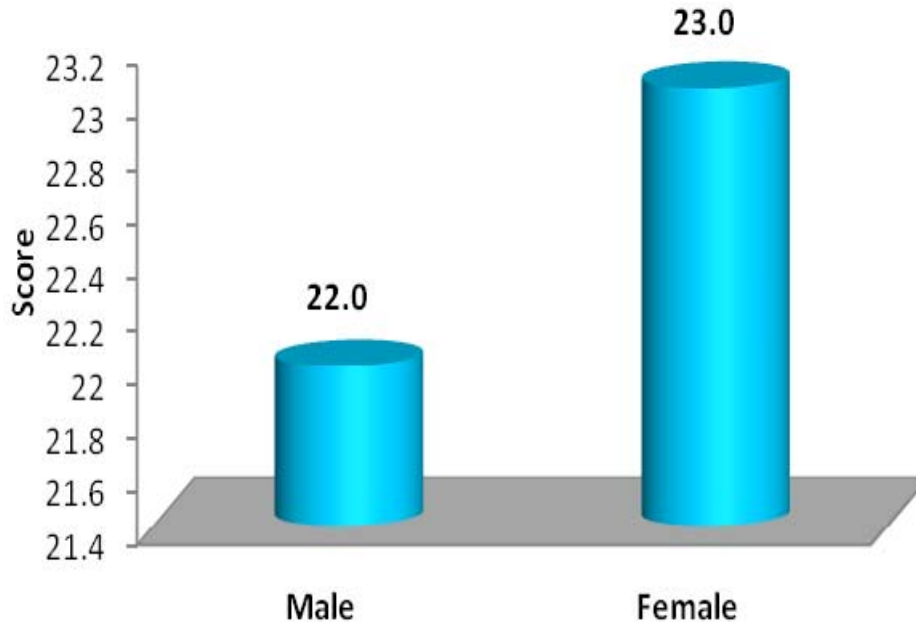


Fig 2: Bar diagram representing comparison of the mean values of pre-competitive anxiety between males and females players of CCS University, Meerut involving in individual game events.

The purpose of this study was to evaluate the pre-competitive anxiety status between males and females and their performance. The results showed that there was a mean difference in males and females and according to mean scores in females more pre-competitive anxiety was found but it was insignificant. In other words, between the males and females players in team game and individual event game found no significant difference. It is the challenge for a sportsperson to handles the anxiety. Player's expectations of themselves and their goals are factors effective in causing anxiety. It is revealed from the present study that between the males and females players performance in team games and individual events there is no significant difference was found.

Results of however, some other studies examined the anxiety between the males and females players and found no significant difference. The findings of this study also support the findings Brustad and Weiss, Krane and Williams, Sisodiya and Yadav [10-12]. Hence this study emphasize that the pre-competitive anxiety levels of males and females players are more or less same.

4. Conclusions

Therefore, it can be believed that male and female players are experience the same level of anxiety utilized by both psychological and physiological measures at the same time as they go to play in any game event.

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