



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 4.69  
IJPESH 2016; 3(2): 303-304  
© 2016 IJPESH  
www.kheljournal.com  
Received: 26-01-2016  
Accepted: 27-02-2016

**Anuj Kumar**  
Department of Physical  
Education, Sai Nath University,  
Ranchi, Jharkhand, India.

## Pre-competitive anxiety levels in female players competing in individual versus team games

**Anuj Kumar**

### Abstract

**Background:** The aim of this study was to evaluate the Pre-competitive anxiety between female players involving in individual and team games. The study was performed whether to evaluate that prior to competition they have any expected differences in their pre-competitive anxiety or not.

**Materials & Methods:** For this study, we designed two groups i.e., individual and team event game. For the individual event games a total of 39 female players from athletics, archery, power lifting and boxing were chosen i.e., 22 from athletics, 05 from archery, 02 from power lifting and 10 from boxing players were consisted that participate in the inter-university tournaments. However, for the team game, a total of 39 female players were selected, 15 from cricket and 24 from basketball that were also participate in the inter-university tournaments. In this study, for the players of individual and team games, the age ranges 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:** In the analysis of the data it is found that there is a difference in mean scores in pre-competitive anxiety between females players involved in individual and team event games. Individual game players show high level of pre-competitive anxiety in comparison of team event games. In future, more studies is required with use of physiological and psychological measure prior to a pre-competitive condition in measuring anxiety on sport performance.

**Keywords:** Pre-Competitive Anxiety, Female, Individual event game, Team game.

### Introduction

In sport, competitive anxiety is capable of make most successful player feel nervous. Now a days it is one of the most essential and appealing area of sport psychology <sup>[1]</sup>. During competitions, anxiety among players may affect their performance, effects on their moods and locomotors skills. Many factors are available that can make players anxious i.e., game success, difference between their abilities and capabilities required for performance, and these factors can have a negative effect <sup>[2]</sup>. Moreover, Pre-competitive anxiety, is a condition of arousal that is uncomfortable or 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 <sup>[3-7]</sup>. Besides this, pre-competitive anxiety is the mental component that known by the following parameters such as, negative thoughts about success or by self-evaluation, unrealistic beliefs, worrying, think about performance experience below expected levels in previous match, negative self-talk, tension about the performance, fear from failure, catastrophic and previous problems, and individual beliefs related to the implementation of sport skills, helplessness to concentrate and disrupt attention <sup>[8, 9]</sup>. Both individual and team event games include perfect motor skills and psychological factors for a player intended for a decisive role in a competition. There are many studies have been already conduct on the basis of gender concentrating anxiety state levels. The purpose of this study was to investigate the pre-competitive state anxiety between female's players involving in individual and team event games prior to competition and to assess any possible differences in between.

### 2. Materials and methods

The sample of the study consisted of 39 players from each event i.e., individual and team games. For individual games, the following players were selected, 22 from athletics, 05 from archery, 02 from power lifting and 10 from boxing Athletics.

### Correspondence

**Anuj Kumar**  
Department of Physical  
Education, Sai Nath University,  
Ranchi, Jharkhand, India.

For team game, the selected ones are 15 from cricket and 24 from basketball that was participated in the inter-university tournaments. The sample age ranges was between 18 to 24 years. For collection of the data, 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 female players that represented inter-university tournaments (Chaudhary Charan Singh University, Meerut) were prepared and from these female players' were selected. To study 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 female players.

### 3. Results & Discussion

In the present study, the data analysis revealed that the mean scores of females individual and team game were 26.5 and 21.5 respectively. The pre-competitive anxiety significant difference ('t' ratio) between females player's is 0.043 that is found to be less than the required value at 0.05 level of significance. The data are given in the table 1.

**Table 1:** Comparison of pre-competitive anxiety between female's players of C.C.S. University, Meerut involving in individual game events.

Group	No. of player (N)	Mean	Variance	Degree of freedom	t'-value
Individual	39	26.50	14.00	10	0.043
Team	39	21.50	14.00		

\*significant at 0.05 level

Pre-competitive anxiety in females players mean scores comparisons involved in individual game and team game events are also graphically presented in the figures 1.



**Fig 1:** Bar diagram representing comparison of the mean values of pre-competitive anxiety in female players of C.C.S. University, Meerut involving in individual and team games.

The aim of this study was to assess the pre-competitive anxiety status in female players of individual and team games and their performance. The outcome showed that there was a mean difference in female's players of individual and team games. According to the mean scores in females additionally more

pre-competitive anxiety was found in individual game events as compare to team events. Player's potential for themselves and their goals are factors effective in causing anxiety and it is the challenge for a sports person to handle it. It is revealed from the present study that in the female player's performance in individual events and team games shows significant difference. Nevertheless, pre-competitive anxiety levels seemed to be higher in individual events in comparison to team games.

On the other hand, results of some other studies examined the anxiety also support the findings [10-12]. Therefore this study put emphasis on that the pre-competitive anxiety levels in females players of individual events have high in comparison of team games.

### 4. Conclusions

Although, the finding showed the pre-competitive anxiety levels in females players of individual events have high in comparison of team games. Hence, it is recommended that for better clarify other physiological measures will be utilized by both psychological and physiological level for further studies at the same time as they go to play in any game event.

### 5. References

- Guillen F, Sanchez R. Competitive anxiety in expert female athletes: sources and intensity of anxiety in National Team and First Division Spanish basketball players. *Perceptual and Motor Skills* 2009; 109(2):407-419.
- Sedarati M. Anxiety of female students competing in the championship. *Journal of Women Studies*. 2007; 2(5):120-127.
- Moran AP. *Sport and exercise psychology: a critical introduction*. Routledge, USA 2004; 73:65.
- Martens R, Vealey RS, Burton D. *Competitive anxiety in sport*. Champaign, IL: Human Kinetics, 1990, 117-173.
- Lizuka P. Anxiety and performance in young table tennis players. *Sports Science Research*, 2005; 26(3):73-75.
- Kumar A. An analysis of pre-competitive anxiety involving male and female basketball players. *International Journal of Physical Education, Sports and Health*. 2016; 3(1):23-25.
- Kumar A. A study of pre-competitive anxiety involving male and female players competing in team versus individual events. *International Journal of Physical Education, Sports and Health*. 2016; 3(1):135-137.
- Martens R, Burton D, Vealey RS, Bump LA, Smith DE. Development and validation of the competitive state anxiety inventory-2 (CSAI-2). In R Martens, RS Vealey & D Burton (Eds.), *Competitive anxiety in sport*. Champaign, IL: Human Kinetics, 1990, 117-173.
- Jarvis M. *Sport Psychology*. Routledge, New York, USA, 2002.
- Krane V, Williams JM. Cognitive anxiety, somatic anxiety and confidence in track and field athletes: the impact of gender, competitive level and characteristics. *International Journal of Sport Psychology*. 1994; 25:203-217.
- Brustad RJ, Weiss MR. Competence Perceptions and Sources of Worry in High, Medium and Low Competitive Trait Anxious Young Athletes. *Journal of Sport Psychology*. 1987; 9:07-105.
- Sisodiya AS, Yadav S. Competitive Sports Anxiety between Men and Women Basketball Players. *Horizon Palaestra: International Journal of Health, Sports and Physical Education*. 2013; 2(1):25-27.