International Journal of Physical Education, Sports and Health 2016; 3(2): 401-404

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2016; 3(2): 401-404

www.kheljournal.com
Received: 05-01-2016
Accepted: 07-02-2016

Badal Kumar Jana
Officer-in-Charge and Assistant Professor. Government General Degree College, Dantan-II. Paschim Medinipur, West Bengal, India

Correspondence Author;
Badal Kumar Jana
Officer-in-Charge and Assistant Professor. Government General Degree College, Dantan-II. Paschim Medinipur, West Bengal, India

Relationship competitive state anxiety with the performance of state Kho-Kho players

Badal Kumar Jana

Abstract
The article attempts to examine the relationship among Somatic Anxiety, Cognitive Anxiety and Self-Confidence with the performance of State level Kho-Kho players. The study focuses on Somatic Anxiety, Cognitive Anxiety and Self-Confidence to ensure the playing Kho-Kho ability among State level Kho-Kho players. To achieve the purpose of this study, thirty (N=30) female Kho-Kho players were purposively selected as subjects from State level Kho-Kho competition 2016, held at Kshudiram Anusilan Kendra, Kolkata, West Bengal. Their age ranged from 18 to 27 years (20.17±2.37 years). Descriptive statistics and correlation were used as a statistical technique for the present study. The hypotheses were tested using Pearson Product Moment Correlation with the help of IBM SPSS (22.00) software. The level of significance was fixed at 0.05. The results of the study show that there is a positive correlation between the Somatic Anxiety, Cognitive Anxiety and Self-Confidence and playing ability of Kho-Kho players. Hence the study concluded that successful performance in Kho-Kho requires the ability to generate Somatic Anxiety, Cognitive Anxiety and Self-Confidence. To achieve desired objective researchers showed that playing ability Kho-Kho players and Somatic Anxiety, Cognitive Anxiety and Self-Confidence was inter related.

Keywords: Skill performance, anxiety and self-confidence

Introduction
Each sport has its own entity since they differed from one another in nature. Meanwhile, though a particular sport has been defined in the requirements of these characteristics, within variance in spot may arise because of variations exist among the players of particular sport in terms of psychological aspects. The psychological profiles of sports person from various sports have been studied for a long time. Kho-Kho is the game of quick actions, reaction, starts, stops. In the modern era of sport training, the training methods to train a Kho-Kho player have also undergone a great change. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports health, clinical, social behaviour and cognitive processes. Psychology is both an applied and academic field that studies the human mind and behaviour. It is the scientific study of the human mind and its functions, especially those which affect behaviour of a human. Anxiety is distinguished from fear, which is an appropriate cognitive and emotional response to a perceived threat. Anxiety is related to the specific behaviours of fight-or-flight responses, defensive behaviour or escape. It occurs in situations only perceived as uncontrollable or unavoidable, but not realistically so. It is considered as a negative emotional, which affect perceptions in sport competitions. Furthermore, a large majority of athletes consider anxiety to be debilitative towards performance, which may result in decreases in performance (Weinberg & Gould, 2015; Raglin & Hanin, 2016) [15]. Recent investigation found that male and female athletes suffering stresses resulted pressure to win, excessive anxiety, frustration conflict, irritation and fear, which significantly affected their mental or emotional health (Humphrey, Yow & Bowden, 2015) [5]. Heavy playing schedules, competition for team places, the media and fans as well as the pressure to win trophies all play a part in players developing high stress and anxiety levels (Heather, 2010) [4]. A recent review revealed that the terms competitive state anxiety, competitive trait anxiety, somatic anxiety, cognitive anxiety, behavioral anxiety, performance anxiety, facilitative anxiety, debilitative anxiety, competition anxiety, and pre and post competition anxiety have also been used to describe sport-related anxiety.

For more details, please see recent review by Patel, Omar & Terry (2010) [14]. While the research focused on mental anxiety and self-confidence provides some insight into their impact on athletic performance, the relationship of these factors with somatic anxiety provides a better understanding of the true results. Clearly, anxiety exerts a variety of effects on athletic performance. These effects vary based on sport, gender and level of experience. Stress is the process that involves the perception of a substantial imbalance between environmental demand and response capabilities under condition in which a failure to meet demand is perceived as having important consequences and is responded to with increase levels of cognitive and somatic state anxiety (Marlens, Veabey & Buston, 1990). Competitive State Anxiety consists of two subcomponents: cognitive and somatic anxiety, which influence performance (Martens *et al*., 1990; Jarvis, 2002) [11, 7]. When in stressful and anxiety-provoking circumstances, some athletes have been observed to experience deficits in performance, even to the point of "Choking". The multidimensional theory suggested that anxiety consisted of both cognitive and somatic subcomponent based on the theory, cognitive anxiety is "The mental component of anxiety and is caused by negative expectation about success or by negative self-evaluation, the other hand somatic anxiety refers to the physiological and affective element of the anxiety experience that develop directly from autonomic arousal". Marlens *et al*., (1990) [11] have suggested that somatic anxiety should affect performance with lower and higher levels of somatic anxiety being increased to performance. The third subcomponent is the individual differences factor of self-confidence. Kho-Kho psychology plays an important role in Kho-Kho games, especially when you're playing competitively. Competitive anxiety and self-esteem of a player are certain psychological factors that play a very important role in the game of Kho-Kho. The prevalence of mentioned factors may vary at different age categories of the players. Being equally important, the research scholar decided to conduct a research on these two variables among fewer than 17 and under 19 male and female Kho-Kho players. The research scholar hereby made an effort to broaden the horizon of knowledge by bringing new facts and thoughts by this study, which may give a new direction to the field of Kho-Kho. Therefore the purpose of this study is to examine the relationship among somatic anxiety, cognitive anxiety and self-confidence with the performance of Statelevel Kho-Kho players.

Methodology

Selection of Subjects

A total of thirty female inter district Kho-Kho players of 18 to 27 years (mean age 20.17±2.37 years, mean height 172.3±2.90 cm, and weigh 61.1±2.97 kg) were selected from the State level Kho-Kho competition, which was held in Kshudiram Anusilan Kendra, Kolkata. West Bengal in year 2016 by using consecutive sampling. Subjects were provided written, voluntary, informed consent prior to participation.

Tools and Techniques

In order to assess the anxiety level of the subjects, Competitive State Anxiety Inventory-2 (Martens, Vealey and Burton, 1990) [10] this measurement tool is often used in research studies in order to estimate the participants' cognitive and somatic types of anxieties, as well as their self-confidence (Martens *et al*., 1990) [11].

Administration of the Test

Before the distribution of the questionnaire the subjects were explained about the purpose of the study and the researcher was request for the full corporation from them. The subjects reliability was assured by assuming that there results would be kept confidential and use only for the research purpose. The subjects were asked to fill the questionnaire in the presence of the research scholar and sufficient time was given to fill the questionnaire. In case of any ambiguity, if any, was felt by the subject about the question in the questionnaire, was clarified by the scholar. Hence, they were requested and motivated to be sincere and honest in undergoing research process.

Collection of Data

A written information consent form was acquired from the subjects. Data for the present study was collected from State level Kho-Kho competition, which was held at Kshudiram Anusilan Kendra, Kolkata. West Bengal in year 2016 before the start of State level Kho-Kho championship. The subjects were assembled in a group; clear instructions were specifically given that all the items in the questionnaire must be attempted. State level Kho-Kho competition performance were considered as the score. According to Martens *et al*. (1990) [11] the scoring of the CSAI-2 was achieved in the following way. Persons rated how they were feeling right at that moment by circling one of the presented answers. The test requires the subjects to choose the answer that corresponds with how they feel at this point in time, right now. 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), 17, 20, 23, and 26. Self-confidence items are numbers 3, 6, 9, 12, 15, 18, 21, 24, and 27. In order to assess level of competitive state anxiety (cognitive and somatic), athletes responded to the 27-item Competitive State Anxiety Inventory–2 (CSAI-2) (Martens *et al*., 1990) [11], using a 4-point Likert-type scale ranging from 1 (not at all) to 4 (very much so). CSAI-2 was used to measure athletes' tendency to respond competitive sport situation during competition.

Statistical Procedure

Descriptive statistics was used for describing the data and nature of the data obtained on the samples of the study. Pearson's Product Moment Correlation was used for evaluating the various relationships of the selected variables towards the Kho-Kho Players performance. The level of significance to check the relationship obtained by Pearson's product moment correlation was set at 00.5. The data in the study was analyzed by using IBM SPSS 22.

Results

The scores of each of the selected variables of the Kho-Kho Players were correlated with the Kho-Kho playing performance, in order to find out the relationship, which are depicted in Table I.

Table I: Relationship of Competitive Anxiety Components with the Playing Performance of the Subject

S. No.	Name of Variables	Coefficient of Correlation (r)
1.	Somatic Anxiety	0.567*
2.	Cognitive Anxiety	0.448*
3.	Self-confidence	0.405*

* Significant at 0.05 level $r_{0.05}$ (28) = 0.361

Table I; reveals that the significance level for each of the correlation coefficients at 0.05. Significance has been tested for two-tailed test. The correlation coefficient with mark (*) indicates that it is significant at 5% level. The Somatic Anxiety was significantly correlated to playing performance (r= 0.567), Cognitive Anxiety was significantly correlated to playing performance (r= 0.448), and Self-confidence was also significantly correlated to playing performance (r= 0.405). Therefore it was evident that Somatic Anxiety, Cognitive Anxiety and Self-confidence variables did show a significant relationship were positive in nature to Kho-Kho playing performance and were more contributing to playing performance as shown in above.

Discussion of Findings

The finding was revealed that somatic anxiety is having significant important on performance of State level Kho-Kho Players because somatic anxiety is a conditional response to performance arena. So it showed disperse once performance begins and having significant effect on the performance cognitive anxiety and self-confidence also shows significant relationship with performance. Sports psychologists have long believed that high levels of cognitive anxiety during competition are harmful, worsening performance and even leading to dropout. Cognitive anxiety is the extent to which an athlete worries or had negative thoughts, and the negative thoughts may include fear of failure, loss of self-esteem and self-confidence. It could lead to the poor performance of an athlete in competition. It may start before a competition in the form of pre competitive anxiety that might affect performance throughout the competition. Elite athletes like professionals and advanced, who have learned anxiety management skills, often respond to a greater degree to cognitive anxiety but return to their resting rate sooner than those athletes, who are not trained in anxiety management like beginners and Intermediate players. Most probably Professional and Advanced players using coping strategies like positive self-talk, thought stopping, relaxation techniques and imagery to reduce their cognitive anxiety level. In the other hand, most of the low skill athletes like beginners and Intermediate players unaware and not practicing of these techniques. Therefore, the level of cognitive anxiety of beginners and Intermediate players were very high. Considering that training mental skills and strategies of overcoming stress is part of the elite players' practices, it seems that these players experience lower levels of anxiety. The results of this hypothesis (significance of the levels of cognitive and physical anxiety among elite and non-elite players) conform to the results of studies conducted by Soltani, 2003; Anshel *et al*., 2001 & Jones *et al*., 1994) [16, 1, 9]. Jones (1994) [9], reported that elite players consider anxiety as a facilitating factor in performance, while non-elite athletes are affected by adverse effects of anxiety.

It seems that relatively high levels of self-confidence in elite players is attributed to high levels of experience, mental skills, more success in competitive races and playing logical mental games. It seems that elite athletes develop and maintain their self-confidence through mental readiness practices. In addition, when running races, they do not allow intervening, negative and unrelated thoughts to influence their self-confidence. An athlete may be hesitant to give 100% due to lack of confidence in the injured body part resulting in increased worry and tension. Sport psychologists will understand the three different facts of depression in order to facilitate athletes ' peak performance: cognitive anxiety, somatic anxiety, and self-confidence. High scores on self-confidence and low scores on somatic and cognitive anxiety are characterized by the research that shows that successful athletes who interpret their anxiety as facilitative. Although, research had proven that there is a link between level of competitive anxiety and performance, the role of demographic factors in influencing anxiety levels is yet to be determined (Martens *et al*., 1990; Humara, 2001) [11, 6]. Confidence is a widely correlated emotion or mindset with athletic success (Weinberg, 1998). The Tones & Hardy (1990) and Hemery (1986) studies emphasize the importance of high levels of confidence in elite athletics. Elite athletes appeared to have high levels of confidence (Tones and Hardy, 1990). From these reports, confidence level and anxiety level are closely related. The higher an athlete confident, the less the athlete will worry about the competition. Elite athletes view mistakes in competitive games as part of the human's mistakes. Additionally, exposing athletes to the programs of intellectual and mental practices from childhood makes this possibility that it exerts positive effects on their self-confidence level and this can be transferred to sport experiences in adulthood (Momoci, Donzelli & Johnson, 2004) [12]. It seems that changes in cognitive and physical anxiety levels are more related to personality traits, individual differences and or trait anxiety levels. Since there is little literature regarding the results of these hypotheses outside of our country and there is no literature about this topic inside our country, conducting more studies on this subject seems to be necessary.

Conclusion

We believe the results of our tests assisted us in identifying the fundamental psychological capacities that are accountable for the success of the Kho-Kho performance, we are confident that this paper can contribute to safer and more effective planning and programming of training with state Kho-Kho Players. Therefore, we will offer recommendations that, in our opinion, can enhance the training process. We must conclude by stating that fantastic achievement is only conceivable if the athletes' training and the sport itself are based on tendencies that are supported by science. This is likely the only and proper way to direct our league competition towards modern Kho-Kho sport accomplishments.

References

1. Anshel HM, Kim KW, Kim BH, Chang KJ, Eom HJ. A model for coping with stressful events in sports; Theory, application and future directions. Inter State Journal of Sport Psychology. 2001;32(1):43-75.
2. Cratty Bryant J. Psychology and Physical Activity, (Englewood Cliffs, N.J.: Prentice Hall Inc, 1986, 15.
3. Encyclopedia of Sports Science and Medicine. ed. S.V. Individual Adjustment of Social Practice and Characteristic; c1971.
4. Heather B. Psychology: motivation, anxiety, confidence and goal setting; c2010. (http://www.soccernh.org/LinkClick.aspx?fileticket=zjKZpam25k%3D&tabid=476).
5. Humphrey JH, Yow DA, Bowden WW. Stress in college athletics: Causes, consequences, coping. Binghamton. NY: The Haworth Half-Court Press; c2000.
6. Humara M. The relationship between anxiety and performance: A Cognitive-behavioral perspective. Athletic Insight. 2001, 1(2). The Online Journal of Sport Psychology.
7. Jarvis M. Sport Psychology. New York: Routledge; c2002.

8. Stephen Bell J. Psychological problems among patients attending an infertility clinic, Journal of Psychosomatic Research. 1981;25(1):1-3.
9. Jones G, Hanton S, Swain A. Intensity and Interpretation of Anxiety Symptoms in Elite and Non-elite Sport Performers. Personal and Individual Differences. 1994;17(5):657-663.
10. Martens R, Burton D, Vealey RS, Bump LA, Smith DE. Development and validation of the competitive state anxiety inventory-2. Competitive anxiety in sport. 1990;3(1):117-190.
11. Martens R, *et al*. The Development of the Competitive State Anxiety Inventory-2 (CSAI-2). Human Kinetics; c1990.
12. Momoci T, Donzelli G, Johnson J. Personality differences and Achievement level is Sport. Journal of sport psychology. 2004;1:34-40.
13. Jones MV, Uphill M. Sport Health and Exercise, School of Health, Staffordshire University, Stoke-on-Trent ST4 2DF, UK; c2002.
14. Patel DR, Omar H, Terry M. Sport-related performance anxiety in young female athletes. J Pediatr Adolesc Gynecol. 2010;23(6):325-335.
15. Raglin JS, Hanin YL. Competitive anxiety. In Yuri, L.H., Emotions in Sport. Champaign, IL: Human Kinetics, 2000, 93-111.
16. Soltani H. Comparative Analysis of Competitive State Anxiety among Elite and Non -Elite karate Athletes in Iran. Advances in Environmental Biology. 2003;7(7):1244-1248.