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## A comparative study of sports competitive anxiety among players

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### Abstract

The purpose of this study was to compare the level of sports competitive anxiety between college and university of hockey player of Punjab. For the purpose investigation 40 male 40 female subjects (Total=80, 40 colleges and 40 universities player) were selected as subjects of the study. Their age was ranged 18 to 25 year. Find out competitive anxiety in college and university players. The sports Competitive anxiety test developed by martens (1977) was administered on the subject ANOVA 2x2 factors design was applied on there was no significance difference found between college and university level players of Punjab in regard to sports competitive anxiety at  $P<.01$  level confidence.

**Keywords:** Anxiety, sports competitive anxiety, players, athletes etc.

### 1. Introduction

Competitive sports are being focused upon by the researchers of different scientific fields in order to expose the possibility to know the different variables which influence it. One of the most important determinants of sports performance is anxiety. The problem of anxiety has been considering important in all areas of human activity including sports. To the one and same stimulus individuals respond differentially and their anxiety level also varies.

The term 'anxiety in psychology and its allied areas can be defined as according to Forst (1971) "Anxiety is an unease's and feeling of foreboding often found when a person is about to embark on a venture it is often a accompanied by strong desire to excise.

While participating in competitive sports the athletes as human being apparently anxiety prone. There seems to be as existence of phenomena according to sportsman display their apprehension to reflect in their performance. Human being is no free from fear and anxiety. In the stressful setting of competitive sports it sis common to observe a player who citrine's unable to act because of fear or whose fears atleast interfuse with his effective performance. The feared 'Fear' performance can all probability associated with real threatening situations the term 'Anxiety' denotes an abnormal appraising of such situations.

Athletes who got psyched out during athletics competition are those who can not cope with anxiety that is always present in sports. Anxiety is produced in sports mainly by that Spiebrager calls the fear of failure in athletic competitions.

Over the past few years, it has demonstrated (Gill 1980 Weinberg and Genachi 1980) that state anxiety increase in athletes just prior to completions. The degree to which this occurs seems to be a function of completion of competitive were dependent on an athlete's initial, present and future involvement with the sport. The result of the study provided qualitative information of the area of motivation with in the world of professional women athletes.

It is clear to most people involved in the various in the competitive sports that intense competition created varying level of anxiety among players. What else is becoming varying obvious is the fact that same performance react adversely to the competitive situation by reaching states or hyper anxiousness which often results in inability to achieve optimum levels of performance (Martens, 1977) [4].

In recent years psychologists, coaches and athletes have become increasingly aware of the detrimental role that anxiety play in an athlete's performance in competition. This awareness has been followed by an increased interest in assessing anxiety responses and analyzing the sources. In athletic performance nearly every concern of human Endeavour is thought to be affected somehow by anxiety (Levitt 1967).

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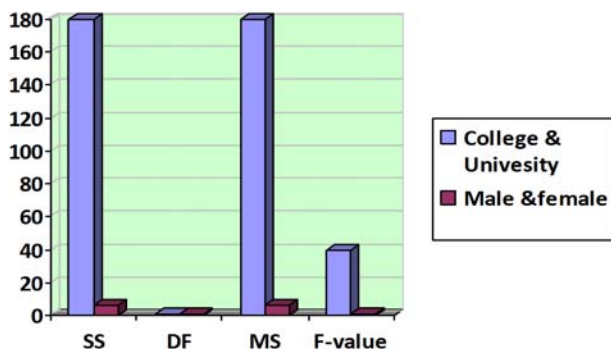
**2. Procedure and Methodology**

In the present study a sample of 40 male and 40 female subjects (Total =80, 40 college players and 40 university level players) of Punjab. To test the sports competitive anxiety, the tool used the adult of Sports Competitive Anxiety Test (SCAT) developed by Martens (1977) [4] to measure an athlete’s anxiety level during competitive situation. Analysis of Variance (ANOVA) 2×2 factorial design was applied to know the significance difference among various groups. Further mean and S.D were compared to find out the direction of difference among groups.

**3. Results and Discussion**

Comparison of anxiety of college level hockey players and university level hockey players of Punjab. Table 1 and Figure 1 highlight the anxiety of College and university level players of Punjab. The table showed presents results of (2×2 factorial design ANOVA) groups based on performance (college and university levels) the variable sports competition anxiety the values with regard to performance(College and University levels) are : SS = 180.00 DF= 1 MS =180.00 and F= 39.89. The F- value demonstrate that difference between college and university levels athletes males with regard to their performance on the variable sports competitive anxiety is significant( $p<.01$ ). The statistical value with regard to the groups based on gender are SS= 6.05, DF= 1, MS= 6.05 and F-value = 1.34. This shows that difference between two groups male and male on the variable sports complete anxiety was not significant.

The results with respect to the performance X gender interaction are: SS= 1.80 DF= 1 MS= 1.80 and F-value =0.40. The F- value was not significant



Since the results in Table 1 presented two groups each based on performance (college and university) and gender (male and female) and the F-values obtained demonstration the difference between the groups, therefore post hoc analysis was not necessary in tandem with the F-test. However the mean and SD Value were completed which have been presented in table -2.

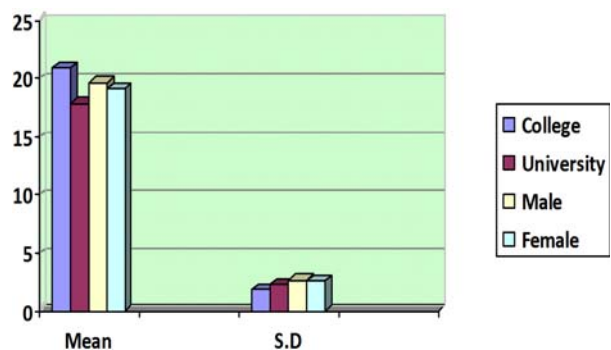


Table 2 present the mean scores of college and university athletes which were 20.88 and 17.88 respectively. The difference in mean values was found significant ( $p<.01$ , Table-1) the results indicate that college athletes scored significantly more on sports competitive anxiety than university athletes. The SD values of these two groups were 1.88 and 2.33 respectively. These values demonstrated the intra-groups variability among the subjects. The mean values of the groups based on gender (male and female) were: 19.65 and 19.10 respectively. This indicated that there hardly existed and difference between the two groups. The F- value was not significant (Table1)

The Standard deviation of the respective groups was 2.65 and 2.55 respectively which demonstrates that both the groups had almost some level of intra-group variability.

**4. Discussion**

ANOVA results in Table-1 have evidenced significant differences between the college and university athletes (mean players) ( $p<.01$  table-1) indicating the college athletes were found scoring higher on the variable sports competitive anxiety. It appears that the college level were stresses they felt greater degree of threat in a competitive setting as compared to their counterparts i.e. university level players.

The results on the variable sports competitive anxiety based on gender table-1 is not significant the finding demonstrates that sports Competitive Anxiety of these two groups continues to a constant factor.

**5. Conclusions**

The results of the study are concluded as follows:

ANOVA results indicate significant difference between university and college athletes on the variable sports competitive anxiety (table-1) college athletes scored higher as compared to university level athletes.

1. The results of ANOVA factorial design (Table-1) did not show significant difference between male and female athletes on the variables.
2. The results by gender interaction demonstrated no significant interaction effect on the dependent variable sports competitive anxiety.

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