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A comparative study of sports competition anxiety among the difference male athletes

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Abstract

The purpose of the study was to analyze and compare the sports competition anxiety among players in the state of Madhya Pradesh (MP). For the purpose of this study, a sample of this study for seventy-two (N = 72) was taken by male players for various sports (volleyball, boxing and badminton). Twenty-four (24) subjects in each game and age range of subjects aged 18 to 28 in Madhya Pradesh (MP) State players India as a subject with simple random sampling have been selected availability. Sports Competition Anxiety questionnaire (SCAT) was used for this study, Martens *et al.*, 1990) to measure sports anxiety competition. Way ANOVA (variance analysis) was used to test (LSD) POST HOK to analyze and compare the degree of anxiety sports competition among players in the state of Madhya Pradesh (MP). The significant level was set at 0.05 the results indicated that there were significant differences found in Madhya Pradesh (MP) state male players of various sports (volleyball, boxing and badminton). In their sports competition anxiety.

Keywords: Competition, anxiety, volleyball, boxing, badminton. etc

Introduction

Performance anxiety is not uncommon in sports, as to some extent, fear of performance helps in achieving desired concentration. However, the excess will lead to a rush of adrenaline termed as anxiety. Whenever you feel short of breath, sweating, shaking or high heart beat rate. You lose concentration, your actions become disjointed and you feel paralyzed at the beginning of an important sporting event. These are symptoms of performance anxiety. You no longer feel confident in yourself and do not believe that you will be able to accomplish anything successful. To deal with such thoughts you must learn how to manage anxiety and to do so, it is imperative to understand how sports performance and anxiety are interrelated. Success and failure of an athlete depends on the blending of physical conditioning training, mental preparation and ability to perform well in under pressure and cooperation of athlete with others. So all the aspect, (physical physiological and social) are needed for an athlete. If one is looking in an aspect, it is very difficult to get success in competition that why the coaches must not only take the knowledge about the skill and strategies of the sports but also should be psychological skill full.

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Players with anxiety disorders usually have securing intrusive thoughts or concerns. They may avoid certain situation out of worry. They may also have physical symptoms such as sweating, dizziness or a rapid heartbeat. Anxiety plays a paramount role in sports. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be anxiety may be a positive motivating force or may interface with successful performance in sports events. The degree of anxiety also varies as a number of different condition. Anxiety is likely to be greater in higher competitive sports then in relatively non greater demands a made upon them to succeed. Anxiety comes from a way of looking at the world in general or events in particular and a way of thinking about these things. Most often it comes from unrealistic, exaggerated and always futile way of thinking.

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Objectives of the study

- 1) The primary objective of the study was to characterize the level of sports competition anxiety different sports of male players.
- 2) The secondary objective of the study was to compare the anxiety of sports competition between Madhya Pradesh (MP) male players of various sports disciplines.

Methodology

The sample of this study was developed for seventy-two (72) male players for various sports (volleyball, boxing and badminton). Twenty-four (24) subjects for each game and the 18 to 28-year age range in the Madhya Pradesh (MP) state and university gamers have been selected random sample subjects. All subjects are from the state of Madhya Pradesh (MP), India. Based on personal knowledge and understanding, test anxiety was used to compete in Sport (SCAT) Martens *et al.*, 1990. Prior to the trial, the questionnaire procedure and the purpose of the test briefly illustrated to all subjects for a Better understanding and increase the level of motivation. SCAT has fifteen (15) questions of five (5) spurious questions added to the questionnaire to reduce the bias of response to the actual evidence, these five (5) questions were not qualified. Subjects have been asked to answer every question honestly as they feel in general. Each player has three possible answers, namely: a) Rare (b) Sometimes (c) often.

Scoring (SCAT)

Sports Competitive Anxiety Test (SCAT) by Martens et 1990, has a total of 15 questions. Scores obtained for each question have been calculated and added, which represents the total score of an individual at the Anxiety Contest (SCAT Score). SCAT score was then analyzed.

Statistical analysis

- According to objectives of the study to gathering the data Analysis of descriptive statistics were used. (Mean, Standard Deviation)
- One-way Analysis of variance (ANOVA) with post HOK test (LSD) was applied to analyze and compare the degree of sports competition anxiety between Madhya Pradesh (MP) State players. The level of significant was set at 0.05

Table 2: Analysis of variance of sports competition anxiety of male volleyball, boxing and badminton men players of different levels

Source Of Variance	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	84.778	3	42.389	4.185	.019
Within Groups	698.875	69	10.129		
Total	783.653	71			

*Significant at 0.05 Level of Confidence.
Tab $F_{0.05}$ level (3, 72) = 2.74

The obtained value of 'F' (4.185) from table-2 is statistically significant at 0.05 level. F value is found significant because calculated value is more than tabulated value. when we compared sports competition anxiety it is documented that there was significant different

Table 3: Analysis of variance with (LSD) post HOK test mean difference, critical difference of male volleyball, boxing, badminton, men players of different levels of sports competition anxiety (multiple competition of volleyball, boxing and badminton)

S. n.	Volleyball	Boxing	Badminton	MD	CD
1	16.20	18.04		-1.83	1.837
2	16.20		18.79	-2.58*	
3		18.04	18.79	-.750	

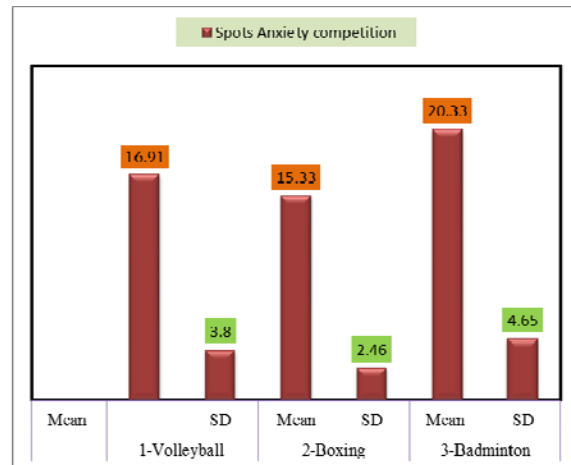
Result

The statistical analysis of data has been presented in this study. The Sports Competition Anxiety data was collected on total (N=72) (seventy two) male volleyball, boxing and badminton Players, 24 from volleyball, 24 from boxing and 24 badminton were selected as subjects from Madhya Pradesh (MP), Indore. To characterize and compare the sports competition anxiety test (SCAT) of male players among different games,

The results pertaining to the study are present with the help of following tables and Graphs.

Table 1: mean and standard deviation of sports anxiety test of male volleyball, boxing and badminton players.

Types of Sports	Spots Anxiety competition	
1-Volleyball	Mean	16.91
	SD	3.80
2-Boxing	Mean	15.33
	SD	2.46
3-Badminton	Mean	20.33
	SD	4.65



Graph 1: graphical representation of mean difference of sports competition anxiety of male (volleyball, boxing and badminton) men players of different levels.

found within the groups of Madhya Pradesh State players of different games (Volleyball, Boxing, and Badminton).The LSD post hoc test was applied, which is shown with the help of table and graph- 3.

Table-3 reveal that the mean value of volleyball (16.20) and boxing players (18.4), boxing players were found inferior to volleyball players, hence it is concluded that there is no significant difference between volleyball and boxing players. And volleyball (16.41) and badminton players (18.79), volleyball players were found inferior to badminton players, obtained mean difference value is (-2.58*). The mean of badminton players (18.79) there was significant difference between groups, as obtained mean difference value (-2.58*) which was more than critical difference value (1.837).

The mean value of boxing players (18.4) and volleyball players (16.20), boxing players show superior to volleyball players, hence it is concluded that there is significant difference between state level and district level as obtained mean difference value is (1.83) which was less than critical difference value (1.837) And Between boxing players (18.04) and badminton players (18.79), boxing players were found inferior to badminton players obtained mean difference value is (-0.750). Hence it is concluded that there is no significant difference between the groups, as obtained mean difference value was less than critical difference value (1.837)

The mean value of badminton players (18.79) and volleyball players (16.20), badminton players show superior to volleyball players, hence it is concluded that there is significant difference between badminton and volleyball players as obtained mean difference value is (2.58*) which was more than critical difference value (1.837). And Between badminton players (18.79) and boxing players (18.04) were found inferior to boxing players obtained mean difference value is (.750). Hence it is concluded that there is significant difference between the badminton and boxing players. as obtained mean difference value was less than critical difference value (1.837).

Discussion of Finding

The analysis of the data was obtained value of 'F' (4.185) from table 2 is statistically significant at 0.05 levels. F value is found significant because calculated value is more than tabulated value. Subsequent to the finding of significant F value, it is indicated that there was significant mean differences between all three games volleyball, boxing and badminton male players of sports competition anxiety. After applying the post-hoc test (LSD test) it was found to have a significant difference in all three games in their sports competition anxiety. However games volleyball had Low, boxing had middle and badminton had high sports competition anxiety as well as shown that was present study sports competition anxiety depended the nature of the games like individual and team games. This study clear show that individual game players high level of sports competition anxiety and team game players low level of sports competition anxiety. This is probably due to the different nature of the training components and pre-requisite for players. These results may be due to a small sample size and other factors such as different types of psychological aspect etc.

Conclusion

The researcher had undertaken within the limitations of present study; the following conclusions were drawn: There was significant difference noticed. Therefore from statistical analysis the following inferences were derived: significance difference was found between the mean score of Volleyball, Boxing, and Badminton male players in compare to sports competition anxiety.

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