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## Pre-competitive anxiety: An emotional experience and its pitfalls

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### Abstract

In this paper, discuss how to deal with pre-competitive anxiety in sports competition. The aim of the paper is to explain how the sports person, coaches and managers deal with pre-competitive anxiety during sports competition. The pre-competitive anxiety was defined as an unpleasant emotion, characterized by unclear but persistent feeling of uneasiness and fear before an event. Basically it is the body's reaction to stress. The paper traced what is the pre-competitive anxiety, its emotional aspects, impacts to competitive efficacy and its pitfalls.

**Keywords:** Pre-competitive Anxiety, emotional experience, pitfalls, India

### 1. Introduction

#### 1.1 Pre-competitive anxiety

Weinberg and Gould (1996) [1] described anxiety as a condition characterized by stress, nervousness, worries, with activation or arousal of the body. One of the most important problems in modern sports psychology is the pre-competitive anxiety. Before any competition, when player start to think and worry whether he will perform well or not. Pre-competitive anxiety play an important role in competitive sports, the player's are under high psychological pressures to struggle with negative consequences and experience fear before, during and after events as also studied by various workers: Lizuka 2005, Levy et al., 2011, Balaguer et al., 2012, Kumar 2016, 2016, 2016 [2-7]. According to Moran (2004) [8], pre-competitive anxiety, a cause in sport performance in which a player has unpleasant, negative feelings before their competition and fear of failure and lack of confidence.

In pre-competitive anxiety, the player sincerity is to be self-focused, self-defeating and negative.

#### 2. Pre-competitive anxiety: an emotional experience

Pre-competitive anxiety can be divided into two phases: trait and state anxiety. State anxiety defined as an emotional state/condition of organism that may change in intensity and fluctuates overtime. It is an immediate emotional response that can change situation. Trait anxiety is inbuilt in a person's personality and the organism/individual with this problem has a tendency to view the world as a threatening place. Pre-competitive anxiety necessitates a series of physiological symptoms like heart beating fast, more urination etc that are automatically produced by the demands of competition [9]. This condition is characterized by perceived feeling of tension.

#### 3. Pre-competitive anxiety affects competitive efficacy

Pre-competitive anxiety can affect competitive efficacy in various ways. Pre-competitive anxiety is differentiated by instantaneous presence of symptoms in all areas, and their common interaction. The Pre-competitive anxiety includes feelings, viewpoint, interpretations and attributions related to a definite situation and its anticipated results. The physiological component includes person bodily reactions. Pre-competitive anxiety can affects competitive efficacy due to the following symptoms like palpitations, high blood pressure, feeling of suffocation and shortness of breath, skin temperature changes, muscle tension, sickness, abdominal pain, headache, chest pain, dizziness, frequent urination and fatigue etc.

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In these situations, for the player it will hard to be able to remain focus on the job <sup>[10]</sup>. Moreover, pre-competitive anxiety has been found to bring to bear a powerful influence on player's performance according to Krane (1994) <sup>[11]</sup>. Pre-competitive anxiety symptoms are too immense; they may seriously interfere with player's ability to compete in a competition that required coordinated movements for events when the body is in a tense state.

#### 4. Pre-competitive anxiety pitfalls

There are numerous pitfalls of pre-competitive anxiety that can affect sports performance. Foremost, stamina and power required for is hampered by pre-competitive anxiety that lows down the players's energy level. Subsequently, pre-competitive anxiety interfere sportsperson mentally where need to stay calm. Next, the major pitfall is due to pre-competitive anxiety the players' it will difficult to be able to remain focus on the task. According to the Ikulayo, 1990 <sup>[10]</sup> pre-competitive anxiety raise the tension in the muscles of the throat and chest at that point where it may cause impossible to swallow or expand the chest. It was found that pre-competitive anxiety exerts a powerful influence on players's performance <sup>[11]</sup>. In the study of Krane, he examined that the factors caused due to pre-competitive anxiety exerts an effect on players's performance. According to him successful players's are those that understand pre-competitive anxiety to be beneficial in the course of their sports performance. Player's cannot not focus their attention, they itself start to predict anybody is in the crowd watching them, other palyer's better than them, they failed to control themselves. Pre-competitive anxiety is a use to experience for sportsperson but at a certain level where it is helpful and ready the player's for competition. But if the pre-competitive anxiety is too much, the symptoms then may cause seriously interference with their ability to compete because the harmonized movements needed for performance as it will be difficult if the body is in a tense state.

#### 5. Conclusion

In conclusion, there are many impacts of pre-competitive anxiety on sports performance of the player's like, fear, failed to concentrate, sweating, shaking of body, breathe shortness, dizziness and increase heart rate. Player's should know about the effect of pre-competitive anxiety on sport performance and the techniques, how to deal with pre-competitive anxiety. It can be done by teaching the player's to know what is fear, visualization, goal setting, and relaxation of the body, increase self-confidence, distracting oneself and focusing on that which could be controlled.

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