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An assessment of sports competitive anxiety between male and female sports persons

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Abstract

The main aim of the present study was to determine the Anxiety between male and female sportspersons. To obtain data for this study, the investigator had selected One hundred (N=100) subjects, out of which fifty (N=50) male sportspersons and fifty (N=50) female sportspersons from state level tournament, who were playing in session 2018-19. The age of the subjects ranged from 18 to 28 years. To collect the required data for the present study, and to measure the Sports Competitive Anxiety, Marten's (1990) Sports Competitive Anxiety test (SCAT) was used, Scoring was done for the questionnaire according to manuals. "T" test was applied to determine the significant difference and direction of difference in mean scores of variables between male and female sportspersons. The level of significance was set at 0.05 level. The results revealed a significant difference found between male players and female players on the variables of sports competitive anxiety. It concluded that, female sportspersons are at higher level of sports competition anxiety as compared to male sportspersons.

Keywords: Anxiety, Male, Female, Sportspersons, State Level Tournament.

Introduction

Psychology is the science of mind and behavior (Gray, 2010) [6]. Its immediate aim is to understand behavior and mental processes by researching and establishing both general principles and specific cases. The self-concept is an internal model which comprises self-assessments (Gerrig and Zimbardo, 2002) [5]. Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. The root meaning of the word anxiety is 'to vex or trouble'; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness and dread (Bouras, and Holt, 2007) [3]. It indicates the totality of attitudes, judgments and values of an individual relating to his behavior abilities and qualities.

Games is littered with broken dreams of those whose performance collapsed when they are most needed to be in control of themselves and focus on the task at hand. It is not uncommon to see players "freeze" in big games or moments or commit unexplainable error in the course of their performance. When athletes do not achieve well in relation to their abilities, nervousness in anticipation of the sporting challenges could be the root cause of anxiety.

In the modern sports, psychological preparation of a player is as important as teaching as the different skills of a game with scientific methods. Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important, but they also feel that good mental and Psychological preparation for competition is a necessary component for success. Sport psychology helps the athletes for obtained optimal level of performance. Anxiety is very important mental skills and it has important role in the success of athlete's performance.

The purpose of the present study was to determine the sports competitive anxiety level between male and female sportsperson of state level tournaments.

Objectives of the Study

- To find out the significant difference between male and female sportsperson on the variable of sports competitive anxiety.

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Methodology

To obtain data for this study, the investigator had selected one hundred (Ns=100) subjects, out of which fifty (N=50) male players and fifty (N=50) female players, who were participated in state level tournament in session 2018-19. The age of all subjects ranged from 18 to 28 years.

To measure the sports competitive anxiety used Marten's (1990) Sports Competitive Anxiety test (SCAT), The scoring

was done for the questionnaire according to their manuals.

"T" test was applied to determine the significance of difference and direction of difference in mean scores of variables between male and sportsperson. The level of significance was set at 0.05.

Results and discussion

Table 1: Mean, Standard Deviation of male and female sportspersons on the variable of sports competitive anxiety

Groups	N	Mean	S.D.	Std. Error	Mean Difference	Sig. (2-tailed)
Male Sportspersons	50	20.60	2.89	.41	1.90000	0.003*
Female Sportspersons	50	22.50	3.15	.44		

*Significant at 0.05

The above table reveals that the mean scores of male Sports Person and female Sports Person were 20.60 and 22.50 respectively, whereas the standard deviation scores of male Sports Person and female Sports Person were 2.89 and 3.15 respectively.

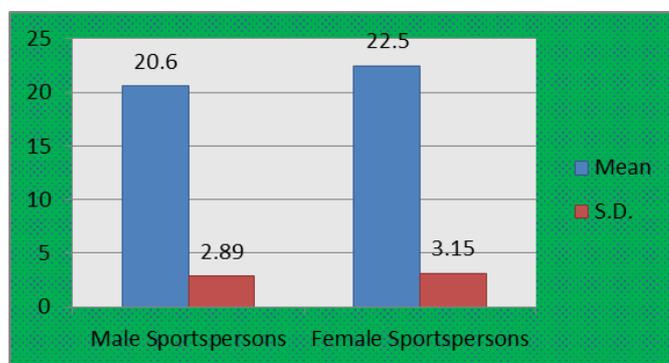


Fig 1: Graphical presentation mean and the standard deviation scores of male and female Sports Person on the variable of sports competitive anxiety

This shows that female sportspersons are statistically higher in sports competitive anxiety as compared to their counterpart male sportspersons of state level tournament.

Conclusion and discussion of findings

From the evident of the above findings, it was observed that on the variable of sports competitive anxiety was found significant difference between male and female players of state level tournament. Female players are statistically higher in sports competitive anxiety as compared to their counterpart male players. It may be due to that female sportsperson have less facilities, coordination, less exposure for participating in high level of tournaments and less incentive for outstanding players as compared male sportsperson of state level tournament.

The female Sports Person reported higher level of sports competitive anxiety. It might be due to feeling of defeat and threat perception, and used varied coping strategies, with a preference for adaptive strategies and a pressure making self-identity in the society. Whereas male Sports Person displayed lower levels of sports competition anxiety, this might be a due to a greater use of diverse emotion- and problem-focused strategies. Confidence in their own psychological resilience and the male athletes are more abuse than the female athletes.

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