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Relationship analysis of competition anxiety between football players of middle adolescent and late adolescent groups

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Abstract

Anxiety is an arousal state of mind which has both negative and positive effects on sports performance. The aim of present study was explore the difference of sports competition anxiety among Football players of middle adolescent and late adolescent group. For the purpose of the study 30 middle adolescent and 30 late adolescent Football players (boys) selected from district team of Meerut. The age of the subjects ranged from 14 to 17 years and 18 to 21 years respectively. To examine the comparison of competition anxiety between players of two different psychological (growth and developmental) stages, competition anxiety questionnaire (SCAT) was used, developed by Rainer Marten. To analyzed the raw scores and "t test" were computed. The result shows that Middle Adolescent and Late Adolescent players differ significantly from each other and late adolescents are found more anxious than middle adolescents in this study has found by the "t test" at 0.05 level of significance.

Keywords: Anxiety, SCAT, middle and late adolescent, psychological stage etc.

Introduction

Competition is a situation in which two or more individuals or groups struggle for a particular goal in which the successor and their performance is related to each other. Thus, sports competition may be considered as an open conflict when the individual or group makes effort to surpass the other individual or the group in any sporting activity for which the competition is held. Modern sports has become a very complex behavioural issue for competitive sports which includes genetic endowment, generally good environment and highly specialized psychological training that are needed to produce better sportsmen. Anxiety has both positive as well as negative effects on the performance of players. It is one of the greatest problems of modern trends. It generally arises as a result of fear of something unknown that creates tension and disturbance in the homeostasis on the individual. This can lead to development of poor work habits or athletic technique. These often lead to failure and lack of confidence. As a positive motivating force it can be instrumental in motivating the athlete to work harder to find new and better ways to improve performances and to help set goals. The over anxious individual has a high level of cerebral and emotional activity with neuro-muscular tension that may eventually lead the individual to the exhaustion stage and perhaps to psychosomatic disorders. 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. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports, because in the competitive sports, participants are expected to win a great demands are made up on them to succeed.

Significance of the study

The results of the study would give information regarding the relationship of competition anxiety to playing performance of district football players. The results of the study would also help to understand the behaviour of district football players of middle and late adolescent groups during competition. The finding of study would provide the guideline to the future research investigation in sports psychology and sports sciences to conduct further research in this field.

Competition Anxiety

Competitive state anxiety, or pre-competition anxiety, is a common experience for many athletes. When not managed properly, it can greatly affect your performance, confidence, and mental and physical health.

Anxiety is defined as an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. Anxiety usually occurs due to an impending event with an uncertain outcome.

There are two types of anxiety

- Trait anxiety is a chronic condition that is related to personality. People with trait anxiety generally have nervousness as a stable personality trait.
- State anxiety refers to temporary feelings of anxiety that are related to a particular event or state.

State anxiety is common among athletes because of the demands of sports. Especially before a big match, the pressure is on to win and to be the best. Sports place numerous stressors upon athletes, from training and competing to winning and beyond. It's no surprise then that many athletes develop competitive state anxiety.

Competitive state anxiety occurs when the demands of the sport are greater than that athletes perceived abilities. While a bit of anxiety before a game gives us the push we need to tackle challenges, uncontrolled anxiety can wreak havoc on your performance in the ring.

What are the Symptoms?

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioural components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Anxiety does not look the same for everyone, and for that reason, symptoms differ for each individual. However, it's important to know some of the common symptoms of anxiety, that way you can recognize it in yourself.

Here are some common symptoms of competitive state anxiety:

- Cognitive symptoms, or thought processes, include fear, indecision, loss of confidence, poor concentration, images of failure, thoughts of avoidance.
- Physical symptoms include increased blood pressure, pounding heart, sweating, dry mouth, trembling, muscular tension, butterflies in the stomach.
- Behavioural symptoms include avoidance of eye contact, biting the fingernails, introversion or excessive extroversion, "playing it safe."

Experiencing some of the symptoms is not necessarily a cause for concern. The trick is learning how to use your anxiety to succeed, rather than letting it overtake you. We will discuss ways to control competitive state anxiety further down.

What are the Causes?

There are many factors in the world of sports that contribute to an athletes anxiety. Firstly, games and matches provide a considerable amount of uncertainty. It's not just the outcome that's unpredictable. An athlete never knows what variables will impact how they will perform or what they're competition will do. Uncertainty is a major cause of anxiety, whether in sports or any other aspect of life.

The significance of the event also affects anxiety levels. The higher the stakes, the higher your anxiety is likely to rise.

Expectations also play a role in how anxious you feel. There is a lot of pressure to win, but often the person that holds the highest (and sometimes impossible) expectation is you. Someone with a perfectionist personality is likely to feel anxious before a game because the thought of losing or messing up is not acceptable to them.

Methodology

Subjects: The samples consisted of 30 middle adolescent and 30 late adolescent Football players (boys) of Meerut district. The age of the subjects ranged from 14 to 17 years and 18 to 21 years respectively.

Procedure

Sports Competition Anxiety Test (SCAT) Questionnaire was prepared by Rainer Martens (1977). The test is reliable and valid. All players were first of all provided with following SCAT questionnaire and they were asked to give their opinion strictly independent manner. The SCAT contains 15 items, 10 of which measures symptoms associated with anxiety. The five items that are not scored are included in the inventory to reduce the likelihood of an internal response-set bias. The standard instructions of the SCAT ask respondents to indicate how they "usually feel when competing in sports and games".

Scoring

The subject was instructed to respond to each item according to how he generally felt at the time of competition. Every student had three possible responses i.e., 1. Rarely 2. Sometimes 3. Often. The 10 test items, which were taken for scoring purpose, were 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15. The remaining items i.e., spurious items, which were not scored out, were 1, 4, 7, 10, and 13. These 5 questions was added to diminish response bias towards actual test items. The questionnaire based on 3 point scale responds.

Result and Discussion

Table 1: Significance difference between middle and late adolescent players on competitive anxiety

Group	N	Mean	S.D	D.M.	S.E.	't'-Value
Middle Adolescent	30	15.03	2.92	2.5	0.773	3.234
Late Adolescent	30	17.53	3.07			

Level of Significance = 0.05, Required 't' - Value = 2.00 and df = 58

In Table 1 the mean value of middle adolescent Football players is 15.03 and Late Adolescent Football players is 17.53. The standard deviation of middle adolescent Football players is 2.92. and Late Adolescent Football players is 3.07 and the t-Value is 3.234, which indicates that the difference is Significant at the .05 level.

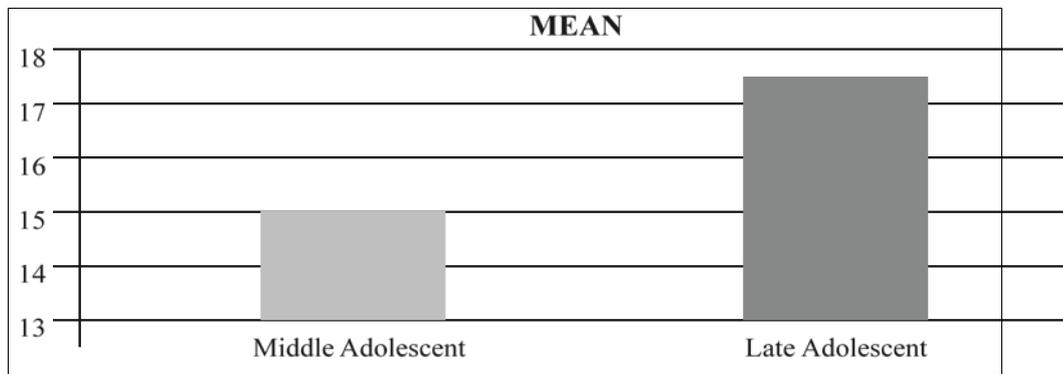


Fig 1: The mean value of anxiety of the middle adolescent group and late adolescent group

It is clear from the figure -1 that the mean difference between Middle Adolescent Football players and Late Adolescent Football players are Higher, that means Late Adolescent players have higher level of competition anxiety and Middle Adolescent players have lower level of competition anxiety among the groups.

Conclusion

The main purpose of this study was to compare the competition anxiety between Football players of middle and late adolescent group and it merely focused on the level of anxiety pre-competitions only. It based on the current results. Within the limitation of the present study and on the basis of the results following conclusion is drawn that middle adolescent group and late adolescent group differ significantly in competition anxiety from each other. Late adolescent are found to be more anxious than middle adolescents in this study.

Recommendations

Similar study may be conducted by considering different physiological variables, among players of different age groups, may be conducted by taking beginners, advanced and professional players as a subject and may be repeated by dividing the subjects into different levels i.e., National Level and International Level

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