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Competition anxiety between inter-collegiate cricketer and footballer players

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Abstract

The goal of this study was to determine the variations in Anxiety among Inter-Collegiate Cricketers. The study may also help to assess the differences in the selected psychological parameter among sportspersons of the sports discipline chosen in the study. This study was delimited to 50 college level cricket players and 50 football players each. The subjects was selected from Tamil Nadu state from its capital city Chennai. The study was conducted through standardized questionnaires for collecting different variables by Sport Competition Anxiety Test (SCAT) by martins by this we conducted to check anxiety level. The 't' test was used to compare the groups and for testing significance of the values at 0.05 levels have been fixed.

Keywords: Anxiety, SCAT

1. Introduction

Man is an intelligent creature other than being a natural element truth be told this exceptionally quality of consideration isolates from different creatures that consume space on this globe. That is Why he is the apex of Creation. The tremendous progress in the sphere of cultures and Civilizations has been the result of man's "high thinking ability". There are three formats of cricket played at the international level – Test matches, One-day Internationals and Twenty20 Internationals. These matches are played under the rules and regulations approved by the International Cricket Council, which also provides match officials for them. Football is a group of group activities that include, to fluctuating degrees, kicking a ball to score an objective. Unfit, the word football ordinarily implies the type of football that is the most well-known where the word is utilized. Sports usually called football incorporate affiliation football. Anxiety affects the performances of the individuals 'Encyclopedia of Sports Science and Medicine' (1971), states that, anxiety affects emotional stability, Resoluteness and self-assurance. In the event that an individual is genuinely steady, has a resilient outlook What's more, elevated degree of self-assurance, he can deal with his tension in such a manner as it becomes A resource and builds the degree of execution.

1.1 Statement of the Problem

Purpose of the study is to compare Competition Anxiety between Inter-Collegiate Cricketers and Footballers.

1.2 Objectives of the study

The purpose of the study was to compare the competition Anxiety between Inter-Collegiate Cricketers and Footballers. For this reason, rundown of understudies who addressed Between university for different schools which are associated to College of Madras, Chennai, subjects were chosen utilizing strategy for purposive examining. The last example Comprised of 50 men Cricketers and 50 men Footballers making complete of 100 players. To guarantee the full co-activity from the subjects, the specialist had a gathering with Them in presence of their mentor/troughs.

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The reason for this study was clarified by Giving a nitty gritty clarification to discover that there was no equivocalness among the Subjects with respect to the endeavors, which they needed to place in the fruitful finishing of the Examination. All subjects deliberately consented to expand full collaboration and mentors/supervisors Guaranteed that the subjects were made accessible for assortment of information.

2. Materials and Methods

2.1 Selection of Questionnaires

The current review has been attempted to analyze the opposition Uneasiness Between University Cricketers and Footballers. For this reason the accompanying Normalized survey have been utilized to gather information for various mental Variable to be specific Rivalry Nervousness.

1. Competition Anxiety Sports Competition Anxiety test (SCAT)

2.2 Administration of the Questionnaires Anxiety

Anxiety has been assessed using Sports Competition Anxiety Test (SCAT). This Test was developed by Rainer Martens, Diane Gill, Tara Scanlan, and Julie Simon. In the Year 1990 at Champaign, IL. The motivation behind the test was to survey individual contrasts in cutthroat characteristic tension, or the propensity to see serious circumstances as Undermining as well as to answer these circumstances with raised state tension. The tool Consisted of 15 items to be answered by putting a mark of 'X'. It is based on Likert's Method and each statement consisted of their responses; hardly ever, sometimes and Often, the respondents made a cross mark (X) on any one of the response that fitted to Them. A separate method was used for positive and negative statements.

The scores for positive statement that is question number 1, 2, 3, 4, 5, 7, 8, 9, 10, 12, 13, 14 and 15 are awarded by giving '1' marks for hardly ever, '2' Sometimes and '3' for often. The Scores for negative statement, that is, question number '6' and '11' are awarded by giving '3' marks for Hardly ever, '2' for sometimes and '1' for often. The scores obtained for Both positive and negative statements were added. The higher the score, the higher the Anxiety.

2.3 Statistical Techniques

To come to unavoidable end result and to accomplish the targets of the examination, a precise treatment of information is required which comprises of three phases specifically: classification of information, testing of the speculations utilizing proper measurable methods and conversation of the outcomes. The measurable investigation of the information comprises of the scores made by the examples on different

factors. The examples remembered for each of the 100 Cricketers and Footballers which were all different School men understudies from College of Madras subsidiary Universities. The age scope of tests was between 18 to 25 years. In the handling of the information mean, amount of squares, level of opportunity, and mean squares were figured to assess the distinctions among the gatherings utilizing 't'test are introduced from table 1 to 5. The degree of importance was fixed at 0.05 levels. The speculation set out in Part I was tried and the outcomes got are talked about in subtleties in the accompanying pages

3. Result and Discussions

To decide the meaning of contrast on nervousness among men and Ladies ball players, t-test was applied. The outcome relating to the nervousness have been introduced in table - I Significant Difference between the Means of Anxiety of Cricketers and Footballers.

Table 1: Uncovered that the huge contrast

Mean		DM	σ DM	't' Ratio
Cricketers	Footballers	0.8	3.77	1.11
21.7	22.5			

*significant, t=0.005 = 2.009

('t' proportion) of nervousness between entomb University Cricketers and Footballers was 1.11, which is not exactly the necessary worth at 0.05 degree of importance (t=2.009). It shows there is no huge contrast between The presentation of Between University Cricketers and Footballers According to Contest Uneasiness. In the help of result selected an investigation of Brustad *et al.* (1987) is taken in his concentrate on he inspected the relationship of characteristic and state nervousness among Cricketers and Footballers there was no huge distinction found among the players. Similar results were also found by Modrono, *et al.* (2010), Ali, *et al.* (2010), Kenneth (1985) Ahmad (1980) and Martens (1977) in their respective studies.

Thus, investigator's results are in the direction of Modrono, *et al.* (2010), Ali, *et al.* (2010), Brustad *et al.* (1987), Kenneth (1985), Ahmad (1980) and Martens (1977) studies, which have uncovered that there were no tremendous distinction among guys and females sports tension. Accordingly it could be inferred that the nervousness of Entomb University Cricketers and Footballers are pretty much same. So one might say that players are having a similar level of uneasiness while they play or they go to play in any competition. The comparisons of the mean scores of the Cricketers and Footballers

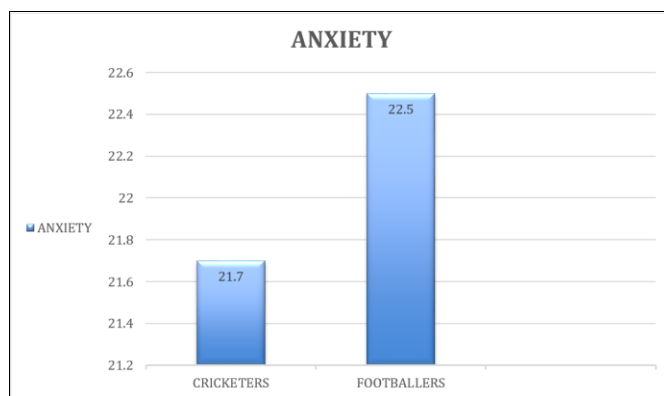


Fig 1: Presented graphically

In this study, it is mentioned that there will not be significant difference on anxiety between Cricketers and Footballers. The results of the study showed significant difference in anxiety.

4. Conclusions

In light of the aftereffect of the review the accompanying end were drawn Cricket and Football have become most well-known games in India. Mental factors are the main contributing variables for better execution in all games and games. The sport of Cricket and Football requires impressive measure of mental sharpness and dominance of expertise. The cutting edge sport preparing lays a more prominent accentuation on setting up the players mentally. A ton of accentuation is being given to the mental exploration managing mental qualities and mental practices of the preparation of the high level players. No preparation in the games field is finished without reference to the mental review and mental preparation. Any remaining elements like natural and humanistic being equivalent, mental molding of a players unequivocally decides his odds of coming out on top or disappointment in the opposition. The current part covers synopsis, ends, and suggestions of the review

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