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## Comparison of sports competition anxiety of successful and unsuccessful taekwondo players

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### Abstract

The study was conducted to assess the Sports Competition Anxiety of taekwondo players and to compare the level of sports competition anxiety of successful and unsuccessful taekwondo players. For the purpose of the study Sport Competition Anxiety Test (SCAT) developed by Martens *et al.*, 1990 was administered on 150 taekwondo players (75 Male and 75 female) who had participated in the All India Inter University Taekwondo Championship-2022 (Amritsar). The administered questionnaire was quantified for obtaining the scores of sports competition anxiety as per the instructions/ guidelines. Mean, Standard Deviation and Independent Sample 't'- test were used as a statistical procedure for analyzing the data. The drawn hypothesis was tested at 0.05 level of significance. Findings of the study revealed that the successful and unsuccessful taekwondo players were having an average level of sports competition anxiety before the competition as the mean score obtained was  $17.78 \pm 1.85$  and  $22.56 \pm 2.67$  respectively. When compared, it was seen that the successful taekwondo players were having significantly lower level of sports competitive anxiety as compared to unsuccessful taekwondo players as the calculated 't' value obtained was 2.832 with  $p < 0.05$ . Therefore it was concluded that anxiety plays an important role in the performance of an athlete, a higher level of competition anxiety deteriorates athletes' performance (Martens *et al.*, 1990; Weinberg & Gould, 1999; Ortiz, 2006). And hence, it is recommended that the findings of the study must be used to design appropriate training programmes to help athletes acquire suitable coping strategies so as to reduce their anxiety levels and enhance their performance.

**Keywords:** Taekwondo, sports competition anxiety, performance

### Introduction

Psychological factors such as self-confidence, self-esteem, locus of control, personality, mental toughness etc. play important roles while performing in competitions. Anxiety is one of the factor that plays an important role in performance. Studies have shown that even the world's most successful athlete feels anxious while performing at competitions. There are certain factors that induce the feeling of anxiety in athletes such as expectations, perfectionism, fear of failure, lack of confidence (Moran, 2004) <sup>[9]</sup>. Anxiety refers the displeasing feeling of fear and concern, in sports it is an unpleasant emotion characterized persistent feelings of apprehension and dread (Cashmore, 2002) <sup>[10]</sup>. Previous researches have shown that anxiety has an impact on the performance of athletes but in regards to taekwondo performance in real competition, studies on anxiety have hardly taken a step. Therefore this study was taken to understand the sport competitive anxiety of taekwondo players and its impact on the performance i.e. winning a medal in real competition situation.

### Objectives and Hypothesis

The objectives of the study were to assess the sports competition anxiety of taekwondo players and to compare the level of sports competition anxiety of successful and unsuccessful taekwondo players. Based on the literature reviewed, it was hypothesized that there would a significant difference in the level of sports competition anxiety of successful and unsuccessful taekwondo players.

### Procedure and Methodology

For the purpose of the study 150 taekwondo players (75 Male and 75 female) were randomly selected from the population participated in senior category in the All India Inter University Taekwondo Championship-2022 (Amritsar).

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The successful Taekwondo players represent the medalist and the unsuccessful players represent the non-medalist players. The subjects selected were in the age group of 17 years to 28 years. Sport Competition Anxiety Test (SCAT) developed by Martens *et al.*, 1990 [4] was administered to the selected taekwondo players. The administered questionnaire was quantified for obtaining the score of sports competition anxiety.

### Statistical Analysis

To explain the level of sports competition anxiety in taekwondo players Mean and Standard Deviation were calculated. To compare the level of sports competition anxiety between the successful and unsuccessful taekwondo players independent sample 't' test was employed. The hypothesis was tested at 0.05 level of significance.

### Analysis of Data and Findings of the Study

**Table 1:** Descriptive Statistics of Sports Competition Anxiety of Taekwondo Players on the basis of their Performance

Group	N	Mean	Std. Deviation	Std. Error Mean
Successful	64	17.78	1.85	0.64
Unsuccessful	86	22.56	2.67	0.53

Table- 1 reveals that the mean score of sports competitive anxiety for successful and unsuccessful taekwondo players were  $17.78 \pm 1.85$  and  $22.56 \pm 2.67$  respectively. The above table also shows that even though both the groups lie's under average level of sports competitive anxiety still the sports competitive anxiety in successful taekwondo players was lower than that of unsuccessful taekwondo players.

**Table 2:** Comparison of Sport Competitive Anxiety between Successful and Unsuccessful Taekwondo Players

Variable	t-test for Equality of Means				
	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Sport Competitive Anxiety	-2.832*	148	0.007	-4.78	0.634

\*Significant at 0.05 level of significance

Table- 2 reveals that the successful taekwondo players had significantly lower sports competitive anxiety as compared to the unsuccessful taekwondo players as the calculated 't' value obtained was 2.832 with  $p < 0.007$ .

### Discussion

Based on the findings of the present study, it was found that the taekwondo players who had participated in the senior category of All India Inter University Taekwondo Championship-2022 (Amritsar) had an average level of sports competitive anxiety before the competition. When this data was seen in regards to performance, it was revealed that though both successful and unsuccessful taekwondo players come under average level of sports competitive anxiety but still the level of sports competitive anxiety in successful taekwondo players was significantly lower than that of unsuccessful taekwondo players. The result of the present study supports the previous research that the highest level of competitive anxiety will deteriorate athletes' performance in sport (Martens *et al.*, 1990; Weinberg & Gould, 1999; Ortiz, 2006) [4, 7, 8]. On the contrary, a lower level of anxiety was found to have enhanced the performance of athletes (Martens

*et al.*, 1990; Krane & Williams, 1994) [4, 6] and hence the drawn hypothesis was accepted.

### Conclusion

The result of the study showed that there was a significant difference in the sports competitive anxiety of successful and unsuccessful taekwondo players therefore it was concluded that the level of sports competitive anxiety had a relation with the performance of taekwondo athletes. Hence further it is recommended that sport psychologists, counsellors, and coaches use the findings of the present study to design appropriate training programmes to help athletes acquire suitable coping strategies so as to reduce their anxiety levels and enhance their performance.

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