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## A comparative study on anxiety and mindful attention awareness between different levels of competence among badminton players

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### **Abstract**

The research conducted in this study delves into the psychological aspects of badminton players within the realm of physical education, specifically comparing individuals across different competitive levels. The focus of the investigation lies in understanding the psychological profiles of national and state level male badminton player. The variables under scrutiny include anxiety and mindful attention awareness. To ensure the validity of the findings, the researchers employed rigorous statistical methods. The initial step involved conducting a normality test using the Shapiro-Wilk test to ascertain whether the data met the assumptions required for parametric tests. Upon confirming normal distribution for all variables, descriptive statistics were applied to present the mean and standard deviation of the collected data. Subsequently, inferential statistics were employed, utilizing an independent t-test to investigate significant differences among the two player groups. The observed differences in anxiety and mindful attention awareness shed light on the varying experience by players at different stages of their competitive journey. The results shows that there was a significant difference obtained between nation and state level shuttles for anxiety and mindful attention awareness scale. Thus, the null hypothesis was rejected at 0.05 level of significance. The findings not only contribute to the understanding of psychological factors in sports but also have practical implications for coaches, trainers, and sports psychologists working with badminton players.

**Keywords:** Badminton, mindful attention awareness, anxiety, opposing players

### **1. Introduction**

Badminton is the indoor racquet game played with a shuttle cock, also simply called as shuttle or bird. It is played by either two opposing players (singles) or two opposing pairs (doubles) who takes position in the opposite halves of the rectangular court divided by net. The shuttle is a feathered projectile whose aerodynamics properties cause it to fly differently from the balls used in most racquet sports. Player scores points by striking the shuttle cock to the opponent court (Singh, 2006) <sup>[6]</sup>. According to the Official Website of Badminton Association of India, India regularly hosts several national-level badminton tournaments sanctioned by the Badminton Association of India (BAI). These tournaments serve as a platform for talented Indian badminton players to showcase their skills and compete for top honours. All India Inter-State, Inter-Zonal and Senior National Badminton Championships, these are one of the most prestigious badminton tournaments in India. It features participation from top Indian players across different age categories, these championships involve teams representing various Indian states competing against each other including men's team, women's team, men's singles, men's doubles, women's singles, women's doubles, and mixed doubles. The winners of these events are crowned as national champions. As per Badminton Association of India and respective State Olympic Associations of various states, a State-level badminton tournaments in India are an integral part of the country's badminton ecosystem and serve as a platform for identifying and nurturing local talent. These tournaments are typically organized by state badminton associations or governing bodies and are conducted at various levels, including district, inter-district, and state championships.

Sports are composed of 90% mental and 10% physical activity (Georgiou, Becchio, Glover, Castiello, 2007; Abbas Jasim, 2018)<sup>[3,1]</sup>. The behaviour observed in sport is apparent, but the psychological aspect that is responsible for such behaviour may not be directly detected (Raglin, 2001)<sup>[5]</sup>. There are several psychological factors that affect motor behaviour (Stefani, Marco, & Gentilucci, 2015)<sup>[8]</sup> one such ability that influences both motor behaviour and athletic performance is information processing capability (Plessner & Haar, 2006)<sup>[4]</sup>.

## 2. Materials and Methods

The subjects were purposively selected as per two different categories of those players who have participated at National championships and State Championships. Age of the selected subjects was between 18-25 where 32 Nationals players and 31 State Players were chosen.

These subjects were specifically chosen because they had not only displayed their sporting talent but had also represented their respective institution at various competitive levels, including National championships and State-Level championships. This criterion was essential to gather insights into the skills and achievements of the participants, as well as to assess their level of dedication and commitment to their chosen sports. Descriptive statistics and independent t-test was been employed to get the mean, standard deviation and analysis on any significant difference that lies was tested.

## 3. Analysis of the data

**Table 1:** Describes the number of samples, minimum, maximum, mean and standard deviation of anxiety of national and state players

Descriptive Statistics of Anxiety of National and State players					
	N	Minimum	Maximum	Mean	Std. Deviation
National Players	32	14.00	21.00	17.15	1.85
State Players	31	20.00	27.00	23.67	1.95

**Table 2:** Shows the inferential statistics of anxiety between National and State level badminton players, where it rejects the null hypothesis at 0.05 level of significance

Independent sample t-test for mean comparison between National and State Players				
		T-Value	DF	Sig. (2-tailed)
Anxiety	Equal variances assumed	13.59	61.00	0.00
	Equal variances not assumed	13.58	60.53	0.00

**Table 3:** Describes the number of samples, minimum, maximum, mean and standard deviation of attention awareness of national and state players

Descriptive statistics of attention awareness of National and State players					
	N	Minimum	Maximum	Mean	Std. Deviation
National Players	32	4.00	5.93	5.32	0.43
State Players	31	3.62	5.66	4.51	0.51

**Table 4:** Shows the inferential statistics of attention awareness between National and State level badminton players, where it rejects the null hypothesis at 0.05 level of significance

Independent Sample t-test for mean comparison between National and State Players				
		T-Value	DF	Sig. (2-tailed)
Attention Awareness	Equal variances assumed	6.71	61	0.00
	Equal variances not assumed	6.69	58.57	0.00

## 3.1 Discussions and Findings

Research studies suggested that, individuals who are state anxious and low on the trait anxiety in tough situations, often deliver good performances consistently. Whereas, athletes who have higher levels of trait anxiety, added with the state anxiety, tend to perform below expectations. Morgan and Johnson (1978)<sup>[11]</sup> revealed that successful athletes possess higher perceived ability, greater satisfaction, and a lower state of anxiety than less successful athletes. Singh (1988)<sup>[12]</sup> tried to compare anxiety level of champion and non-champion male female Judo players of National level. Male Judo players of National level were low in competition anxiety than their non-champion counterpart. Significant differences existed among the three groups at three different levels of competition i.e., Nationals, Inter-University and Inter-Collegiate in relation to trait anxiety (Singh N, & Sharma R, 2014)<sup>[7]</sup>.

Studies suggested that depict that there is a positive correlation between mindfulness and mental imagery among the athletes. Athletes make use of mental imagery in sports to improve both physical and psychological skills. It can be concluded based on the results that being mindful can also improve the athlete's mental imagery skills which can significantly enhance their strengths and help them eliminate their weaknesses, which was also depicted in the present study due the reason which National players have shown better significant score as compared to other level of players. Athlete satisfaction is defined as, "a positive affective state resulting from a complex evaluation of the structures, processes, and outcomes associated with the athletic experience" (Chelladurai & Riemer, 1997, p. 135)<sup>[13]</sup>.

## 4. Conclusions

National players scored significantly higher in attention awareness than State Players and simultaneously, National players scored significantly less than State Players for anxiety.

So, we can conclude that, state level male badminton players have significantly less attention awareness than national level badminton players and, state level badminton players were significantly more anxious than national level male badminton players.

**5. Conflict of Interest:** Authors declare no conflict of interest

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