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Anxiety-level of players during sports competitions: An analysis of male participants of selected universities in Karnataka

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Abstract

Anxiety is a negative emotional state which is characterized by worry and apprehension. The purpose of the present study was to compare the level of anxiety among the male participants from selected four universities of Karnataka namely Mangalore, Mysore, Nitte and Yenepoya. who participated in All India Inter University or inter collegiate Tournament for Men during the academic year 2023 – 2024. Total number of players who volunteered for this study are 100 in numbers, 25 from each university. The age of the subjects ranged between 19-25 years. To analyse their level of anxiety, 'Sports Competition Anxiety Test (SCAT)' developed by Martens (1977) was administered. Descriptive statistic and ANOVA test were used to analyze the data. Results of the study revealed there was significant difference between the mean values of anxiety level of players. It is concluded that the level of anxiety of players is not the same in all four selected universities in Karnataka.

Keywords: Anxiety, competition, inter-collegiate, inter-university

Introduction

Sports provide an outlet for the suppressed internal feeling of a person; it is like a safety valve to "blow off the steam". Nervous, tired and frustrated persons can take sports as a tonic. Sports can be utilized for the students to dissociate them from the monotony of books and the pressure of studies. Sports psychology is the study of how psychological factors influence sports, athletic performance, exercise, and physical activity. Sports psychologists investigate how participating in sports can improve health and well-being. They also help athletes utilize psychology to improve their athletic performance and mental wellness. A sports psychologist doesn't just work with elite and professional athletes either. This type of professional also helps non-athletes and everyday exercisers learn how to enjoy sports and stick to an exercise program. They utilize exercise and athletics to enhance people's lives and mental well-being. Sports psychology can help a lot in assessing the personality and self-concept of the players or individuals. Performance in physical education activity or sports not only demands systematic training to develop physical and physiological variables but also demands training and consideration of psychological characteristics for success in this field. Sports psychology is primarily interested in the analysis of behaviour of sportsmen. Sportsmen are those who go onto play fields and play some games with the aim of higher competition in that particular game. Kroll (1967) contends that there is a possibility that 4 some discrete set of personality factors cause some people to select and participate in sports games with the aim of higher competition in that particular game. Kroll (1967) contends that there is a possibility that 4 some discrete set of personality factors cause some people to select and participate in sports. The word Anxiety is derived from Indo-German root 'Augh'. In Greek and Latin term means to press tight strangle, to weight down with a grief a load, a burden and trouble. Anxiety is characterized by apprehension uneasiness and fore boding from which the individual cannot escape, it is accompanied by feeling of helplessness because the anxious person feels blocked and unable to win for their match. Through anxiety develops from fear and worry it is distinguished from their in several aspects.

Importance of anxiety in sports

People with low trait levels have been known to perform in selected motor skills than those

with high a trait levels. There is also positive relationship between the trait and a state level of participation in athletic competition.

A moderate level of anxiety seems best for the acquisition and performance of motor skills. Levels of anxiety either too high or too low tend to inhibit learning and performance. Anxiety is the tending to view competitive situations as threatening and to react to them with feeling of apprehension. A state of uneasiness or Tension caused by apprehension of possible future misfortune and danger. Anxiety is usually related to anticipation of future situation, an apprehension of a probable pain, loss of the rest.

Anxiety is a situation where one feels nervous and stressed because of the demand by the environment that leads to an imbalance between the emend and the ability of an individual to fulfil the expectation. On the other hand, in sports, Anxiety is defined as nervousness and physical stress that is related to imbalance between the demand on performance and the capability of an athlete to achieve that objective (Gould, Greenleaf & Krane, 2002) [4].

Worry and apprehension are two characteristics of anxiety, an unpleasant emotional state (Singh *et al.* (2013) [11]. The current study aimed to compare the anxiety levels of Manipur's male and female intercollegiate badminton players, in which forty (40) badminton players (male = 20, female = 20) who represented in the inter-collegiate badminton tournament by the Manipur University, Canchipur, were taken as the subjects. The age of the subjects ranged from 17 to 28 years. To find out their level of anxiety, Sports Competition Anxiety Test (SCAT) developed by Martens (1977) was administered on the subjects. 't' test was used to analyze the data. Results of the study revealed no significant difference exist between male and female inter-collegiate badminton players of Manipur with regard to anxiety.

Jonh *et al.* (2023) [1] conducted comparative study in the athletes from Kalyani University's sports competition anxiety were the goals of the study. 60 participants from Kalyani University in West Bengal were chosen for this study from the sports of football, cricket, kho-kho, kabaddi, athletics, and volleyball. All of these athletes were scheduled to compete on behalf of Kalyani University at the West Bengal Inter University Sports Festival. Sports competition anxiety was assessed for the study using the Sports Competition Anxiety Test (SCAT; Martens *et al.*, 1990). The parameter of sports competitive depression among the male sportsmen at Kalyani University were analyzed and compared using escriptive statistics (Mean, Standard Deviation), Independent t-test. The degree of significance was set at 0.05. Results showed that the fact there are substantial disparities in the degree of male athletes' competition anxiousness of Kalyani University athletes in the following events: football, cricket, kho-kho, kabaddi, athletics, and volleyball.

Hypotheses of the study

It is hypothesized that high level anxiety prevails in selected universities male players of Karnataka in sports competitions anxiety test.

Methodology

Study design and area

Since data was gathered from subjects all at once in accordance with the character of the issue discovered in selected universities men players from various universities of Karnataka who participated in All India Inter University or inter collegiate Tournament for Men during the academic year 2023-2024.

Participants: To achieve the purpose of this study who volunteered in this study were become 100 subjects. The selected subjects were each university 25. The age of the subjects was ranged between 19-25 years.

Procedure: The Sport Competition Anxiety Test was designed and standardized by Martens 1977, commonly known as just the SCAT test. The SCAT analyses was selected for the study because it is sports specific anxiety test, further it assess competitive anxiety on the athlete's responses to a series of statements about how they feel in a competitive situation reported for the Karnataka selected universities all India inter-university and inter collegiate players

Scoring for SCAT

The SCAT contains 15 items, 10 of which measure symptoms associated with anxiety, with five others that are not scored included to reduce the likelihood of an internal response-set bias. The SCAT contains 15 items, each item is keyed with following response options and scores. Use the following table to calculate a total score.

1. Less than 17 indicates a low level of anxiety,
2. 17 to 24 and average level of anxiety,
3. More than 24 a high level of anxiety.

Statistical technique

Mean and Standard Deviation were the statistical analyses used in the study. The mean assists in determining the average score of the collected data. The standard deviation measures how far the scores deviate from the average (mean) or expected value. The analysis of variance (ANOVA) was calculated for SCAT test of anxiety, for male players of selected four universities in Karnataka Whenever, the interaction effect is found significant, Results were reported as the mean \pm SD of all observations, and the level of statistical significance was set at $P < 0.05$ level of confidence.

Results

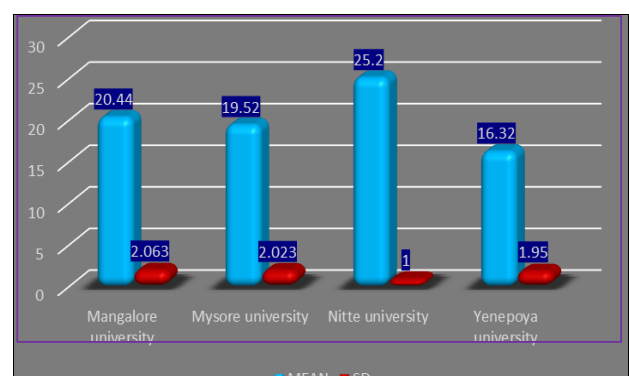


Fig 1: Descriptive statistics for sport competition anxiety trait among selected universities male players of Karnataka

Table 1: Mean response of the level of sport competition anxiety trait among selected universities male players of Karnataka

Statement	Mangalore University		Mysore University		Nitte University		Yenepoya University	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Before I compete I feel uneasy	2.32	0.627	2.2	0.707	2.72	0.542	1.88	0.73
Before I compete I worry about not performing well	2.00	0.764	1.92	0.759	2.52	0.510	1.56	0.65
When I compete, I worry about making mistakes	2.04	0.676	1.84	0.746	2.4	0.707	1.52	0.59
Before I compete I am calm	2.08	0.759	1.84	0.688	2.28	0.614	1.48	0.65
Before I compete I get a queasy feeling in my stomach	2.04	0.790	2.08	0.702	2.36	0.638	1.72	0.79
Just before competing, I notice my heart beats faster than usual	1.96	0.735	1.88	0.833	2.4	0.707	1.52	0.65
Before I compete I feel relaxed	2.04	0.841	2.08	0.812	2.52	0.586	1.76	0.78
Before I compete I am nervous	2.00	0.764	1.84	0.800	2.88	0.440	1.60	0.71
I get nervous wanting to start the game	2.00	0.645	1.96	0.611	2.92	0.277	1.80	0.65
Before I compete, I usually get uptight	1.96	0.676	1.88	0.726	2.2	0.707	1.48	0.59
Total	20.44	2.063	19.52	2.023	25.2	1.000	16.32	1.95

*SCAT score: Less than 17 = low level of anxiety; 17 to 24 = average level of anxiety; More than 24 = high level of anxiety.

Table 2: Comparison Analysis of variance of anxiety level of the male players of selected universities in Karnataka

Source of variation	SS	DS	MS	F	P-value
Between Groups	1011.47	3.00	337.16	102.48	8.1380
Within Groups	315.8	96.0	3.3		
Total	1327.3	99.0			

Significant at 0.05 level

From table-2 it is revealed that the calculated f- value (102.48) was greater than the tabulated value (2.69), so there was significant difference between the mean values of anxiety level of university male players. Might be conclude that is not same level in all four selected universities in Karnataka.

Discussion and Conclusion

Although these result tally with the other observations, better Mangalore university players has average anxiety level compared to other universities players in Karnataka. These findings will support for the related study and results. Their psychological interest towards daily routine activities helps us to find out difference between Mangalore, Mysore, Nitte and Yenepoya Universities' male players of universities in Karnataka.

With the limitation of the study and on the basis of finding the following conclusion may be drawn. Based on the findings of the present study, it is concluded that Mangalore and Mysore University male players had an average level of anxiety while participating in sports competitions; Yenepoya University male players had a low level of anxiety while participating in sport competitions; and Nitte University male players had a high level of anxiety while participating in sport competitions

Recommendation

1. It is recommended to repeat the same study on large sample for better results. It is recommended to compare the Competitive Anxiety Scale of professional students of different states of India
2. It is recommended to take a study to compare the Competitive Anxiety Scale of managing body of physical education and college going students
3. It is recommended to take a study to compare Competitive Anxiety Scale of married and un-married jobless citizens
4. It is recommended to compare the Competitive Anxiety Scale of rural and urban sports.

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