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A study of sports competition anxiety among different female badminton players

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Abstract

The purpose of the study was to analyze and compare the sports competition anxiety among players in the state of Madhya Pradesh (MP). The sample of this study for seventy-five (N = 75) was taken by Female players for various sports (Kho Kho, Kabaddi and Hockey). Twenty-Five (25) subjects in each game and age range of subjects aged 18 to 28 in Madhya Pradesh (MP) State players India as a subject with simple random sampling have been selected availability. Sports Competition Anxiety questionnaire (SCAT) was used for this study, Martens *et al.*, 1990) to measure sports anxiety competition. Way ANOVA (variance analysis) was used to (LSD) POST HOC TEST to analyze and compare the level of anxiety sports competition among players in the state of Madhya Pradesh (MP). The significant level was set at 0.05 the results indicated that there were significant differences found in Madhya Pradesh (MP) state female players of various sports (Kho-kho, Kabddi and hockey).

Keywords: competition, anxiety, Kho-Kho, Kabddi and hockey. etc.

Introduction

Performance anxiety is not uncommon in sports, as to some extent, fear of performance helps in achieving desired concentration. However, the excess will lead to a rush of adrenaline termed as anxiety. Whenever you feel short of breath, sweating, shaking or high heart beat rate. You lose concentration, your actions become disjointed and you feel paralyzed at the beginning of an important sporting event. These are symptoms of performance anxiety. You no longer feel confident in yourself and do not believe that you will be able to accomplish anything successful. To deal with such thoughts you must learn how to manage anxiety and to do so, it is imperative to understand how sports performance and anxiety are interrelated. Success and failure of an athlete depends on the blending of physical conditioning training, mental preparation and ability to perform well in under pressure and cooperation of athlete with others. So all the aspect, (physical physiological and social) are needed for an athlete. If one is looking in an aspect, it is very difficult to get success in competition that why the coaches must not only take the knowledge about the skill and strategies of the sports but also should be psychological skill full.

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Players with anxiety disorders usually have securing intrusive thoughts or concerns. They may avoid certain situation out of worry. They may also have physical symptoms such as sweating, dizziness or a rapid heartbeat. 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 anxiety may be a positive motivating force or may interface with successful performance in sports events. The degree of anxiety also varies was a number of different condition. Anxiety is likely to be greater in higher competitive sports then in relatively non greater demands a made upon them to succeed. Anxiety comes from a way of looking at the world in general or events in particular and a way of thinking about these things. Most often it comes from unrealistic, exaggerated and always futile way of thinking.

Objectives of the Study

1. The primary objective of the study was to characterize the level of sports competition anxiety for different sports of female players.

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- The secondary objective of the study was to compare sports competition anxiety among Madhya Pradesh (MP) female players of different sports.

Methodology

The sample of this study was developed to seventy Five (75) players for various sports (Kho-Kho, Kabddi and Hockey). Twenty-five (25) subjects were selected for each set and age range of 18-28 years in state and university actors in Madhya Pradesh (MP). All subjects from the state of Madhya Pradesh (MP), India. On the basis of knowledge and personal understanding, test anxiety has been used to compete in Sport (SCAT) Martens *et al.*, 1990. Prior to the test, the questionnaire procedure and the purpose of the test briefly analyze all subjects for a better understanding and a higher level of motivation. SCAT has fifteen (15) questions of five (5) questions spurious additions to the questionnaire to reduce fire response bias, these five (5) questions were not qualified. Subjects were asked to answer all questions honestly how they feel in general. Each player has three possible answers, namely: a) rare (b) Sometimes (c) often.

Scoring (Scat)

The sport 1,990 competitive anxiety test Martens and (SCAT), has a total of 15 questions. Scores for each question are calculated and added, which represents an individual's total score to the competition anxiety (SCAT score). We then analyzed the SCAT score.

Statistical Analysis

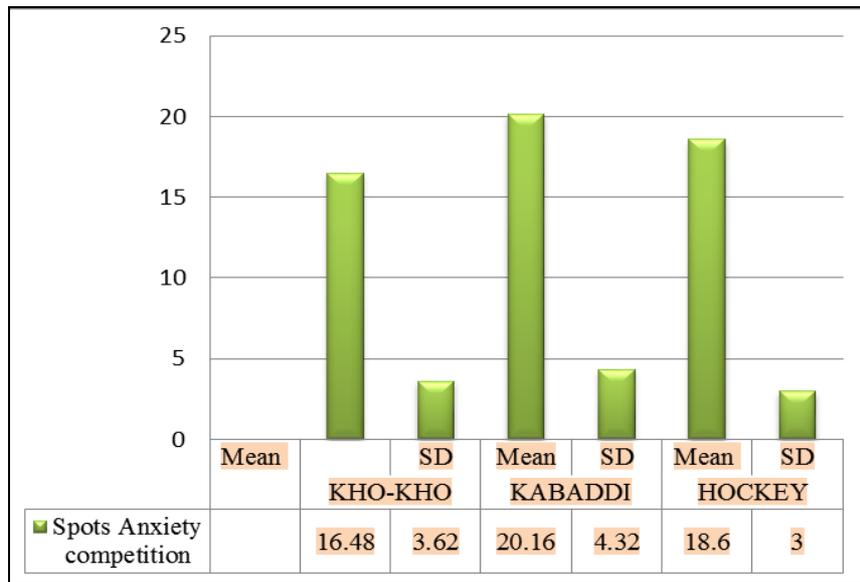
- According to the objectives of the study for data collection, the analysis used descriptive statistics. (Mean Standard Deviation).
- Analysis of variance (ANOVA) and post hoc test (LSD) were used to analyze and compare the level of anxiety of sports competition among players in Madhya Pradesh state (MP). The significant level was set at 0.05—

Result

Statistical analysis of the data are presented in this study. Anxiety data were collected in total (N = 75) (seventy-five) female KHO-KHO, Kabaddi and hockey, 25 Kho Kho, Kabaddi and 25 of 25 Hockey as subjects of Madhya Pradesh (MP) Indore. To characterize and compare the anxiety of the competition of sports competition (SCAT) of players between the different games, The results of the study are presented with the help of the following tables and graphs.

Table 1: Measure and standard deviation TEST SPORTS Anxiety Players Fe Kho-Kho, Kabaddi and hockey.

Types of Sports		Spots Anxiety competition
1- Kho-Kho	Mean	16.48
	SD	3.62
2-Kabaddi	Mean	20.16
	SD	4.32
3- Hockey	Mean	18.6
	SD	3.00



Graph 1: graphical representation of mean difference of sports competition anxiety of Female (KHO-KHO, KABADDI AND HOCKEY) Female players of different sports.

Table 2: Analysis Of Variance of Sports Competition Anxiety of Kho-Kho, Kabaddi and Hockey Female Players of Different Levels Sports Competition Anxiety (Anova)

Groups	Sum of Squares	df	Mean Square	C.F. Value	Tab. F. Value	Sig.
Between Groups	170.587	2	85.293	6.25	3.12	.003
Within Groups	981.600	72	13.633			
Total	1152.187	74				

*Significant at 0.05 Level of Confidence.

Tab F_{0.05}level (2, 72) =2.74

The obtained value of 'F' (6.256) from table-2 is statistically significant at 0.05 level.

F value is found significant because calculated value (6.256)

is more than tabulated value (3.12). when we compared sports competition anxiety it is documented that there was significant different found within the groups of Madhya Pradesh State Female players of different games (Kho-Kho,

Kabaddi And Hockey).The LSD post hoc test was applied, which is shown with the help of table and graph-3

Table 3: Analysis Of Variance with (Lsd) Post Hoc Test Mean Difference, Critical Difference of Kho-Kho, Kabddi and Hockey Female Players of Different Levels of Sports Competition Anxiety (Multiple Comperition of Kho-Kho, Kabddi and Hockey)

S. No.	Kho-Kho	Kabddi	Hockey	MD	CD
1	16.48	20.16		-3.68*	2.0781
2	16.48		18.60	-2.12*	
3		20.16	18.60	1.56	

Table 3 shows that the average value of Kho Kho (16:48) and Kabaddi players (20:16), Kabaddi players have been found to be higher than Kho Kho players, for which it is concluded that there is a Significant difference among kho kho players and kabaddi. And Kho Kho (16:48) and hockey players (18.60), kho kho players were found to be lower than hockey players, you get the average difference value (-3.68 *). Average hockey players (18.60) showed a significant difference between groups, as the mean difference value obtained (3.68 *) was more than critical (2.0781).

The average value of Kabaddi players (20:16) and kho kho players (16:48), Kabaddi players are players above Kho Kho, so it is concluded that there is a significant difference between players Kabaddi and Kho Kho,) which was more than the critical value of the difference (0.4156) and between Kabaddi players (20:16) and hockey players (18.60), it was found that Kabaddi players. That hockey players got the value of the average difference (1.56). Therefore, it was concluded that there was no significant difference between the groups, since the mean difference value was more than reached the difference critical value (2.0781)

The average value of hockey players (18.60) and volleyball players (16:18), hockey players are players superior to Kho Kho, so it is concluded that there is a significant difference between hockey players and Kho Kho, As we obtain the mean difference value (2.12 *) which was more than the critical difference value (2.0781). And among hockey players (18.60) and Kabaddi (20, 16) players we have found the mean difference values less than hockey (18.60) players received. It is therefore concluded that there is a significant difference between hockey players and Kabaddi. Since the value of the mean difference (1.56) was more than critical difference value (2.0781).

Discussion of Finding

The analysis of the data was obtained by the value of "F" (6256) of Table 2 is statistically significant in 0.05 levels. The F value is significant as the calculated value is greater than the tabulated value. After finding a significant F value, it indicates that there are significant average differences between the three players of kho kho, Kabaddi anxiety and female hockey of the sport competition. After applying the post-hoc test (LSD test), they were found to have a significant difference in all three games of sports competition anxiety. However, Kho Kho games were low, Kabaddi and Kho Kho were high had an anxiety of competition between sports centers as well as demonstrated that this was the study is probably due to the different nature of training components and pre-requisite For players. These results may be due to a small sample size and to other factors, such as different types of psychological aspects, etc.

Conclusion

The current study; The following conclusions have been

adopted: a noticeable difference has been detected. Therefore, from the statistical analysis we obtained the following conclusions: we found the difference in mean significance between the KHO-KHO score, KABDDI and female hockey anxiety in comparison to the sports competition. Onconrenza sportiva.

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