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## Comparative study of level of anxiety of football players at different levels of achievement

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### Abstract

In the present study, investigator has studied the anxiety level of Football Players at different level of achievements. For the study, 60 male football players from the different college of Amravati district (M.S) were selected. Those players were selected in the sample who participated in the inter-collegiate and inter-university tournaments from their respective colleges. 30 samples from college level and 30 from inter-university players were selected in total. The age of the sample players varied between 18-25 years. The study concluded that the anxiety, whether state and trait, of football players differs significantly at different level. The anxiety level of inter-collegiate players were found highest than inter-university. Several factors could be there which hinder the performance and one of which is anxiety.

**Keywords:** Comparative study, football players, different levels

### 1. Introduction

Soccer is the most popular sports in the world at present-. Too many people, too many countries, too many teams played it and of course, too many people watch it. It is apparently one of the ancient sports. Football is known as the king of sports, mainly because it is the game which, is played in one form or the other of all the nations of the world, soccer is the most popular form of Football. Football is the most popular sport on the planet. Football is a game of physical and mental challenges. You must execute skilled movements under game-related conditions of restricted space, limited time, physical and mental fatigue, and opposing players. You must be able to run several miles during a game, mostly at sprint like speed, and respond quickly to a variety of rapidly changing situations during play. Finally, you need a thorough understanding of individual, group and team tactics [8].

Today games and sports have become highly competitive. Success in competitive sports places high psycho physical demands on the participants. Most professional and elite amateur athletes will agree that their psychology has a large influence on their sports performance. Most will concede that they could benefit from the services of a sport psychologist. Despite this, the significant majorities underutilize these services (Carmen, Zerman and Blaine, 1968; Brewer and Petrie, 1996) [5, 4]. It is well known by all who play sports that defeat often stems from the inability to manage anxiety, fear, anger and aggression (Brewer and Petrie, 1996) [4]. Coaches who are ill equipped to handle such matters will attempt to provide a common sense approach to these complex problems and will frequently fail the athlete. Anxiety is considered as a block to an activity. A person who suffers from anxiety may not be able to devote his full energy in the performance of sports. It is therefore, considered by many that anxiety interferes in sports performance. This notion is however, based on an erroneous understanding of the role of anxiety. In fact anxiety might deter learning or performance or might also stimulate it. A great deal of research has been devoted to the effect of anxiety on sports performance. Previous research of sports indicated that the ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes (Hardy, Jones and Gould 1996; Olrick and partington 1988) [9, 12] that is why the researcher is interested to analysis of anxiety of football players in relation to their different playing levels.

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## 1.2 Statement of the Problem

Since anxiety is equated with fear and is a natural part of competition at any level with every sports-person at almost all stages of his/her sporting career, hence the research scholar interested to undertake the study stated as, "Comparative study of level of Anxiety of Football players at different levels of achievement."

## 1.3 Materials and Methods

30 male inter-collegiate football players of Sant Gadge Baba Amravati University, Amravati and 30 inter-university players of South-West zone inter-university tournament were selected as the subjects for the purpose of the study and the age of the subjects was ranging between 18 to 25 years. Simple random sampling method was adopted for the present

study. To collect the data SCAT questionnaire was administered on the selected subjects at different levels of participants before the start of the competition. Before distributing the questionnaire the purpose of the study was explained to the subjects so that the subjects were honest in their answers. The answer sheet was collected and recorded with the help of key. Thus the raw score were recorded in each answer sheet. Mean difference method (t-ratio) was employed to find out the significant difference if any between the inter-collegiate and inter-university football players. Level of significance was chosen at 0.05 level of confidence which was considered adequate and reliable for the purpose of the study.

## 1.4 Finding and Discussions

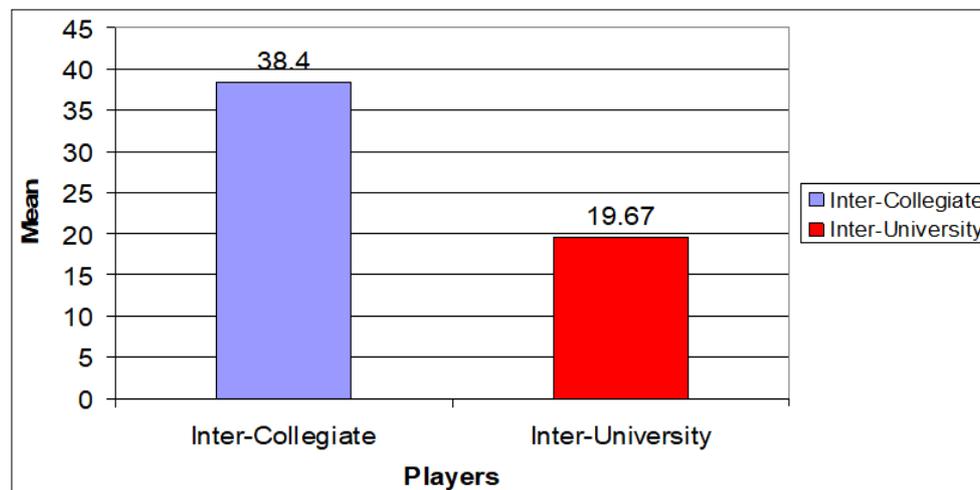
**Table 1:** Comparison of Means of Level of Competitive Anxiety between Inter-Collegiate and Inter- University Football Players

Level of Players	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Inter-Collegiate	38.4	13.76	18.73	3.26	5.75*
Inter-University	19.67	11.42			

\*Significant at 0.05 level  
Tabulated  $t_{0.05(58)} = 2.002$

The finding of table 1 reveals that there is significant difference in level of competitive anxiety between the means of Inter-University and Inter-Collegiate football players, as

the calculated t-value of 5.75 is higher than the tabulated t-value of 2.002 at 0.05 level of confidence for the 58 degrees of freedom.



**Fig 1:** Comparison of means of level of competitive anxiety between inter-collegiate and inter-university football players

## 2. Discussion on findings

Findings of the study revealed that there is significant difference in the means of level of competitive anxiety between the Inter Collegiate and Inter University football players. It may be due to the reason that anxiety refers to emotional state of mind where a fear or danger or suffering is a prominent feature. It generally arises as a fear of participating at competitive level and a person worries regarding the above events occurrence and consequences. Hence, the significant mean difference in the level of competitive anxiety between the Inter Collegiate and Inter University Football players has occurred in this study. Players might have resulted arousal of different level of anxiety.

Similarly, the findings of the study also reveals that Inter Collegiate players had high anxiety than the inter university players. It may be attributed to the fact that generally higher the level of competition greater the level of competitive anxiety. But due to proper coaching the University might have control players showed least anxiety level.

## 3. Conclusion

Recognizing limitations of the present study and on the basis of the findings the following conclusions were drawn-

1. The results of the study indicated that there was significant difference in the sports competitive anxiety level of football players at different level of achievements i.e. Inter Collegiate and Inter University player.
2. The findings also revealed that the football players of Inter Collegiate level showed significantly higher sports competitive anxiety level than the Inter University level.

## 4. Recommendations

Based on the conclusion of this study, the following recommendations have been derived -

- 1) Similar studies can be conducted on different games and sports other than those employed in the present study.
- 2) Similar studies can be conducted by employing different psychological variables.
- 3) Similar study may be conducted on different sports age groups, sex and levels of achievements other than those

employed in this study.

- 4) Similar study may be conducted by selecting tribal and non-tribal football players.

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