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An assessment of sports competitive anxiety, self-concept and self-confidence between male and female all India university individual game players

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Abstract
The purpose of the present study was to determine the Anxiety, Self-concept and Self-confidence between male and female individual games player of All India University. To obtain data for this study, the investigator had selected two hundred (N=200) subjects, out of which one hundred (N=100) from Individual Games male player and one hundred (n=100) from Individual Game female players, participated in Intervarsity level tournament for the session 2015-16. The age of the subjects ranged from 18 to 28 years. To collect the required data for the present study, and to measure the Sports Competitive Anxiety, Marten's (1990) Sports Competitive Anxiety test (SCAT) was used, to assess the Self-concept level of the subject, self-concept rating scale developed by Dr. R.K. Saraswat (2005) was used and Self Confidence of the subjects measured by applying the Self- Confidence Inventory (SCI) developed by Rekha Agnihotry (1987). Scoring was done for the respective questionnaire according to their manuals. Independent t-test was applied to determine the significant difference and direction of difference in mean scores of variables between Team and Individual game players. The level of significance was set at 0.05 level. The results revealed a significant difference was found between Intervarsity male and female players of Individual Games on the variable of Self-confidence, whereas insignificant difference was found in relation to sports competitive anxiety and self-concept. The results revealed that, male players of Individual Games are higher in self-confidence compare to female players of Individual Games.

Keywords: Sports competitive anxiety, self-concept, self-confidence, team game, individual game, male, intervarsity, players

Introduction

In the modern sports, psychological preparation of a team / individual is as important as teaching as the different skills of a game with scientific methods. Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important, but they also feel that good mental and Psychological preparation for competition is a necessary component for success. Sport psychology helps the athletes for obtained optimal level of performance. Anxiety, Self-confidence and self-concept are very important mental skills and it has important role in the success of athlete's performance.

Psychology is the science of mind and behavior (Gray, 2010) [10]. Its immediate aim is to understand behavior and mental processes by researching and establishing both general principles and specific cases. The self-concept is an internal model which comprises self-assessments (Gerrig and Zimbardo, 2002) [8]. Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. The root meaning of the word anxiety is 'to vex or trouble'; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness and dread (Bouras, and Holt, 2007) [5]. It indicates the totality of attitudes, judgments and values of an individual relating to his behavior abilities and qualities.

Games is littered with broken dreams of those whose performance collapsed when they are most needed to be in control of themselves and focus on the task at hand. It is not uncommon to see players "freeze" in big games or moments or commit unexplainable error in the course of their performance. When athletes do not achieve well in relation to their abilities, nervousness in anticipation of the sporting challenges could be the root cause of anxiety.

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In the games and sports, psychological and physiological issues play an important role in determining the performance level (Grange & Kerr, 2010; Schilling & Hyashi, 2001) [9, 18]. It has been recognized for many years that psychological issues, in particular anxiety, play a vital role in competition. (Lizuka, 2005) [14] observed as a result of his study that many reasons, such as expectations, perfectionism, fear of failure, lack of confidence include feelings of anxiety in athletes. Those athletes, who experience high levels of anxiety, may fall sick, muscle tension, show aggressive behaviours face sleeping problems, low self- confidence and drop out of sport (Cox, 2010; Weinberg & Gould, 2010; Abel & Larkin, 1990) [6, 19, 2].

The player skills and his self-confidence as a negative motivator anxiety may interfere with productive as well as constructive thinking. Athletes may effort to handle anxiety by denying the need to work hard. This can lead to development of poor work habits or athletic technique. These often lead to stoppage and, in turn, lack of confidence and increased anxiety.

The aimed of the present study was to determine the sports competitive anxiety, self-concept and Self-confidence level between male and female Players of Individual Games All India University.

Objectives of the Study
- To find out the significant difference between male and female Players of Individual Games on the variable of sports competitive anxiety.
- To find out the significant difference between male and female Players of Individual Games on the variable of self-concept.
- To find out the significant difference between male and female Players of Individual Games on the variable of self-confidence.

Hypothesis of the study
- There may be significant difference between male and female Players of Individual Games on the variable of sports competitive anxiety.
- There may be significant difference between male and female Players of Individual Games on the variable of self-concept.
- There may be significant difference between male and female Players of Individual Games on the variable of self-confidence.

Methodology
To obtain data for this study, the investigator had selected two hundred (N=200) subjects, out of which one hundred (N=100) from Individual Games male player and one hundred (n=100) from Individual Game female players, participated in Intervarsity level tournament for the session 2015-16.

To measure the sports competitive anxiety used Marten's (1990) Sports Competitive Anxiety test (SCAT), to assess the self-concept level of the subjects self-concept rating scale questionnaire developed by Dr. R.K. Saraswat (2005) was used and self-confidence of the subjects measure by applied the test developed by Rekha Agnihotry (1987) Self-Confidence Inventory (SCI). The scoring was done for the respective questionnaire according to their manuals.

Independent T-test was applied to assess and compare the significance of difference and direction of difference in mean scores of variables between male and female Individual Games Intervarsity players. The level of significance was set at 0.05.

Results and Discussion

Table 1: Mean, Standard Deviation and t-value of Male and Female Individual Games Intervarsity Players on the variable of sports competitive anxiety

S. No	Group	N	Mean	S.D	Std. Error mean	Std. Error Difference	Sig. (2-tailed)	t-value
1.	Male Players	100	18.690	3.286	.32866	.464	.104	1.635*
2.	Female Players	100	19.450	3.285	.32856			

*Insignificant at 0.05, table value=1.960 (df =198)

It has been observed from the table-1 that, mean scores of sports competitive anxiety between male and female individual game players were 18.690 and 19.450 respectively. The standard deviations were 3.286 and 3.285 respectively. The standard error of mean for Individual Game male players was came out to be 0.32866 and for Individual Game female players it came out to be 0.32856. The t-value 1.635 was found statistically lower than the table value 1.960.

This shows that there is no statistically significant difference between Individual game male and female players in sports competitive anxiety.

According to hypothesis one that is "There may be significant difference of sports competitive anxiety between individual game male and female players" is rejected.
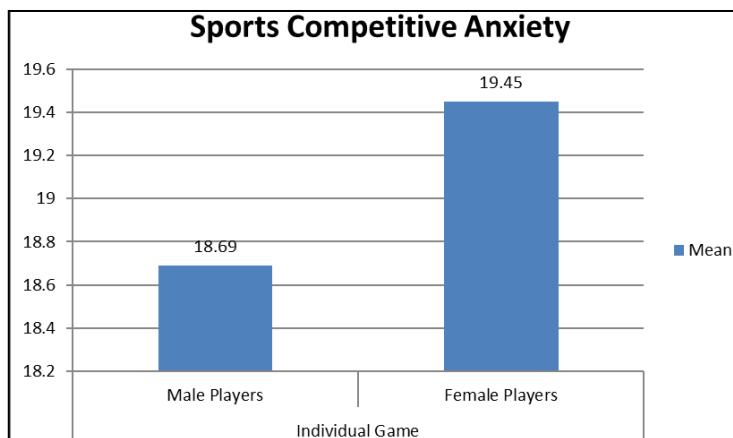
Fig 1: Graphical representation means score of Male and Female Individual Game Intervarsity Players on the variable of sports competitive anxiety

Table 2: Mean, Standard Deviation and t value of Male and Female Individual Games Intervarsity Players on the variable of self-concept

| S. No	Group	N	Mean	Std. Deviation	Std. Error mean	Std. Error difference	Sig. (2-tailed)	t-value
1.	Male Players	100	178.69	20.367	2.036	2.651	.154	1.429*
2.	Female Players	100	174.90	16.979	1.697			

*Insignificant at 0.05, table value=1.96 (df=198)

It has been observed from the table-2 that, mean scores of self-concept between male and female individual game players were 178.69 and 174.90 respectively. The standard deviations were 20.367 and 16.979 respectively. The standard error of mean for Individual Game male players was came out to be 2.036 and for Individual Game female players it came out to be 1.697. The t-value 1.429 was found statistically lower than the table value 1.960.

This shows that there is no statistically significant difference between Individual game male and female players in self-concept.

According to hypothesis one that is "There may be significant difference of self-concept between individual game male and female players" is rejected.
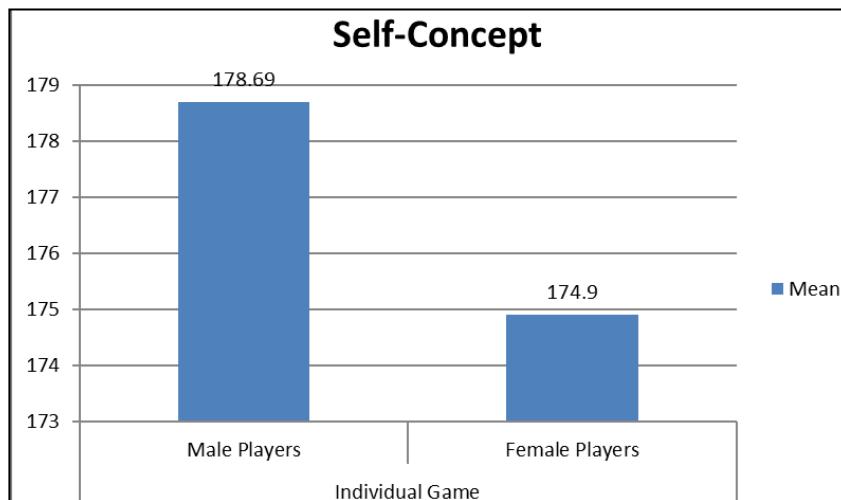
Fig 2: Graphical representation means score of Male and Female Individual Game Intervarsity Players on the variable of self-concept

Table 3: Mean, Standard Deviation and t value of Male and Female Individual Games Intervarsity Players on the variable of self-confidence

S. No	Group	N	Mean	S.D	Std. Error mean	Std. Error difference	Sig. (2-tailed)	t-value
1.	Male Players	100	26.73	5.669	.566	.889	.008	2.687*
2.	Female Players	100	29.12	6.855	.685			

*Significant at 0.05, table value=1.96 (df=198)

Table-3 shows that the mean scores of self-confidences between individual games male and female players were 26.73 and 29.12 respectively. The standard deviations were 5.669 and 6.855 respectively. The standard error of mean for Individual Game male players was came out to be 0.566 and for Individual Game Female players it came out to be 0.685. The t-value 2.687 was found statistically higher than the table value 1.96. This shows that Individual game male players are statistically higher in self-confidence as compared to their counterpart female players of individual game because according to norms higher mean value of self-confidence shows lower confidence.

According to hypothesis three that is "There may be significant differences of self-confidence between male and female players of individual games" is accepted.
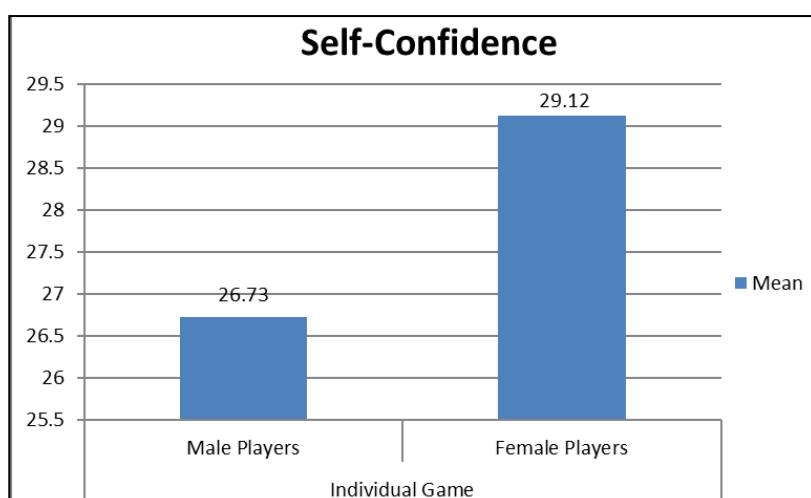
Fig 3: Graphical representation means score of Male and Female Individual Game Intervarsity Players on the variable of self-confidence

Discussion of Findings

From the evident of the above findings, it was observed that on the variable of sports competitive anxiety was found insignificant difference between male and female individual game players of Intervarsity level tournament. Our findings are supported by the other research study by Aksoy Cemil, Saritaş Nazmi, Coşkun Betül, 2016 [1], has a result observed insignificant difference in sports Competitive Anxiety levels between the two genders. During the study investigator realized that the Competitive Anxiety depends upon player`s experience and number of tournaments playing experience he or she has. The importance of results sometime also play a key role on the Anxiety level of the players. If the winning or losing is associated with the important issues like selection in team, job prospects self-esteem etc., then the anxiety level will be much higher. As these factors influence both the genders i.e., male and female equally that's why the researcher feel that the insignificant difference was observed

Male players of individual game had insignificant difference in self-concept as compared to their counterpart individual game female players of Intervarsity level tournament. As it is said every individual know himself or herself better than anyone else and this statement stands true for both the gender equally. That is why the insignificant difference was observed in both the gender in pertaining to self-concept.

In case of Self-confidence, it was found significant difference between male and female Individual Game players of Intervarsity. The result of this study shows that Individual Game male players are statistically higher in self-confidence as compared to their counterpart Individual Game Intervarsity female players. This difference is seen may be due to the difference in approach of Indian society in nurturing the boy and girl. Females are kept dependent on family members, whereas males are asked to become self-dependent from their early ages. Due to this kind of social setups of Indian society the researcher feels that the females are having low self-confidence.

Conclusion

It is concluded that significant difference was found between male and female players of Intervarsity individual game on the variables of self-confidence. In case of sports competitive anxiety and self-concept insignificant difference was found between Individual Game male and female players of Intervarsity level.

1. Statistically insignificant differences were found between Individual game male and female players as per as sports competitive anxiety is concerned.
2. Statistically insignificant differences were found between Individual game male and female players as per as self-concept is concerned.
3. As per as self-confidence is concerned Individual game male players were high as compare to Individual game female players.

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