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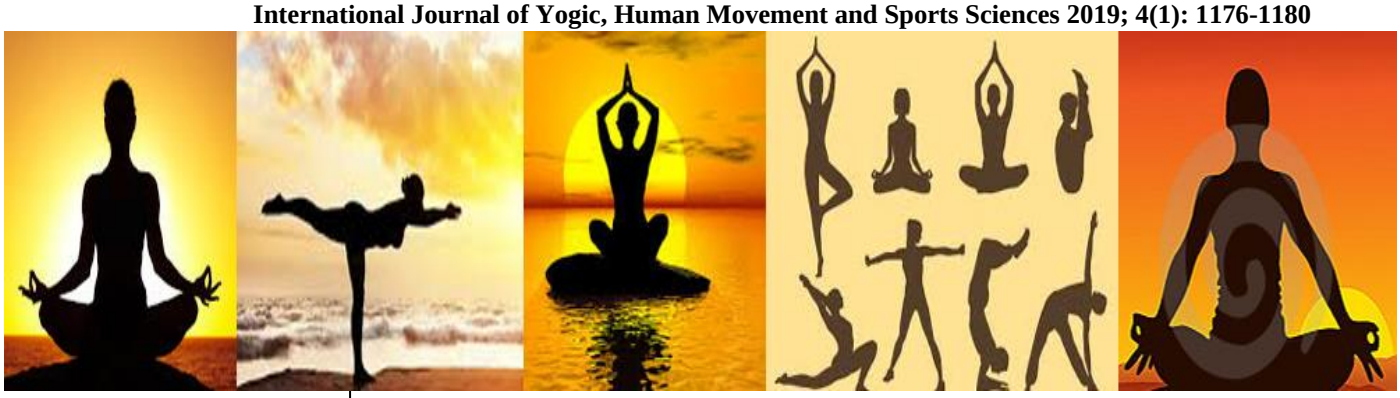

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A comparative study of sport competition anxiety of attacker and defender university level football players

Dr. Sangeeta Singh and Dr. Vijay Prakash

Abstract
Objective: The purpose of the study was to compare of sport competition anxiety of attacker and Defender University level football players.
Methods: For this study 40 football players (20 Attacker and 20 Defender football players) was randomly selected from interuniversity tournament. The age of the subjects was ranging from 17 to 25 years. Sport Competition anxiety was measured by Renier Martin Sports competition anxiety test. The significance difference of attacker and defender football players in relation to sport competition anxiety was determined through Descriptive statistics and Independent 't' test.
Conclusion: It is concluded that there is significant difference exists between attacker and defender football players in relation to Sport Competition anxiety, thus it may concluded that defender football players are having less anxiety compare to attacker football players.

Keywords: Sport competition anxiety, defender and attacker football players

Introduction

Sport is a psycho-social activity. It has both psychological and social dimensions, besides physical, physiological and technical aspects. In this modern era of competition, the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games. And for winning the games, it is not only the proficiency in the skills which bring victory but more important is the psychological make up of the players which enable to play and perform best in the competition. The Scientific program offers broad spectrum of current research work in elite sports and gives an interesting overview on various models of scientific services in elite sports in different countries. Although an enormously high level achievement could be reached in high performance sports for nearly every sports type, the end of performance development is not yet in sight. Even when performance improvements are realized in even smaller increment, one can assume that they will continue in all sports a long time into the future. But in future improvement at international level performance may well proceed above all on the basis of improvement in the quality of training and not so much from increase in the scope of training.

In recent years psychologists, coaches and athletes have become increasingly aware of the detrimental role that anxiety play in an athlete's performance in competition. This awareness has been followed by an increased interest in assessing anxiety responses and analyzing the sources. In athletic performance nearly every concern of human endeavor is thought to be affected somehow by anxiety. The sports competition anxiety test constructed by Martens in the year 1977 was based on the notion that an athlete's perception of threat in a competitive situation is measurable through self report. It should therefore, be understood that sports competition anxiety is nothing but situational or episodic anxiety very specific to sport competition situations. A few sport psychologists have also attempted an assessment of situational anxiety before, during and even after sports completion, and termed it as pre-competition, in-competition and post-competition anxiety. In order to have scholaristic view of anxiety level in an athlete it is but natural and appropriate to asses all the three types of anxiety and not one alone. Interestingly, it is still not very clear despite extensive studies as to how to trait anxiety interacts with situational and competitive anxiety.

Any study on the psychological make-up of an athlete is likely to remain incomplete if the level of anxiety is not given due place in the scheme of psychological parameters related to excellence in sports. Sport through it's very pre-occupation with competition and combat, encourages man to live with anxiety as opposed to the Psychiatric School advocating the "Cure" of anxiety. It must be recognized that nothing exists as a priority to man. As it is in most aspect of life, anxiety is also present in sport. Rather than a negative force, anxiety can be seen to bring about basic satisfaction inherent in sport. Each time man "takes the fields" he lives his life in performance. Each and every time he faces the reality of Extinction. He is constantly in a process of survival. Always protecting and defending that which he believes to be his "territory".

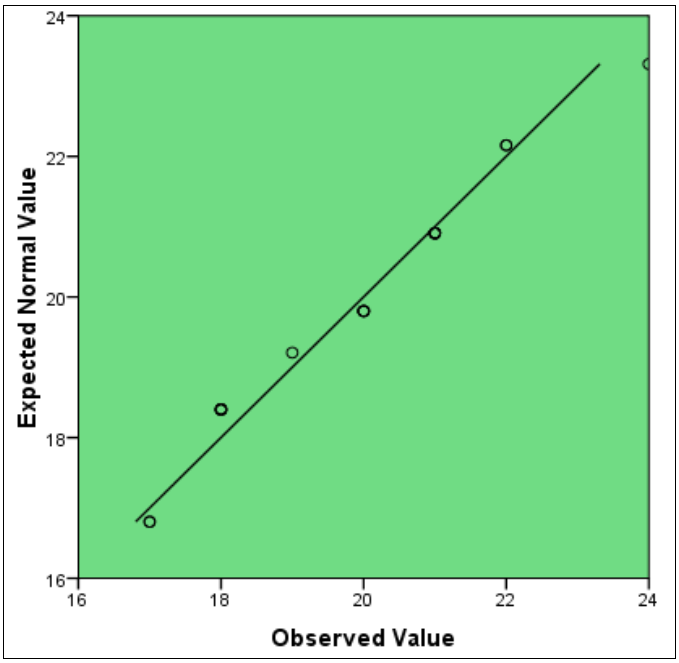
Methodology

The data were collected from Interuniversity Football players, total 40 football players were selected as subjects for this study, 20 attacker and 20 defender football players. The age of subjects were ranging from 17-25. The selected sport competition anxiety was taken as independent variable. Sport Competition anxiety was measured by Renier Martin Sports competition anxiety test. In order to find the level of Sport competition anxiety of attacker and defender Football player's data were summarized by descriptive statistic. Independent 't' test was used to find out the significant difference between attacker and defender football players in relation sport competition anxiety. The hypothesis was tested at 0.05 level. All the statistical procedure was performed on computer software Statistical Package for Social Sciences (SPSS16).

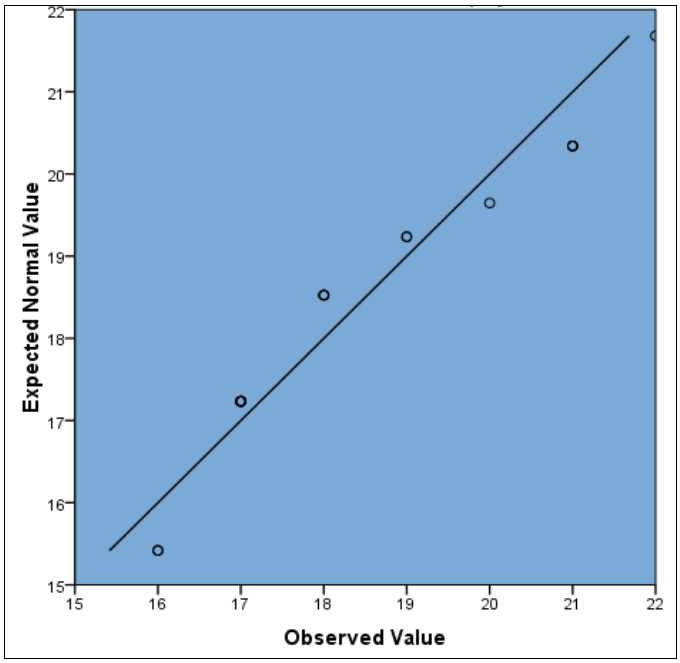
Findings

Testing basic assumption to apply T Test (Chan, Y. H., 2003)

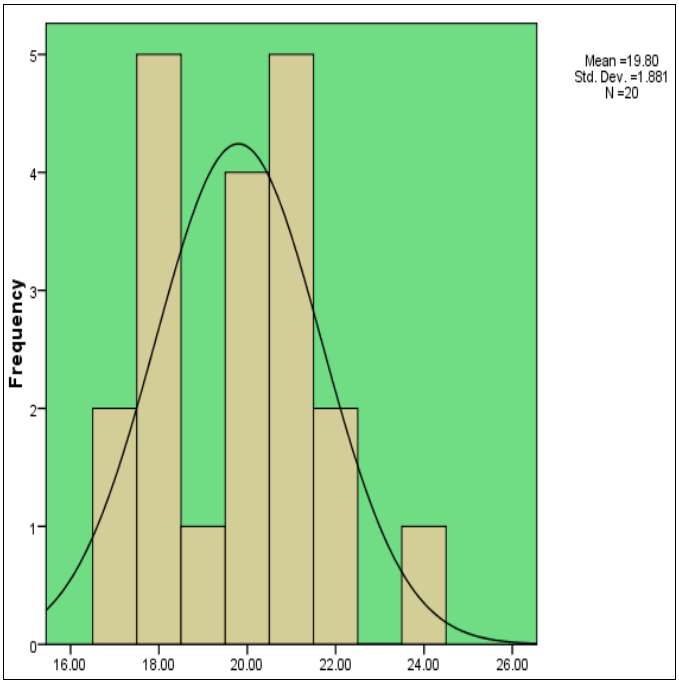
Testing Normality of data by Q-Q Plots and Normal Curve



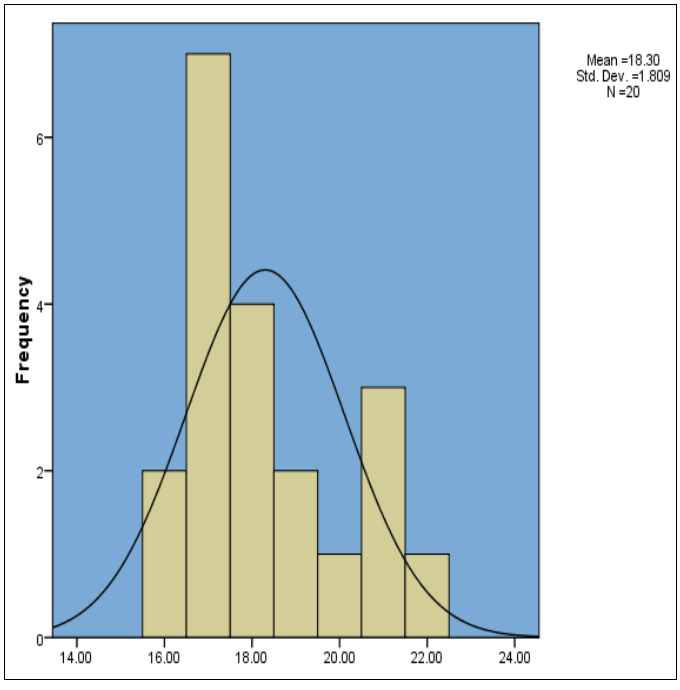
Normal Q-Q plot of Attacker football player



Normal Q-Q plot of Defender football player



Attacker football player



Defender football player

The Q-Q Plot compares the quantiles of a data distribution with the quintiles of a standardized theoretical distribution from a specified family of distributions (in this case, the normal distribution). In the above Q-Q plots, the points are plotted along a line. The Q-Q plots also verify that the distribution is normal.

Table 1: By Formal Tests

Tests of Normality						
	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Sport Competition anxiety	.203	40	.071*	.924	40	.110*

a. Lilliefors Significance Correction
* This is a lower bound of the true significance.

Two formal tests named Kolmogorov-Smirnow test and Shapiro-Wilk tests were also applied to conform normality of data. The significance value of 0.071 (Kolmogorov-Smirnow test) and 0.110 (Shapiro-Wilk test) shows that the distribution is normal. It can be confident that population variances for each group are approximately equal and distribution is normal.

Since data fulfils basic assumptions to apply t test was applied to compare of sport competition anxiety of attacker football players and defender football players.

Table 1: Descriptive statistics of Attacker and defender football players in relation to sport competition anxiety

Sport competition Anxiety	Football players	
	Attacker	Defender
Mean	19.80	18.30
Median	20.00	18.00
Standard Error	0.42	0.40
Sample Variance	3.53	3.27
Standard Deviation	1.88	1.80
Minimum	17.00	16.00
Maximum	24.00	22.00
Range	7.00	6.00
Kurtosis	-0.36	-0.62
Skewness	0.26	0.74
Count	20	20

Table - 2 reveals the Descriptive statistics of Sport Competition Anxiety, mean and standard Deviation of Attacker Football players (19.80±1.88) and Defender football players (18.30±1.80) respectively. Standard error, range, kurtosis and skewness of attacker football players and defender football players of 0.42, 7.00, -0.36 & 0.26 and 0.40, 6.00,-0.62 & 0.74 respectively in relation to sport competition anxiety.

To observe the difference between attacker and football players in relation to sport competition anxiety, the independent 't' test was adopted and data pertaining to these have been presented in Table 3.

Table 3: 't' value of attacker and defender football players in relation to sport competition anxiety

Variable	Group Mean		Mean Diff.	σDm	't'	Sig.
	Attacker	Defender				
Sport competition Anxiety	19.80	18.30	1.50	0.58	2.57*	0.014

*Significant at .05 level of confidence
$t_{.05}$ (38) = 2.021

Table 3 reveals that the calculated "t" 2.57 is higher than tabulated "t" 2.021 at 0.05 level of significance. Thus it may conclude that defender football players are having less sport competition anxiety compare to attacker football players.

Graphical representation of mean scores of Sport Competition anxiety of attacker football players and defender football players are presented in figure 1.

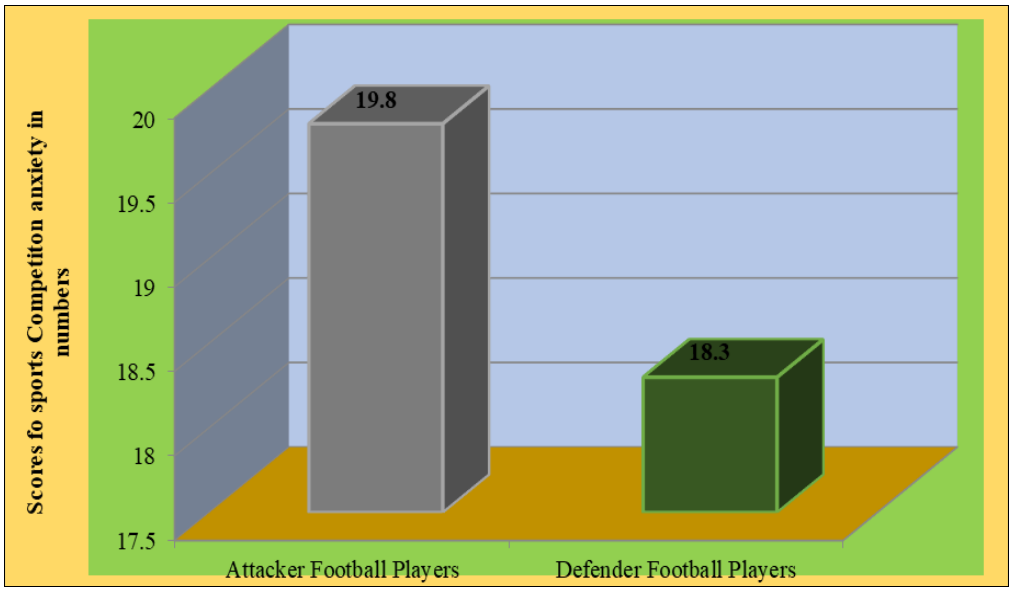


Fig 1: Graphical representation of mean scores of Sport competition anxiety of attacker football players and defender football players

Discussion of findings

The findings of the study in relation to Sport Completion Anxiety showed significant difference exists between attacker and defender football players. According to Onions (1996), the term anxiety is derived from the Latin word angere, meaning "to choke". This Latin root is interesting because choking under pressure is widespread in sport. In sport psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent feelings of apprehension and dread (Cashmore, 2002). A similar view of this construct was provided by Buckworth and Dishman (2002) who defined anxiety as a state of "worry, apprehension, or tension that often occurs in the absence of real or obvious danger". Typically, the tension felt by anxious people is accompanied by a heightened state of physiological arousal mediated by the autonomic nervous system. Dunn (1999) and Dunn and Syrotuik (2003) discovered four main themes in an analysis of cognitive anxiety in intercollegiate ice-hockey players. These themes were a fear of performance failure, apprehension about negative evaluation by others, concerns about physical injury or danger, and an unspecified fear of the unknown. On average, the players in this study were more concerned about performance failure and negative evaluation by others than about the other two worry domains. In general, cognitive anxiety has a debilitating effect on athletic performance (Cashmore, 2002). Somatic anxiety refers to the physical manifestation of anxiety and may be defined as "one's perception of the physiological-affective elements of the anxiety experience, that is, indications of autonomic arousal and unpleasant feeling states such as nervousness and tension" (Morris *et al*., 1981). In sport, this component of anxiety is apparent when an athlete is afflicted by such physical symptoms as increased perspiration, a pounding heart, rapid shallow breathing, clammy hands and a feeling of "butterflies" in the stomach. Whereas cognitive anxiety is characterized by negative thoughts and worries, somatic anxiety is associated with signs of autonomic arousal. It should be noted, however, that some researchers (Kerr, 1997) have suggested that increases in physiological arousal may accompany emotions other than anxiety. In particular, excitement and anger appear to have physiological substrates similar to those of anxiety. The third component of anxiety is behavioral. In this domain, indices of anxiety include tense facial expressions, changes in communication patterns (unusually rapid speech delivery) and agitation and restlessness (Gould *et al*., 2002). In this study Football players having same nature of activity and playing experience through condition. The players played much more high level tournament and competition in their past, in this study, attacker football players are better sport competition anxiety, compare to defender football players. The study result also supported by the study of Singh Nirmaljeet and Sharma Rajkumar (2014) [7].

Conclusion

It is concluded that there is significant difference exists between attacker and defender football players in relation to Sport Competition anxiety, thus it may conclude that defender football players are having less anxiety compare to attacker football players.

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