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A study of sports competition anxiety test for the different level of Uttarakhand male football players

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Abstract

The purpose of the study was to compare the sports competition anxiety between the different level (district, state, and national) were 34 each of football male players. To achieve the present study, (one hundred two) (N=102) male soccer Players, 34 from district, 34 from state and 34 from national level were selected as subjects from different level and Age of the subjects ranged between 18-25 years were purposive selected from SAI, Uttarakhand. The variable selected for the present study was sports competitive anxiety between different levels of SAI Uttarakhand male football players. For the purpose of this study was to obtained in the sports competition anxiety test questionnaire. In this study Sports Competition Anxiety Test (SCAT Martens, 1990) was used. The descriptive statistics and Analysis of Variance (ANOVA) with the post hoc test (LSD) it was found to have a significant difference in all three groups in their sports competition anxiety was applied at 0.05 level of significant. The psychological variable Sports Competitive Anxiety test the result indicates to have significant difference with the football male players of different level of Uttarakhand.

Keywords: Anxiety, Competitive Anxiety, Questionnaire, Psychological variable, Uttarakhand

1. Introduction

Anxiety is one of greatest problems of modern trends in scientific knowledge, cultural conflict, economic problems, industrialization, all add to the problem of man, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear of something unknown which creates tension and disturbance.

Anxiety is an emotion that is difficult to define and even more difficult to reliably detect in performance. "Nervous-ness is often used synonymously with anxiety. At one time or another, almost everyone has been nervous. Nervous-ness can be experienced at various levels of anxiety tension is another term used to describe the chronic, usually low level anxiety to which all seem to be susceptible. Anxiety can taken the form of unconscious anxiety, an anxiety of which we are not consciously aware, or free- floating anxiety, intensive anxiety that appears only to return again later. Coaches should be aware that in the case of free-floating, the anxious person realizes that he or she is under pressure but cannot attach a specific cause to the anxiety attacks. Panic is the most serious level of anxiety. We would never what panic to be a part of the athletic environment. It is a condition in which the anxiety has become so great that the person loses complete control of himself and situation." The key to dealing with someone who is suffering from panic is gentleness and patience.

The athlete who is able to discover the source of anxiety will seek out to improve himself. This only reduces level of anxiety but helps him in improving productivity and skill execution as well as self-confidence. Sigmund Freud and Thomas A. Tutko are in the opinion then anxiety can be so power full that causes mobility of legs and were essentially. The athlete who is gripped by anxiety often loses constructive and may attempt to handle anxiety by denying the need to work hand. This lead to poor work habit lose of sports technique and confidence.

To maintain internal balance, the organism must function with certain level of anxiety always present. For anxiety, in its broadest sense, refers to the general of alertness. It is related to the bodies alarm system and provides for vigilance against disruptive forces in the environment.

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The effect of anxiety on performance depends directly on the type of task considered. In most cases heightened arousal state has been found to facilitate simple performance such as fingers tapping, eyelid conditioning and verbal memory task. On the other hand, as anxiety reaches a certain level, a breakdown of psychological and physiological integrative mechanisms in occur, resulting in less efficient performance is more complex tasks.

Anxiety has a temporal relationship to performance. The level of anxiety evidenced prior to performance may be different from arousal during performance. During performance anxiety is often lessened, since the individual must concentrate on his own actions rather than on his internal fears.

Post-task anxiety may then abruptly rise as the individual seem to lower his defense and admit his fear more freely. High anxiety sometimes results in more activity on the part of the individual but often this activity is pointless, inflexible and rigid. Since anxiety operates increase tension levels within the organism, as might be expected in efficient performance is the result in competed tasks.

2. Objectives of the study

- First objective of the study was to characterize the level of sports anxiety test of different level of male football players.
- Second objective of the study was to compare the of sports anxiety test of different level of male football players.

3. Materials and Methods

3.1 subject of the study

To achieve the present study, (one hundred two) 102 male football Players, 34 from national, 34 from state and 34 district were selected as subjects from different level of Uttarakhand. Age of the subjects ranged between 18-25 years. The psychological characteristics as sports anxiety were being relevant and contribute factors for performance efficiency of football. Hence, this variable was considered appropriate for purpose of the present study.

3.2 Variables

The variable selected for this study was sports competitive anxiety.

3.3 criterion measures

For the purpose of the this study was Score obtained in the sports competition anxiety test questionnaire In this study Sports Competition Anxiety Test (SCAT Martens, 1990) was used to measure Sports Competition Anxiety. score sequence was 1, 2, 3, for ten test items which were taken for the scoring purpose were 2, 3, 5, 6, 8, 9, 11, 12, 14, and 15 6 and 11 score reverse was carried according to the following key score (1) Response hardly ever (2) sometime (3) often however

Table 2: Analysis of variance of sports competition anxiety of the male football players of different levels

Source of variance	Df	Sum of squares	Mean squae	F	Tab. F
Between Groups	2	261.549	130.775	16.10	3.09
Within Groups	99	803.794			
Total	102	1065.343	8.119		

Significant at 0.05 level

From table-2 It was reveal that the calculated f- value (16.10) was greater than the tabulated value (3.09), so there was

Spurring questions e.g. 1, 4, 7, 10 and 13, were not scored out as suggested by Rainer Martren. Was criterion measure of the study Sports competition anxiety Test (SCAT) constructed by was used for the collection of data for this study.

3.4 Scoring of SCAT

Sports Competition Anxiety Test (SCAT) by consists of total 15 statements. Scores obtained for each statement was added up which represent an individual's total score on Sports Competition Anxiety (SCAT Score). Then the SCAT score was analyzed.

3.5 Statistical Analysis

For comparing the Sports Competitive Anxiety for the deferent level of male football players, descriptive statistics and Analysis of Variance (ANOVA) were applied at 0.05 level of significance. Data analysis was performed using SPSS 21 software.

4. Results

The statistical analysis of data has been presented in this study. The Sports Competition Anxiety data was collected on total (N=102) (hundred two) male football Players, 34 from District, 34 from state and 34 national were selected as subjects from SAI, Uttarakhand. To characterize and compare the sports competition anxiety test (SCAT) of male football players among different level,

Table 1: Mean and standard deviation of sports anxiety test of football players.

Levels	N	M	SD
District	34	20.41	10.18
State	34	18.7	8.39
National	34	16.05	5.77
Total	102	18.53	3.24

Reveal That The Mean And Standard Deviation Score Of Sports Anxiety Of Football Players; District Level: 20.41 ±10.18, State Level:18.7 ±8.39,National Level 16.05 ±5.77.

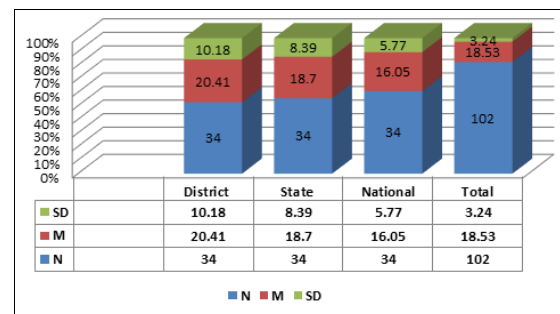


Fig 1: The graphically representation of all three groups is presented in figure

significant difference between the sports competition anxiety and deferent level of male football players.

Table-3: Post Hoc Test For The Multiple Comparison Of Sports Competition Anxiety.

Groups		MD	SE	Sig.	95% Confidence Interval		Critical Mean Value
					Lower Bound	Upper Bound	
1- District	State	1.70*	.69	.015	.33	3.0	1.37
	National	3.91*	.69	.000	2.5	5.2	
2- State	District	-1.70588*	.69	.015	-3.0	-.33	
	National	2.20*	.69	.002	.83	3.5	
3- National	District	-3.91	.69	.000	-5.2	-2.5	
	State	-2.2	.69	.002	-3.5	-.83	

Table-3 reveal that the mean value of District Level (20.41) and State level players (18.7), State level players were found inferior to district level players, hence it is concluded that there is significant difference between district level and state level players as mean difference value 1.70* which was greater than critical difference value (1.37). And between district level (20.41) and national level players (16.05), district level players were found superior to National level players, obtained mean difference value is 3.91*. The mean of National level players (16.05) there was significant difference between groups, as obtained mean difference value 3.91 which was more than critical difference value (1.37).

The mean value of state level players (18.7) and district level players (20.41), district level players show superior to state level players, hence it is concluded that there is significant difference between state level and district level as obtained mean difference value is (-1.70) which was less than critical difference value (1.37) And Between state level players (18.7) and national level players (16.05), state level players were found superior to National level players obtained mean difference value is 2.20. Hence it is concluded that there is significant difference between the groups, as obtained mean difference value was more than critical difference value (1.37) The mean value of national level players (16.05) and district level players (20.41), district level show superior to national level players, hence it is concluded that there is significant difference between national level and district level as obtained mean difference value is (-3.91) which was less than critical difference value (1.37) And Between national level players (16.05) and state level players (18.7) were found superior to state level players obtained mean difference value is (-2.2). Hence it is concluded that there is significant difference between the national level and state level players. as obtained mean difference value was less than critical difference value (1.37).

5. Discussion of Finding

The analysis of the data was obtained value of 'F' (16.10) from table 2 is statistically significant at 0.05 levels. F value is found significant because calculated value is more than tabulated value. Subsequent to the finding of significant F value, it is indicated that there are significant mean differences between all three level of football male players of sports competition anxiety. After applying the post-hoc test (LSD test) it was found to have a significant difference in all three groups in their sports competition anxiety. However group National level had Low, State level had middle and District level had high sports competition anxiety as well as shown that was present study sports competition anxiety depended the experience and number of participate in competition therefore national level player had low, state level middle and district level had high sports competition anxiety. This is probably due to the different nature of the training components and pre-requisite for football players.

These results may be due to a small sample size and other factors such as different types of psychological aspect etc.

6. Conclusion

The researcher had undertaken within the limitations of present study; the following conclusions were drawn: There was significant difference noticed. Therefore from statistical analysis the following inferences were derived: significance difference was found between the mean score of district, state, and national level of football male players in compare to sports competition anxiety.

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