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A comparative study of pre-competition anxiety among senior and junior level male cricket players

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Abstract

The purpose of the study was to examine pre-competition anxiety among Cricket players of Chandigarh. 40 cricket players of various cricket academies were selected randomly as subject for finding pre-competition anxiety. Their age range between 15-26. Pre-competition anxiety questionnaire (SCAT) was conducted. It consisted of 15 items, out of which five were spurious questions, which were added to the questionnaire to diminish response bias towards the actual test items. These five questions had no influence on the score of the athlete. Scores obtained by each subject on each statement were added up which represented one's total score on pre-competition anxiety. For the purpose of computing statistical mean, Standard deviation and t-test was conducted (0.05 level of significance).

Keywords: Pre-competition anxiety, male cricket players, computing statistical mean

Introduction

The game of cricket has a known history from 16th century to the present day, with International matches played since 1844, although the official history of international test cricket began in 1877. During this time, the game developed from its origin in England into a game which is now played professionally in most of the Commonwealth of Nations. The developing trends in the field of Physical education have centralized technique that prone the change for individual development. Active involvement in sports, certainly call for greater competency in achieving the required supremacy by any individual. During modern times sports have become part and parcel of our culture. It is being influenced and does influence all our social institutions including education, economics, arts, politics, law, mass-communication and International diplomacy, its scope is awesome. In modern era, a sport has become inseparable phenomenon of our cultural and social life. It has made its own place at the apex of human civilization, because of its trail, competitive events and even improving nature. The acquisition of new knowledge for betterment of performance of human organism in relation to physical, motor and physiological qualities is in process of saturation.

Material and Methods

For this study 40 players of cricket (senior and junior level) were selected as subjects, who took part in cricket league at PCA stadium, Mohali. Bharti vij St. Soldier academy, Chandigarh, GNPS cricket academy, Chandigarh, PCA stadium academy, Mohali were the participants. Standard sports specific questionnaire "Sports competition anxiety test (SCAT)" constructed by Rainer Martens was used in this study. It consist of 15 questions and having three options to answer i.e hardly ever, sometimes and often.

Result and Discussion

The data was collected from 20 senior and 20 junior cricket players from Chandigarh; "t" ratio was used to compare the anxiety level of senior and junior cricket players. The findings of the study are shown in the table and the figures below. The application of mean, standard deviation and value of "t" for the senior and junior players is shown in table. Mean for the senior players was 17.4 and mean for the junior players was 16.6. Standard deviation for senior level players was 3.17 and standard deviation for junior level players was 3.09.

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T calculated value= 0.81. Senior level cricket players have average level of anxiety and junior level cricket players have low level of anxiety, however when both the groups were compared with the t-test, the significant result shows.

Table 1: Mean, SD and t-test of senior and junior level cricket players.

Group	N	Mean	SD	t-value
Senior	20	17.4	3.17	0.81
Junior	20	16.6	3.09	

Tabulated value of “t” at significance level of 0.05 is 2.024 i:
e, t (0.05)

(df = 38) = 2.024

The calculated value of “t” is 0.81

The calculated value of “t” is less than the tabulated value.

Conclusion

This study shows there is significant difference between both the groups. Senior level cricket players have average level of anxiety and junior level cricket players have low level of anxiety, however when both the groups were compared with the t-test, the significant result shows that there is difference in pre-competition anxiety among senior and junior level cricket players.

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