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## A comparative study of sports competitive anxiety successful female and unsuccessful female sports groups

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### Abstract

The purpose of this study was to compare the Sports Competitive Anxiety of successful sports female and sports unsuccessful female college level. The present study was conducted on the 60 successful sports female and sports unsuccessful female sports college level of Punjab. Their age was ranged 18 to 25 year. The collection of data to measure Sports Competitive Anxiety Test (SCAT) developed by, Martens (1970) was used. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at  $p < .005$  level of significant. The result of the study concluded that there was statistically significant difference in successful sports female and unsuccessful sports female. It is clear that the mean successful sports female and sports unsuccessful female between is significantly state anxiety, trait anxiety and overall anxiety.

**Keywords:** Sports, inventory, competition, questionnaire, unsuccessful, successful etc.

### Introduction

Competitive anxiety is a multidimensional state that arises as a result of the cognitive evaluation of a competitive situation. There is a tendency to perceive competitive situations as threatening and to respond to them with feelings of apprehension and tension. Situational factors (such as type of sport or the complexity of the task) and personal factors (such as expectations, achievement of goals, skill level, experience, and age) are crucial in the process of evaluation. Anxiety symptoms can occur before, during or after the event, which can be cognitive (confusion, negative thoughts, irritability, fear, feelings of weakness, poor concentration), somatic (increase in blood pressure and heart rate, sweating, muscle tension, nausea, vomit) and behavior (repetitive movement, aggressive outbursts, inhibited posture, biting nails). 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 sports psychologist. Despite this, the significant majority under utilize their psychological potential. It is well know by all who play sports that defeat often stems from the ability to manage anxiety, fear anger or despair. In addition drug abuse, eating disorders, narcissism, sociopathic personality disorders and depression are often diagnosed in athletics. Coaches and physical educationists who are ill-equipped to handle such matters will attempt to provide a common sense approach to these complex problems and frequently fail the athlete.

Anxiety as an emotion that is difficult to define and even more difficult to reliably detect in performance but the importance of anxiety as a powerful influence in contemporary life is increasingly recognized and manifestations of current concern with anxiety phenomena are ubiquitously reflected in literature, the arts, science and the facets of our culture. The most serious level of anxiety is panic. One would never want panic to be a part of the athletic environment. It is a condition in which the anxiety has become so great the person loses complete control of himself and the situation. Fear is a still higher level if anxiety and can have a serious effect on sports performance. Fear is an intense anxiety experienced in response to a specific threat. Competitive anxiety is a multidimensional state that arises as a result of the cognitive evaluation of a competitive situation. There is a tendency to perceive competitive situations as threatening and to respond to them with feelings of apprehension and tension.

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**Procedure and Methodology**

In the present study a sample of 30 successful female sports and 30 unsuccessful female sports (Total=60 female & female) of Punjab. The collection of data to measure Sports

Competitive Anxiety Test (SCAT) developed by, Martens (1970) was used. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at 0.01 level of significant.

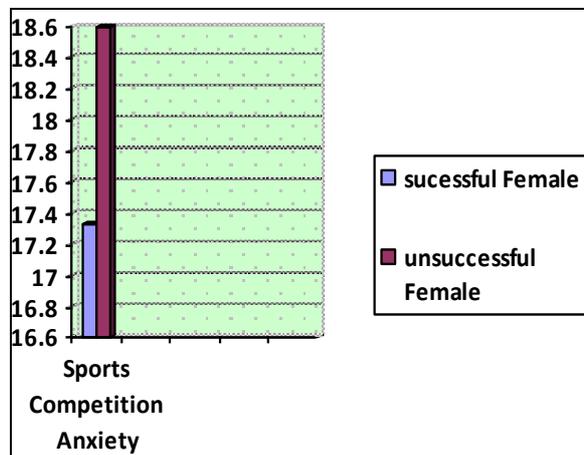
**Results**

The results it can be seen that the differences on this variable of Sports Competition Anxiety have been found to be significant ( $P<0.05$ ,  $t=1.969$ ) and the unsuccessful female sportsperson having obtained higher mean score of 18.60 have been found to be having significantly higher level of sports competition anxiety than the successful group which had comparatively lower mean score of 17.33. However, as per classification provided in test Manual, both groups fell in "optimum" category

**Table 1:** Mean, Sd And T-Values With Regard To Successful Female And Unsuccessful Female On The Variable Sports Competition Anxiety

| Variable                   | Groups              | Mean  | SD    | SEM  | t-value |
|----------------------------|---------------------|-------|-------|------|---------|
| Sports Competition Anxiety | Successful Female   | 17.33 | 2.631 | .480 | 1.969** |
|                            | Unsuccessful Female | 18.60 | 2.343 | .428 |         |

\*\* $p<0.05$



$t, <0.01(58)$

A perusal of content of table pertaining to successful female and unsuccessful female group on the variable sports competition anxiety would show that the former group had secured the mean and SD value of 17.33 and 2.631 respectively. On the other hand, the other group secured mean value of 18.60 and  $SD = 2.343$ . The value being 1.969, the same was found to significant ( $p<0.05$ )

**Discussion and Conclusions**

The results of the study are concluded as follows:

This study was an effort in similar way to find out and compare the variety among the differences on the variable Sports Competition Anxiety have been found to be significant ( $P<0.05$ ,  $t= 1.969$ ) and the unsuccessful female sportsperson have been found to be having significantly higher level of sports competition anxiety than the successful group as per classification provided in Test Manual, both the groups fell in "optimum" category.

Researcher feel this I above factor might be reason to bring the significant difference between the successful female sports and successful female sports who are not involved in any sports activities.

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