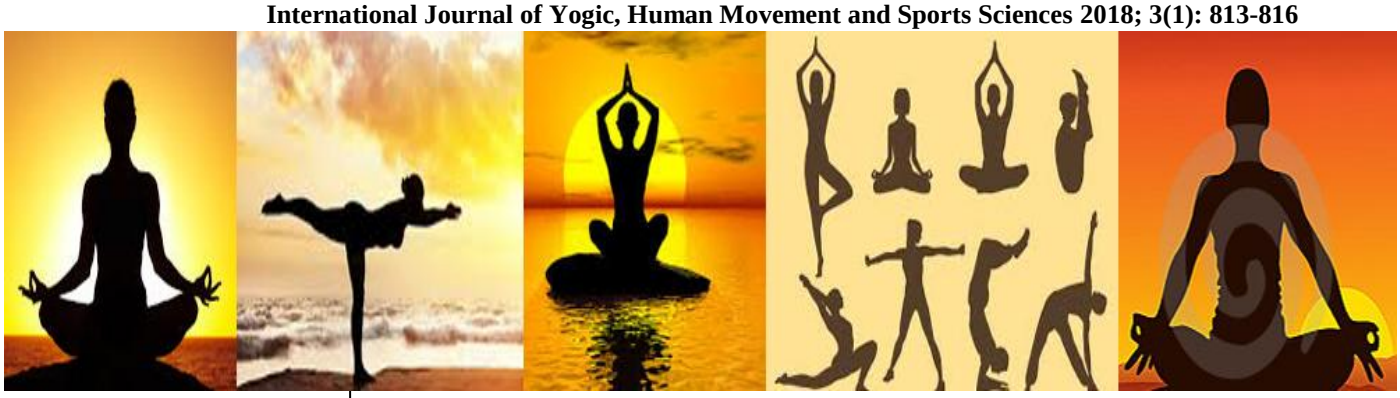
International Journal of Yogic, Human Movement and Sports Sciences 2018; 3(1): 813-816



ISSN: 2456-4419
Impact Factor: (RJIF): 5.18
Yoga 2018; 3(1): 813-816

www.theyogicjournal.com
Received: 15-11-2017
Accepted: 19-12-2017

Dr. Savitri S Patil
Physical Education Teacher,
Govt PU Composite College
Nagthan, Vijayapur, Karnataka,
India.

Correspondence
Dr Savitri S Patil
Physical Education Teacher,
Govt PU Composite College
Nagthan, Vijayapur, Karnataka,
India.

The influence of nature of game and level of sports competition on anxiety behavior between national, state, and all India university women players

Dr. Savitri S Patil

Abstract
The purpose of the present research was to describe and compare the Anxiety behavior between Group and individual game and players represented at state, national, and all India university level of sports. The method of the study is descriptive analyses, total 300 (Each 100) samples including both in individual and group game players were selected as sample and To collect the data the standardized scale devised by Sinha's comprehensive anxiety test (SCAT) has administered on the subject who are participating in state, national, and all India interuniversity tournament, later regression analyses and 'r' and 't' test was applied to assess the significant difference anxiety behavior due to level of matches on anxiety behavior among sportswomen of individual and group game, it was found that state level players has noticed higher level of anxiety and sportsperson participated in all India interuniversity players noticed moderate level of anxiety and national level player exhibited lesser anxiety behavior, sportsperson participated in individual game have expressed more anxiety behavior comparing to group game players. The conclusion was drawn that level of patciaption leads to control anxiety beahviour and group game nature help to share the stess and anxiety evoked by game situation.

Keywords: level of sports competition on anxiety behavior, types of game

Introduction
Anxiety is an emotional state, represented by a feeling of dread, apprehension, or fear. In humans, this can be defined by description using language. A considerable amount of research in sport psychology has examined the nature of competitive anxiety and how it relates with various motivational and cognitive variables. The aim of that line of inquiry is to provide important information with regard to situations where athletes may experience negative affective states, the antecedents of such situations, and the possible means that will enable sport performers to cope successfully with their negative emotions. Current research in sport (competitive) anxiety has primarily based its analysis on the multidimensional conceptualization and measurement of anxiety symptoms in other areas of psychology. Specifically, it has distinguished between cognitive anxiety (worry) and somatic anxiety (emotionality). They referred to negative expectations and cognitive concerns about oneself and the situation as the elements of cognitive anxiety, while the somatic component of anxiety was considered to reflect perceptions of physiological responses such as nervousness and tension.

The study of anxiety-related performance issues has been an active area of research in the sport psychology literature for several decades. A cognitive-based interactions approach states that anxiety occurs as a result of one's inability to use or strained usage of their coping resources to meet the demands of a given situation. Competitive anxiety falls under the umbrella of this general definition of anxiety. However, competitive anxiety consists of both state-anxiety and trait-anxiety. Whereas state anxiety is the transitory feeling of inadequacy or fear, trait-anxiety is an individual's common behavior to respond anxiously to demands. Spielberg (1972) identified trait anxiety by how anxious one feels in general and state-anxiety by how anxious one feels at a particular time in a particular situation. A rich literature has documented the role of state-anxiety as a component of competitive anxiety that effect

athletic competition. This multidimensional theory of anxiety differentiates between cognitive and somatic anxiety. Whereas cognitive anxiety is characterized by negative thoughts about performance, inability to concentrate, and disrupted attention, somatic anxiety is characterized by perceptions of bodily symptoms of autonomic arousal such as butterflies in the stomach, sweating, shakiness, clammy hands, tense muscles, and increased heart rate (Davidson & Schwartz, 1976). The distinction between cognitive and somatic anxiety is considered important because theoretical and empirical evidence demonstrates that each component is related to performance in a different manner. Nevertheless, research findings have consistently indicated that better athletic performance is associated with lower levels of cognitive and somatic anxiety and that athletes competing in individual competitions have higher cognitive and somatic anxiety than athletes competing in team competitions.

Competitive Anxiety

Competition can cause athletes to react both physically (somatic) and mentally (cognitive) in a manner which can negatively affect their performance abilities. Stress, arousal and anxiety are terms used to describe this condition. The major problem in competition is letting your mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance.

Anxiety and Performance in Team Sport

The feeling of restlessness and nervousness gradually leading to self-doubt is known as anxiety. It is common in sportspersons, who are required to present themselves and their skills to a large crowd. It is believed that the pressure of attaining excellence as marked by the audience is one of the greatest triggers that cause a sportsperson to choke.

Anxiety can be classified in two ways: trait anxiety and state anxiety. State anxiety is situational stress induced by situations in the game. A sportsperson's autonomic nervous system is aroused in this state, which is the natural reaction of any individual. On the other hand, trait anxiety can be thought of as a world view that an individual uses when coping with stress.

In sports, individuals who are state anxious and low on the trait anxiety in tough situations, often deliver good performances consistently. On the other hand, athletes who have higher levels of trait anxiety, added with state anxiety, tend to perform below expectations.

Problem: To study the Influence of Nature of Game and Level of Sports Competition on Anxiety Behavior among the Women's sportsperson

Hypotheses

1. It was hypothesized that the nature game and level of participation leads to develops and decreases the anxiety behavior among the Women's sportsperson.
2. There would not any effect of level of sports participation and types of game on Anxiety behavior among the women's sportsperson.

Objective

1. To assess the significant differences of Anxiety behavior between State, National, and All India Inter-University Women Players
2. To know the effect of nature of game on anxiety behavior among the women's sportsperson

Materials and methods

The present research is descriptive which compares and assess the influence of level of sports on personality traits of individual and Group game participants, the participants of the present research are belonging the group game and individual athletes those are participating in different level of tournaments. The sample was selected using purposive random technique; 100 subjects of each group as individual and group sportswomen were selected those were participated in different level of tournament and Types of game organized by different association at across the country

Measurement Tools

To collect the requisite data, the standard zed questionnaire constructed Sinha's comprehensive anxiety test (SCAT) has administered on the sportswomen of individual and group game, who are participating in State, National, and All India University Level Women tournament held at different part of the country.

Data analysis

First descriptive statistics including means and standard deviation and 't' test and correlation used for describing the personality traits of athletes and group game. The seven primary personality dimension identified by Sinha's comprehensive anxiety test (SCAT) are described as being functionally independent and psychologically meaningful dimensions of a person's personality. The primary psychology factors that is anxiety behavior as taken to prepare research article, hence, anxiety behavior has discussed and Analyzed and described as follows.

Discussion of the Tables

After collecting the essential data by administerisng the stander zed test devised by A.K Singh (SCAT) questionnaire, later it was assessed by regression analyses test

And testing of formulated hypothesis and discussion was done as followed

Table 1: showing the Pair wise comparisons of levels of participation (State, National, all India University) with respect to component of personality i. e. anxiety scores of sportswomen by Tukeys multiple posthoc procedures

Interactions	State level	National level	All India University level
Mean	38.15	32.67	32.87
SD	7.05	3.22	2.88
State level	-		
National level	p=0.0001*	-	
All India University level	p=0.0001*	p=0.9527	-

*p<0.05

From the results of the above table, it can be seen that,

- State level sportswomen and National level sportswomen differ with respect to anxiety scores at 5% level of significance. It means that, the State level sportswomen have higher anxiety scores as compared to National level sportswomen.
- State level sportswomen and All India University level sportswomen differ with respect to anxiety scores at 5% level of significance. It means that, the State level sportswomen have higher anxiety scores as compared to All India University level sportswomen.
- National sportswomen and All India University level sportswomen do not differ with respect to anxiety scores at 5% level of significance. It means that, the National sportswomen and All India University level sportswomen have similar anxiety scores. The mean scores are also presented in the following figure.

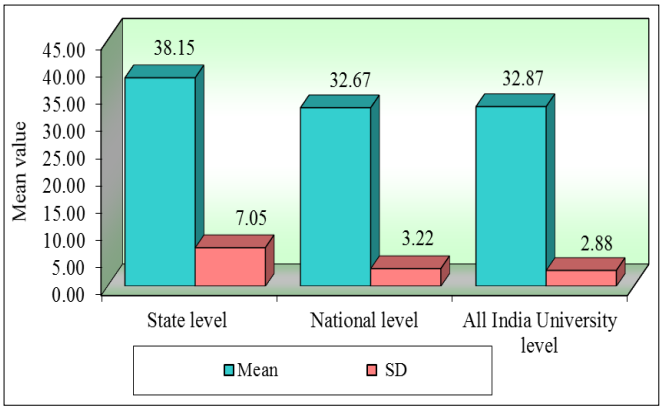


Fig: Comparison of levels of participation (State, National, All India University) with respect to anxiety scores of sportswomen

Table 2: Pair wise comparisons of interaction effect of levels of participation (State, National, All India University) and types of games (Group and Individual game) on anxiety scores of sportswomen by Tukeys multiple posthoc procedures

Interactions	State level with group game	State level with individual game	National level with group game	National level with individual game	All India University level with group game	All India University level with individual game
Mean	31.72	44.58	32.68	32.66	32.40	33.34
SD	2.38	3.20	3.59	2.84	2.34	3.30
State level with group game	-					
State level with individual game	p=0.0001*	-				
National level with group game	p=0.5907	p=0.0001*	-			
National level with individual game	p=0.6131	p=0.0001*	P=0.9999	-		
All India University level with group game	p=0.8640	p=0.0001*	p=0.9972	p=0.9980	-	
All India University level with individual game	p=0.0714	p=0.0001*	p=0.8783	p=0.8640	p=0.6131	-

*p<0.05

From the results of the above table, it can be seen that,

- Sportswomen of state level with group game and sportswomen of state level with individual game differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of state level with group game have smaller anxiety scores as compared to sportswomen of state level with individual game.
- Sportswomen of state level with group game and sportswomen of national level with group game do not differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of state level with group game have similar anxiety scores.
- Sportswomen of state level with group game and sportswomen of national level with individual game do not differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of state level with group game have similar anxiety scores.
- Sportswomen of state level with group game and sportswomen of All India university level with group game do not differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of state level with group game have similar anxiety scores.
- Sportswomen of state level with group game and sportswomen of All India university level with individual game do not differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of state level with group game have similar anxiety scores.
- Sportswomen of state level with individual game and sportswomen of national level with group game differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of state level with individual game have higher anxiety scores as compared to sportswomen of national level with group game.
- Sportswomen of state level with individual game and sportswomen of national level with individual game differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of state level with individual game have higher anxiety scores as compared to sportswomen of national level with individual game.
- Sportswomen of state level with individual game and sportswomen of All India university level with group game differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of state level with individual game have higher anxiety scores as compared to sportswomen of All India university level with group game.
- Sportswomen of state level with individual game and sportswomen of All India university level with individual game differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of state level with individual game have higher anxiety scores as compared to sportswomen of All India university level with individual game.
- Sportswomen of national level with group game and sportswomen of national level with individual game do not differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of national level with group game and sportswomen of national level with individual game have similar anxiety scores.

- Sportswomen of national level with group game and sportswomen of All India university level with group game do not differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of national level with group game and sportswomen of All India university level with group game have similar anxiety scores.
- Sportswomen of national level with group game and sportswomen of All India university level with individual game do not differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of national level with group game and sportswomen of All India university level with individual game have similar anxiety scores.
- Sportswomen of national level with individual game and sportswomen of All India university level with group game do not differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of national level with individual game and sportswomen of All India university level with group game have similar anxiety scores.
- Sportswomen of national level with individual game and sportswomen of All India university level with group game do not differ with respect to anxiety scores at 5% level of significance. It means that, the Sportswomen of national level with individual game and sportswomen of All India university level with group game have similar anxiety scores.
- Sportswomen of All India university level with group game and sportswomen of All India university level with individual game do not differ with respect to anxiety scores at 5% level of significance. It means that, the All India university level with group game and All India university level with individual game have similar anxiety scores. The mean scores are also presented in the following figure.

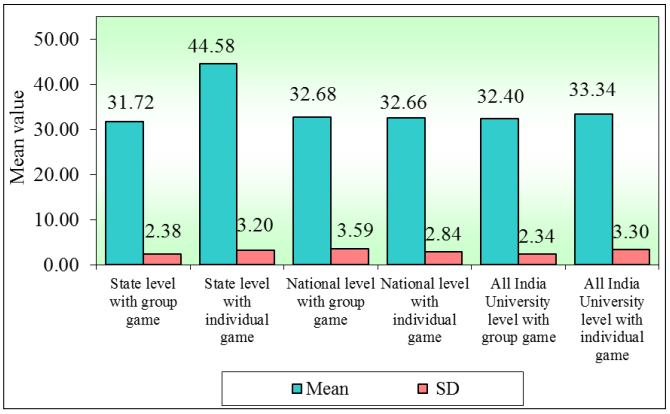


Fig 2: Comparison ofinteraction effect of levels of participation and types of games on anxiety scores of sportswomen

Conclusion

The participation in sports activities develops harmonious in psychological factors among the participants, the study also proved and expressed the fact the group game has advantages to cultivating and mastery, controlling, over the emotional aspects in the sportswomen, comparing to their counterpart group. And group game also helps control emotion, anxiety behavior among the players comparing to individual players

Reference

1. Araujo Claudio Cril Soaresde, Flexi test, An Innovative Flexibility Assessment Method Philadelphia: Human Kinetics Publishers, 1959.
2. Jones M, Marfell. International Standards for Anthropometric Assessment South Africa: Potchefstroom, ISAK, 2006.
3. Kansal Devinder. Applied Measurement, Evaluation & Sports Selection 2nd Edi, New Delhi: DVS Publication, 1996.
4. Nelson Jack K, Barry L Johnson. Practical Measurement & Evaluation in Physical Education New Delhi: Surjeet Publication, 2012.
5. Anand B, Chhina G, Singh B. Some aspects of electroencephalographic studies in Yogis. Electroencephalography and Clinical Neurophysiology. 1961; 13:452-456.
6. Bhole MV, Karambelkar PV. Effect of Yoga Training on Vital Capacity and Breath Holding Time Yoga Mimansa. 1971, 1972; 16:19-26.
7. Bhole MV. Effects of Yoga practices on Vital Capacity-A Preliminary Communication, Ind. Jour. Chest Dis. 1970; 12:1-2.
8. Bhowmik, Sanjib Kumar, Umed Singh Boora, Sameer Kumar Yadav. Dataram Comparative Effect of Chandra and Surya Bedana on Selected Physiological Variables. Journal of Physical Education and Yoga. 2010; 1:33-39.
9. Bijlani RL. A brief but comprehensive lifestyle education program based on yoga reduces risk factors for cardiovascular disease and diabetes mellitus, J Altern Complement Med. 2005; 11:267-74
10. Gore MM, Gharote ML. Effect of Yogic Training on Peak Flow Rate, Yoga Mimamsa. 1981; 20:100-104.
11. Gore MM, Gharote ML. Immediate effect of one minute Kapalbhati on respiratory functions, Yoga Mimamsa. 1986; 25:14-23.
12. Karambelkar PV. Some Respiratory studies in Ujjayi and Bhastrika Pranayama with bahyakumbhaka, Yoga Mimamsa. 1984; 22:7-12.
13. Karambelkar PV. Some respiratory studies on BhastrikaPanayama with Internal & External retention of breath, Yoga Mimamsa. 1983; 21:14-20.
14. Mourya M, Mahajan AS, Singh NP, Jain AK. Effect of slow-and fast-breathing exercises on autonomic functions in patients with essential hypertension, Journal of Alternative and Complementary Medicine. 2009; 15:711-717.
15. Pramanik T, Sharma HO, Mishra Mishra A, Prajapati R, Singh S. Immediate effect of slow pace bhastrika pranayama on blood pressure and heart rate. Journal of Alternative and Complementary Medicine. 2009; 15:293-295.
16. Singh Samay, Effect of Suryabhedna on Selected Physiological Variables Unpublished Master's Thesis, LNIPE, 2001.
17. Singh Dharmender. Comparative Effect of Kapalbhati and Anulom-Vilom on Selected Respiratory Variables Unpublished Master's Thesis, LNIPE, 2001.
18. Sanju M. The Comparative Effect of Kapalbhati Suryabhedna, their Combination of Cardio-Respiratory Endurance and Selected Physiological Variables Unpublished Master's Thesis, LNIPE, 2000.