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A comparative study of sports competitive anxiety between individual and team game players

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Abstract

Purpose: The purpose of this study was to compare the Sports Competitive Anxiety between the individual and team game players' intercollegiate players, Jammu University Jammu and Kashmir.

Methodology: Total sixty (60) players were selected. In the category of individual sports there were 30 players i.e. (15) Athletics players, fifteen (15) badminton players; and for teams games there were 30 players i.e. (15) basketball players and fifteen (15) Kabaddi players were randomly selected to serve as subjects of the study. The variable selected for the present study was Sports Competitive Anxiety. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used as criterion measure. For comparing Sports Competitive Anxiety between the male and female players, descriptive Statistics and independent 't' test were applied and level of significance was kept at 0.05.

Results: The psychological variables Sports Competitive Anxiety have no significant difference with the Male and Female Badminton players of Jammu District.

Keywords: individual game, team game, competitive anxiety

1. Introduction

By nature human beings are competitive and ambitious for the excellence in all athletic performances. Not only every man but every nation wants to show their supremacy by challenging other Individual, state, group or nation. This challenge stimulates, inspires and motivates the entire nation to strive for faster, higher, and further. It compels to exaggerate, strength, endurance and skills in the present competitive sports world. A highly competitive sport environment leads to anxiety among players. Competitive anxiety is one of the factors to decrease athlete's performance (Esfahani & Soflu., 2010) [2]. Anxiety is among the many adverse effects of stress. It is the process during which a person become scared and apprehensive of what lays ahead and often manifest itself in physical anxiety labeled as a "distrusted State" of body and mind or state of "nervousness" anxiety is apprehension of danger accompanied by restlessness and oppression in the digestive tract and viscera. Feelings of tension, thinking of upcoming events in their mind, nervousness, and worry and involved in physiological changes such as increase in heart rate response are common response for the athletes prior to the competition (Hackfort & Spielberger, 1989) [3]. Trait anxiety, an athlete disposition to interpreting a situation as threatening and responding than with lower trait anxiety and so respond with a high state anxiety, this is known as competitive trait anxiety. Anxiety has both psychological and physiological implications in sport performance. For example, once arouse level of the player to such an extent that he finds it hard to concentrate on his game due to constant bombardment on his nervous system. The ability of the player to monitor and judge situations correctly is reduced. His information processing mechanism gets over-stressed resulting either in wrong or slow response even to emergent situations. He loses control over his body and mind. Douglas *et al.* (2006) [4] stated that the major sources of pre-competitive anxiety include: fear of failure, thinking too much on what people may say about the performance, and lack of confidence. The ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes. It is also seen that most of experience athletes and team players having better coping skills. Some coping skill such as mental imagery goal setting and positive self-talk are important to deal with stress and competitive anxiety both in individual and team games. Athan *et al.* (2013) [1] investigated that collegiate

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basketball players had higher confidence and motivation when playing at home compared to away. Studies that have focused on sport performers' psychological states before home and away competitions have produced equivocal findings. Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an observed threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable. Numerous studies have demonstrated the impact of psychological factors on sports performance.

2. Objective of the Study

The purpose of this study was to compare the Sports Competitive Anxiety between Male and Female Badminton of Jammu District, Jammu and Kashmir.

3. Materials and Methods

3.1 Subjects for the Study

For the purpose of present study, total sixty (60) players were selected. In the category of individual sports there were 30 players i.e. (15) Athletics players, fifteen (15) badminton players; and for teams games there were 30 players i.e. (15) basketball players and fifteen (15) Kabaddi players were randomly selected to serve as subjects of the study. The subjects were selected from inter-college competition held at Jammu University. Age of the subjects ranged between 19-25 years. For data collection, Sports Competition Anxiety Test (SCAT Martens et al., 1990) was used to measure Sports Competition Anxiety.

3.2 Variables

The variable selected for the present 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 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

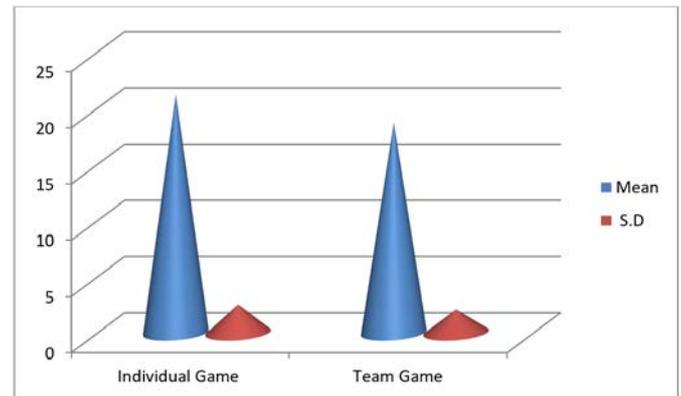
For comparing Sports Competitive Anxiety between male & female badminton players, descriptive statistics' and Independent t test was applied at 0.05 level of significance. Data analysis was performed using SPSS 21 software.

4. Result & Discussion

Table 1: Shows that the mean and standard deviation of individual sports players

Variables	Individual (N=30)		Team (N=30)		T value
	Mean	S.D	Mean	S.D	
Sports Anxiety	21.22	2.52	18.71	2.08	5.001

Table-1 shows that the mean and standard deviation of individual sports players was 21.20 ± 2.52 and the mean and standard deviation of team game players was 18.71 ± 2.08 . The t-value was 5.001. After analyzing data, significant difference was found between individual and team games players.



Graph 1: Mean and standard deviation of sports anxiety test of individual and team game players

5. Discussion

Anxiety play important role in sports performance. The present study revealed that individual sports players have more pre competitive anxiety than team game players. The success of athlete depends upon how he is able to control his anxiety during competition and keep it at optimum level. Psychological training should aim at mental stability, a coach should expose the athlete to competition situation repeatedly so that the athlete could accustomed with new situations and circumstances arises during competition as new situations arises anxiety. In team sports the accountability of a player is less than an individual sports because spectators will evaluate the performance of a team not a single player and consequently individual athletes as well as their coaches are much more worried about their mistakes than team athletes.

6. Conclusion

Based on the findings of the present study, it is concluded that individual sports players are more prone to pre-competitive anxiety due to fear of failure, thinking too much on what people may say about the performance, and lack of confidence, if there is defeat than a single player is responsible. Team games players are subjected to less pre-competitive anxiety due to share of responsibility, diffusion of accountability and adjustable ability with the environment as spectators will evaluate the performance of a team not a single player.

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