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Relationship among somatic anxiety, cognitive anxiety and self confidence with the performance of Jumpers

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Abstract

The purpose of this study was to examine the Relationship between among Somatic Anxiety, Cognitive Anxiety and Self-Confidence with the performance of JUMPERS. The Competitive State Anxiety Inventory-2 (CSAI-2) By & Rainer Marten were utilized based on their ability to assess a number of different psychological states thought to be a crucial for proper mental preparation prior to athletic competition as well as for their psychometric properties. These inventories were employed to determine pre-competition levels of Somatic Anxiety, Cognitive Anxiety and Self-Confidence of JUMPERS. Thirty females long JUMPERS were randomized selected from All India Inter-University Athletes Meet 2013-2014 which was held at Panjab University Patiala. The age of subjects were ranged of between 18-27 years. Pearson's product moment correlation was employed to examine the relationship. The level of confidence was set at 0.05 level. The finding was revealed that somatic anxiety is having significant impart on performance of JUMPERS because somatic anxiety is a conditional response to performance arena. So it showed disperse once performance begins and having significant effect on the performance cognitive anxiety and self-confidence also shows significant relationship with performance.

Keywords: Somatic Anxiety, Cognitive Anxiety and Self-Confidence

Introduction

Stress is the process that involves the perception of a substantial imbalance between environmental demand and response capabilities under condition in which a failure to meet demand is perceived as having important consequences and is responded to with increase levels of cognitive and somatic state anxiety (Marlens, Veabey and Buston, 1990) ^[1]. When in stressful and anxiety-provoking circumstances, some athletes have been observed to experience deficits in performance, even to the point of "Choking". The multidimensional theory suggested that anxiety consisted of both cognitive and somatic subcomponent based on the theory, cognitive anxiety is "The mental component of anxiety and is caused by negative expectation about success or by negative self-evaluation, the other hand somatic anxiety refers to the physiological and affective element of the anxiety experience that develop directly from autonomic arousal". Marlens *et al.* (1990) ^[1] have suggested that somatic anxiety should affect performance with lower and higher levels of somatic anxiety being increased to performance. The third subcomponent is the individual differences factor of self confidence.

Objectives of the study

1. To examine the relationship between somatic anxiety in Jumpers.
2. To examine the relationship between cognitive anxiety in Jumpers.
3. To examine the relationship between self confidence in university Jumpers.

Methodology

Selection of Subjects

Thirty subjects were randomly selected from the total Long Jump and triple Jump participants of All India Inter University athletic championship, which was held at Panjab University Patiala 2013-14. The age of subjects were ranged between 19 to 27 years. The data were collected by the permission of the coaches. The Competitive State Anxiety Inventory-2 (CSAI-2) by Rainer Marten was selected for the study because it is a sports specific anxiety test.

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Administration of Questionnaire

The test was administrated to the subjects before the thirty minutes of the competition. The subjects were assembled in a group, clear instruction were specifically given that all the items in the questionnaire must be attempted. The Long Jump and triple Jump performance were considered as the score of JUMPERS performance.

Statistical Procedure

Pearson's Product Moment Correlation was employed to determine the relationship between competitive anxiety and Jumpers performance and also with sub variables somatic anxiety, cognitive anxiety and self-confidence with the Jumpers performance. The level of confidence was set at 0.05.

Results

In order to find out the relationship competitive anxiety and Jumpers performance and also with sub variables somatic anxiety, cognitive anxiety and self-confidence with the Jumpers performance, the collected data was analysed by using coefficient of correlation. The results of the statistical technique used on data were presented in given table 1.

Table 1: Relationship of competitive anxiety along with variables with the performance of Jumpers

S. No.	Name of Variables	Coefficient of Correlation (r)
1.	Somatic Anxiety	0.567*
2.	Cognitive Anxiety	0.448*
3.	Self-confidence	0.405*

* Significant at 0.05 level $r_{0.05} (28) = 0.361$

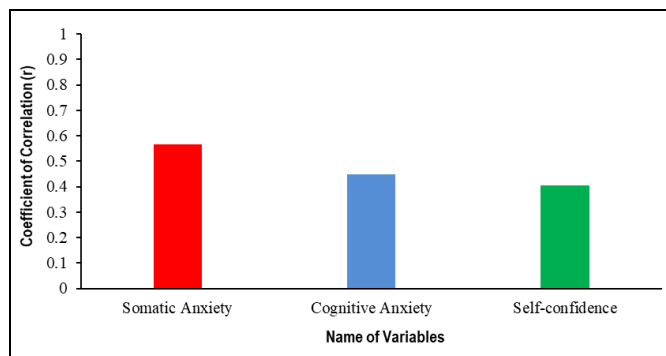


Fig 1: Graphical representation of relationship among somatic anxiety, cognitive anxiety and self confidence with performance of Jumpers.

Discussion of Findings

The finding was revealed that somatic anxiety is having significant impart on performance of JUMPERS because somatic anxiety is a conditional response to performance arena. So it showed disperse once performance begins and having significant effect on the performance cognitive anxiety and self-confidence also shows significant relationship with performance

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