



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 1496-1499

© 2019 Yoga

www.theyogicjournal.com

Received: 29-03-2019

Accepted: 25-04-2019

Inderjeet Singh

Research Scholar, Punjab
University, Punjab,
Chandigarh, India

A comparative study of competitive anxiety level between female footballers and female athletes from G.H.G khalsa college Gurusar Sadhar (Ludhiana)

Inderjeet Singh

Abstract

Researcher examined the competitive anxiety between Female Footballers and Female Athletes. Total forty (N=40) male subjects were selected for this study, twenty (N=20) Female Footballers and twenty (N=20) Female Athletes, who are member of G.H.G Khalsa College Gurusar Sadhar football & athletic teams were examined during Inter college Competitions. Competitive anxiety was measured by applying Modified Competitive State Anxiety Inventory-2 (Modified CSAI-2) prepared by Jones & Swain, 1992, which includes sub-variables of cognitive anxiety, somatic anxiety, and self-confidence. The age of Female Footballers and Female Athletes ranges from 17 to 28 years. The Mean, SD and 't'-value were calculated to find out the significance of difference and direction of difference between Female Footballers and Female Athletes. The level of significance was set at 0.05. The results revealed significant difference with regard to sub-variables cognitive anxiety and somatic anxiety between Female Footballers and Female Athletes. The results with regard to the sub-variable of self-confidence were found to be no significant between Footballers and Athletes. However, the results with regard to the variable competitive anxiety (total) were found statistically no significant.

Keywords: Footballers, anxiety, Athletes

Introduction

Football & Athletics are traditional Sports played among all the colleges of Punjab. Sport competition has become so important in today's society that extremely lofty expectations by others are placed on competing athletes regardless of competitors' abilities, reasons for participation, and skill levels. The stressful nature of sport and the competitive environment place many demands on athletes (Jones, 1995). Sport psychology has been directed towards the emotional responses to such stressors and in particular the study of competitive anxiety (Martens, Vealey, & Burton, 1990; Woodman & Hardy, 2001) [4]. Competitive state anxiety is conceptualized as a situation-specific multidimensional construct comprising cognitive and somatic components (Martens *et al.*, 1990; Smith, Smoll, Cumming, & Grossbard, 2006). In the experience of competitive anxiety, three main dimensions have been differentiated: cognitive anxiety, somatic anxiety, and self-confidence (Martens *et al.*, 1990). Cognitive anxiety involves cognitions about possible failure, while somatic anxiety involves the perception of bodily symptoms and heightened negative arousal. Self-confidence, on the other hand, involves cognitions that one is up to the task and able to give one's best possible performance. Consequently, self-confidence prior to and during competitions usually indicates low competitive anxiety and is often associated with higher performance (Craft, Magyar, Becker, & Feltz, 2003). Spieldberg (1966) told that anxiety is a palpable but transitory emotional state or condition characterized by feelings of tension and apprehension and heightened autonomic nervous activity. Scalan and Passer (1978) suggested that anxiety can be experienced, at any point, during the competition process that a person perceives, including prior to competition if the person anticipates an inadequate performance. During completions, if the person perceives the ongoing performance to be inadequate and therefore, anticipates future failure; this could account for the high anxiety. The purpose of the study was to assess the competitive anxiety between Female Footballers and Female Athletes.

Correspondence

Inderjeet Singh
Research Scholar, Punjab
University, Punjab,
Chandigarh, India

Objective of the study

1. To compare the competitive anxiety between Female Footballers and Female Athletes.

Materials and Methods

Sample: Total forty (N=40) male subjects were selected for this study, twenty five (N=20) Female Footballers and twenty (N=20) Athletes, who had participated at inter-college competitions from various colleges of Panjab University, Chandigarh were examined. The age of Footballers and Athletes ranges from 19 to 25 years. The Mean, SD and ‘t’-value were calculated to find out the significance of difference and direction of difference between Female Footballers and Female Athletes. The level of significance was set at 0.05.

Tool: Competitive anxiety was measured by applying Modified Competitive State Anxiety Inventory-2 (Modified CSAI-2) prepared by Jones & Swain, 1992, which includes sub-variables of cognitive anxiety, somatic anxiety, and self-confidence.

Statistical treatment: To find out the significant difference between Female Footballers and Female Athletes, that independent samples t-test was used through statistical package for social sciences (SPSS).

Results

The results of competitive anxiety between Female Footballers and Female Athletes are presented in tables.

Table 1: Comparison of mean scores with regard to cognitive anxiety between Footballers and Hockey players

S. No	Variable	Female Footballers (N=20)		Female Athletes(N=20)		MD	SEDM	‘t’ ratio
		Mean	SD	Mean	SD			
1.	Cognitive anxiety	24.68	4.70	20.56	5.81	4.12	1.494	2.75*

*Significant at .05levelt>2.00 (df=48)

It has been observed from the Table-1 that mean values on the sub-variable cognitive anxiety between Female Footballers and Female Athletes was 24.68 and 20.56 and standard

deviation was 4.70 and 5.81 respectively. The “t” value 2.75 was found higher than the table value 2.00 and hence found significant at .05 level of confidence.

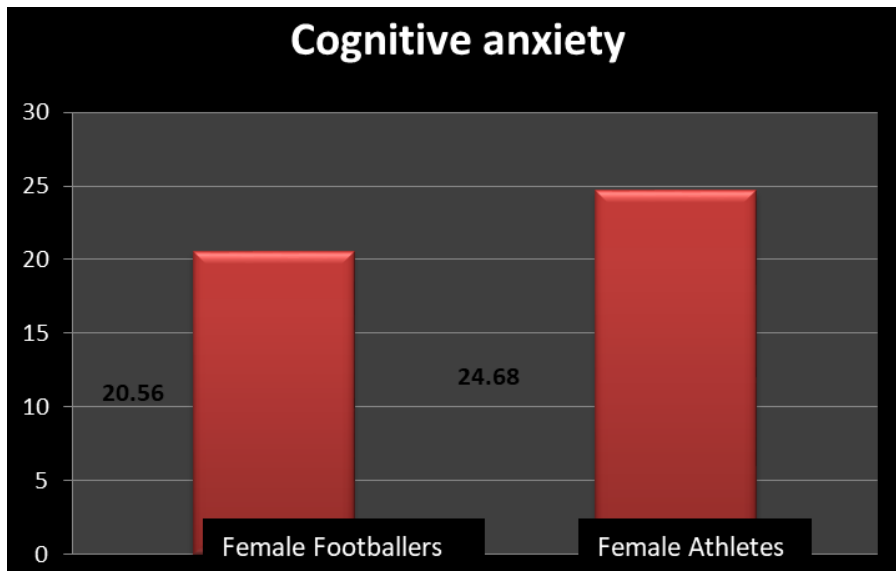


Fig 1: Graphical representation of mean scores with regard to the variables cognitive anxiety between Female Footballers and Female Athletes.

Table 2: Comparison of mean scores with regard to somatic anxiety between Footballers and Hockey players

S. No	Variable	Female Footballers (N=20)		Female Athletes (N=20)		MD	SEDM	‘t’ ratio
		Mean	SD	Mean	SD			
1.	Somatic anxiety	23.56	6.51	28.16	7.09	4.60	1.926	2.39*

*Significant at .05 level t>2.00 (df=48)

Table-2 shows that mean values on the sub-variable somatic anxiety between Female Footballers and Female Athletes was 23.56 and 28.16 and standard deviation was 6.51 and 7.09

respectively. The “t” value 2.39 was found higher than table value 2.00 and found significant at .05 level of confidence.

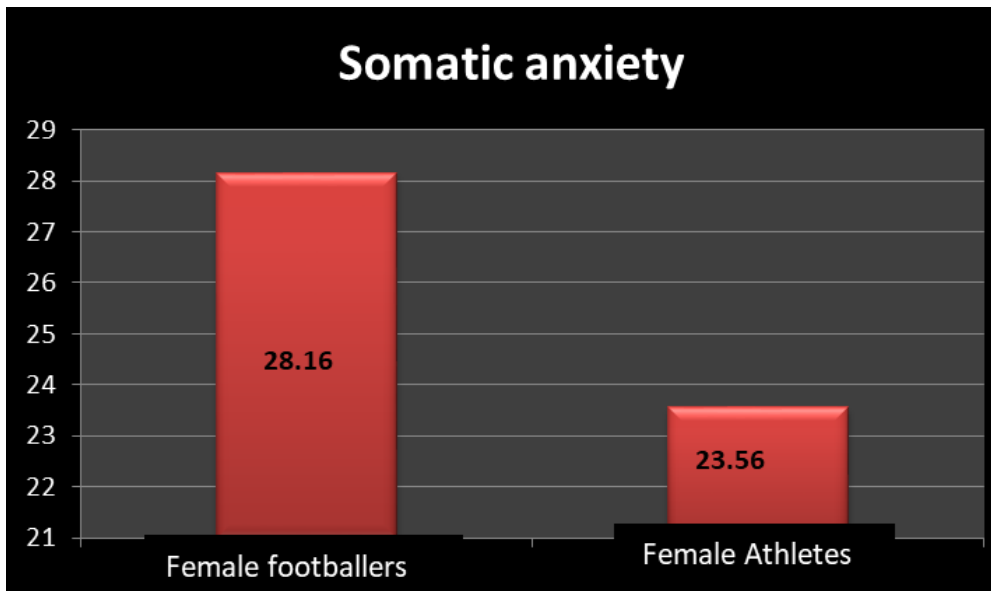


Fig 2: Graphical representation of mean scores with regard to the somatic anxiety between Female Footballers and Female Athletes.

Table 3: Comparison of mean scores with regard to self-confidence between Female Footballers and Female Athletes

S. No	Variable	Female Footballers (N=20)		Female Athletes (N=20)		MD	SEDM	‘t’ ratio
		Mean	SD	Mean	SD			
1.	Self-confidence	29.80	7.58	32.32	9.15	2.52	2.376	1.06

*Significant at .05 level $t > 2.00$ (df =48)

From the table-3 has been observed that mean values on the sub-variable self-confidence between Female Footballers and Female Athletes was 29.80 and 32.32 and standard deviation

was 7.58 and 9.15 respectively. The “t” value 1.06 was found lesser than table value 2.00 and found non-significant at.05 level of confidence.

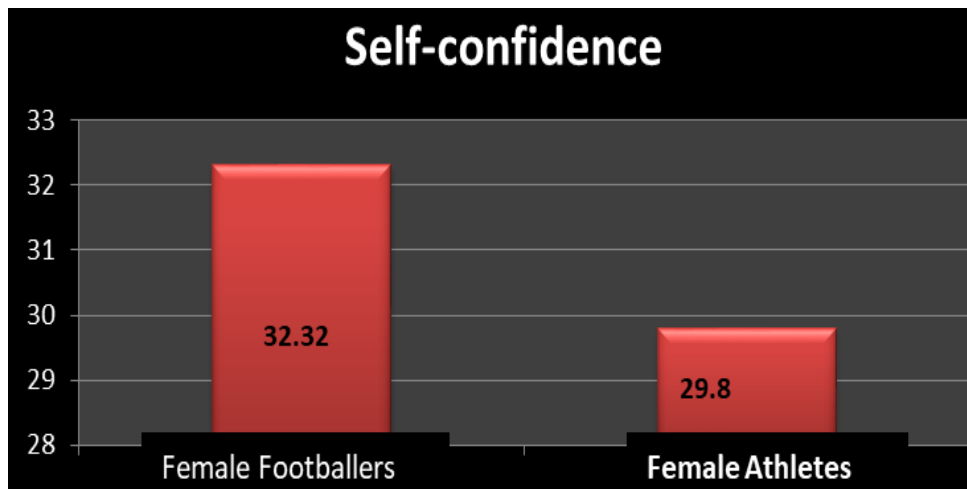


Fig 3: Graphical representation of mean scores with regard to the self-confidence between Female Footballers and Female Athletes.

Table 4: Comparison of mean scores with regard to competitive anxiety (total) between Female Footballers and Female Athletes

S. No	Variable	Female Footballers (N=20)		Female Athletes (N=20)		MD	SEDM	‘t’ ratio
		Mean	SD	Mean	SD			
1.	Competitive anxiety (Total)	78.04	18.79	81.04	22.05	3.00	5.794	0.51

*Significant at .05level $t > 2.00$ (df =48)

The mean values in regard to variable competitive anxiety (total) between Female Footballers and Female Athletes were 78.04 and 81.04 and standard deviation was 18.79 and 22.05

respectively. The “t” value 0.51 was lesser than table value 2.00and hence found non-significant at.05 level of confidence.

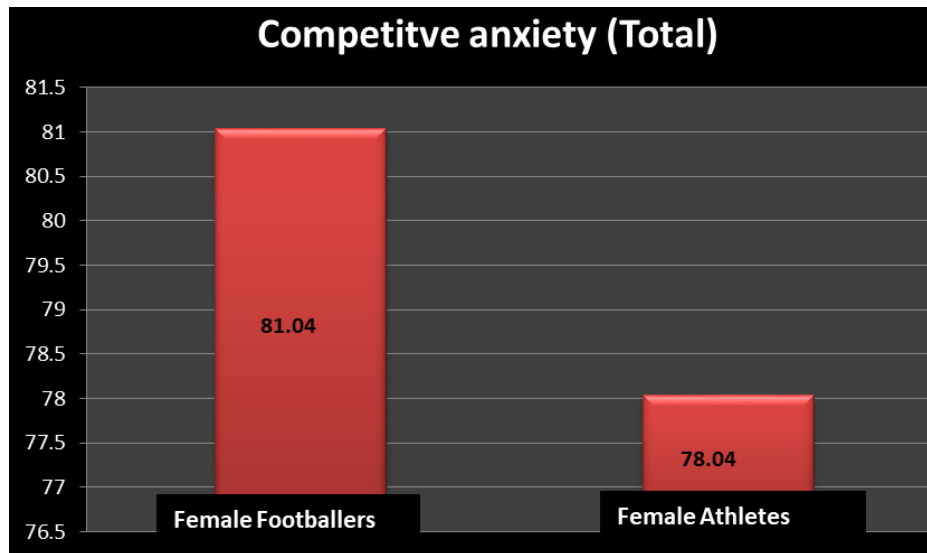


Fig 4: Graphical representation of mean scores with regard to competitive anxiety (total) between Female Footballers and Female Athletes.

Discussion

This study was conducted to find out the competitive anxiety between Female Footballers and Female Athletes. It is evident from the results presented with regard to the sub-variable of cognitive anxiety that significant difference was observed between Female Footballers and Female Athletes. Female footballers were found to be significantly better on the sub-variable of cognitive anxiety as compared to Female Athletes. The results on the sub-variable somatic anxiety revealed significant difference between Female Footballers and Female Athletes. In somatic anxiety, Female Athletes were found to be significantly better as compared to their counterpart Footballers. These results might be attributed to depend on their training environment etc. Fletcher and Hanton (2001) found that athletes who use imagery technique were related to higher self-confidence in athletics, but that it did not influence cognitive or somatic anxiety. The results regarding sub-variable self-confidence revealed no significant difference between the Female Footballers and Female Athletes. While comparing the mean values of both the groups, the Hockey players has edge over the Footballers and performed better but not significantly. Sharyn (2005) was examined that no differences were found between open and close skill athletes in terms of their interpretation of competitive anxiety and self-confidence. The results on the variable competitive anxiety (Total) revealed no significant differences between Female Footballers and Female Athletes. Female Footballers with significantly higher mean score were found to have higher competitive anxiety (Total) Female Athletes. Martens *et al.* (1990) research has shown that athletes in individual sports such as wrestling, swimming, and track and field experience higher levels of competitive anxiety and lower levels of self-confidence as compared to team sport athletes. Singh (1992) found that with regard to inter-game differences on competitive anxiety, significant differences existed in competitive anxiety between the players of different games; both in the case of males as well as females. Singh *et al.*, (2007) concluded that significant differences were observed in competitive anxiety among judo and softball players and softball and basketball players.

Conclusion

The results revealed significant differences with regard to sub-variables cognitive anxiety and somatic anxiety between Female Footballers and Female Athletes. The results with regard to the sub-variable of self-confidence were found to be no significant between Female Footballers and Female Athletes. However, the results with regard to the variable

competitive anxiety (total) were found statistically insignificant.

References

1. Apter MJ. The Experience of Motivation: The theory of Psychological Reversal, Academic Press, London, 1982.
2. Bejek K, Hagvet KA. The content of pre-competitive state anxiety in top and lower level of female gymnasts. *Anxiety, Stress and Coping: An International Journal* 1996;9:19-31.
3. Broadhurst PL. Emotionality and the Yerkes-Dodson law. *Journal of Experimental Psychology* 1957;54:345-352.
4. Burton D. Do anxious swimmers swim slower? Reexamining the elusive anxiety-performance relationship. *Journal of Sport Psychology* 1988;10:45-61.
5. Butler. *Sport Psychology in Action*. Butterworth-Heinemann: Oxford, England, 1996.
6. Fazy JA, Hardy L. The Inverted-U Hypotheses: A Catastrophe for Sport Psychology. *British Association of Sport Sciences Monograph No. 1 National Coaching Foundation, Leeds, 1988.*
7. Gould D, Ecklund RC, Jackson SA. Coping strategies used by U.S. Olympic Wrestlers. *Research Quarterly for Exercise and Sport* 1993;64:83-93.
8. Gould D, Petchlikoff L, Weinberg RS. Antecedents of, temporal changes in, and relationships between the CSAI-2 sub components. *Journal of Sport Psychology* 1984;6:289-304.
9. Hanin YL. A study of anxiety in sport. In W. F. Straub (Ed.), *Sport Psychology: An Analysis of Athletic Behavior*, Movement Publications, Ithaca, NY, 1980, 236-249.
10. Hanin YL. State Trait anxiety research on sports in the USSR. In C. D. Spielberger & R. Diaz (Eds.), *Cross-Cultural Anxiety (Vol. 3)*, Hemisphere, Washington, D.C. 1986, 45-64.
11. Hardy L. A catastrophe model of anxiety and performance. In J. T. Jones & L. Hardy (Eds.), *Stress and performance in Sport*, Wiley, Chichester, 1990, 81-106.
12. Hardy L. A test of catastrophe models of anxiety and sports performance against multidimensional anxiety theory models using the method of dynamic differences. *Anxiety, Stress and Coping: An International Journal* 1996;9:69-86.
13. Hardy L, Jones G, Gould D. *Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers*, 1996.