



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2021; 6(2): 175-177

© 2021 Yoga

www.theyogicjournal.com

Received: 19-08-2021

Accepted: 27-09-2021

Dr. Dinesh Singh Chahar
Assistant Teacher, Govt. High
School, Firozabad, Uttar
Pradesh, India

Assessment of sports competition anxiety between hockey and football players participated of district level

Dr. Dinesh Singh Chahar

Abstract

The purpose of the study a total of 50 male hockey and 30 football with the age between 15 to 20 years were selected as subjects. The subjects were taken from various schools and stadium in Indore Madhya Pradesh. Data was collected from all talented players of who represented district level hockey and football competition. The instrument used in obtaining data of each player's anxiety level was the questionnaire of Sport Competition Anxiety Test (SCAT) developed by Rainer Martens *et al.* (1990). The SCAT consists of 15 questions. The questions were in the form of statements that the subjects used to describe themselves. All participants were asked to take 5 minutes for reading the questionnaire and decide if he "Rarely", "Sometimes" or "Often" feels when they play in their specific games or competitions, and then tick in the appropriate box to indicate their response. Within the limitations of the study it may be concluded that there was no significant difference in the anxiety levels of hockey and football in the district level competitions both the groups were found average in levels of sports competition anxiety. The complications in the game changes the anxiety conditions of the players at different levels in relation with the opponents or team. The average anxiety level in both groups of players provides some kind of advantage in achieving the peak performance level in their care. In this study Descriptive statistics was used for to compare within group difference was analyzed using Independent 't' test between hockey and football players participated of district level was using the information studying tools spss- 21 software turned into used.

Keywords: Assessment, sports competition anxiety, hockey, football, district level etc.

Introduction

Anxiety is an emotional state the athletes experience at all performance levels. Anxiety generally comprises worrying thoughts, apprehensions, and a degree of physical activation. In sports, anxiety is a response to a situation where the athlete's skills are evaluated. Sports anxiety occurs when individuals view competitive situations as threatening and respond to these situations with apprehension and tension. Pressure causes our motor skills that are usually automatic to become impaired due to the additional tension.

Field hockey

Field hockey is played on gravel, natural grass, or sand-based or water-based artificial turf, with a small, hard ball approximately 73 mm (2.9 in) in diameter. The game is popular among both men and women in many parts of the world, particularly in Europe, Asia, Australia, New Zealand, South Africa, and Argentina. In most countries, the game is played between single-sex sides, although they can be mixed-sex.

The governing body is the 126-member International Hockey Federation (FIH). Men's field hockey has been played at each Summer Olympic Games since 1908 except for 1912 and 1924, while women's field hockey has been played at the Summer Olympic Games since 1980. Modern field hockey sticks are constructed of a composite of wood, glass fibre or carbon fibre (sometimes both) and are J-shaped, with a curved hook at the playing end, a flat surface on the playing side and a curved surface on the rear side. All sticks are right-handed – left-handed sticks are not permitted.

While field hockey in its current form appeared in mid-18th century England, primarily in schools, it was not until the first half of the 19th century that it became firmly established

Corresponding Author:
Dr. Dinesh Singh Chahar
Assistant Teacher, Govt. High
School, Firozabad, Uttar
Pradesh, India

Football

Modern football originated in Britain in the 19th century. Since before medieval times, “folk football” games had been played in towns and villages according to local customs and with a minimum of rules. Industrialization and urbanization, which reduced the amount of leisure time and space available to the working class, combined with a history of legal prohibitions against particularly violent and destructive forms of folk football to undermine the game’s status from the early 19th century onward. However, football was taken up as a winter game between residence houses at public (independent) schools such as Winchester, Charterhouse, and Eton. Each school had its own rules; some allowed limited handling of the ball and others did not. The variance in rules made it difficult for public schoolboys entering university to continue playing except with former schoolmates.

Methodology

For the purpose of the study a total of 50 male hockey and 30 football with the age between 15 to 20 years were selected as subjects. The subjects were taken from various schools and stadium in Indore Madhya Pradesh. Data was collected from all talented players of who represented district level hockey and football competition.

The instrument used in obtaining data of each player’s anxiety level was the questionnaire of Sport Competition Anxiety Test (SCAT) developed by Rainer Martens *et al.* (1990). The SCAT consists of 15 questions. The questions were in the form of statements that the subjects used to describe themselves. All participants were asked to take 5 minutes for reading the questionnaire and decide if he “Rarely”, “Sometimes” or “Often” feels when they play in their specific games or competitions, and then tick in the appropriate box to indicate their response.

Description of the sports competitive anxiety Test (SCAT) Purpose

To measure the Sports Competitive Anxiety of sports person and Para sports person of state Procedure: level. The Sports Competitive Anxiety test (SCAT) questionnaire has fifteen (15) statements out of which five are spurious questions, which have been added to the questionnaire to diminish response bias towards the actual test items. This five statements score were not added to the total sum scored by each subject. The subjects were instructed to respond to each statement according to, how they generally fill in the competitive game situation. Each statement consists of three respons a) b) c) Hardly ever Sometimes Often es which are mentioned below: The ten test statements which were taken for scoring purpose were item no. 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15. The remaining five spurious statement, i.e. 1, 4, 7, 10 and 13 scores were not adde suggested by Rainer Marten). d to the total sum scored by each subjects (as While the subjects were responding to the questionnaire, the investigator moved around verifying that the subjects recorded the answer sequentially. The investigator also explained the meaning of the questions/ words in case of any doubts. The investigator ensured that the subjects responded to each statement and no questions is left unanswered scrutinized the complete questionnaire. The statement 2, 3, 5, 8, 9, 12, 14 and 15 were worded in such a manner what they were scored according to the following key:

Score response

1. Hardly Ever.

2. Sometime.
3. Often.

In case of statement 6 and 11 scoring was carried out according to the following key

Score Response

1. Often.
2. Sometime.
3. Hardly Ever Reliability.

Alpha reliability was reported as 0.85. Scoring: Score of 10 statements were added which represented the total score of competition anxiety of each subject.

Norms

1. Highly Anxious = 25 to 30
2. Above Average = 18 to 24
3. Average = 12 to 17 4. Normal= less than 12

Table 1: Results of the Analysis

Groups	Mean±	S.D	Calculated Value	Tabulated Value
Hockey	22.40	3.01	0.142	2.21
Football	19.90	3.02		

Table 1. The comparison of mean of the two groups indicated that the mean anxiety level of the hockey (22.40) was lower than that of the football (=19.90). It was expected observation that the competitive anxiety level was slightly alike in hockey than football. As the SCAT score indicates that the Anxiety level may be considered ‘average’ in case of obtained scores ranging between 17 to 24. It appears that both the groups, i.e. hockey and football were average in sports competition anxiety level.

Table -I also elaborates the p-value comparing the anxiety level of the hockey and football shows that no significant difference between the groups, as the test statistics value is less than the tabulated value (0.142 < 2.21).

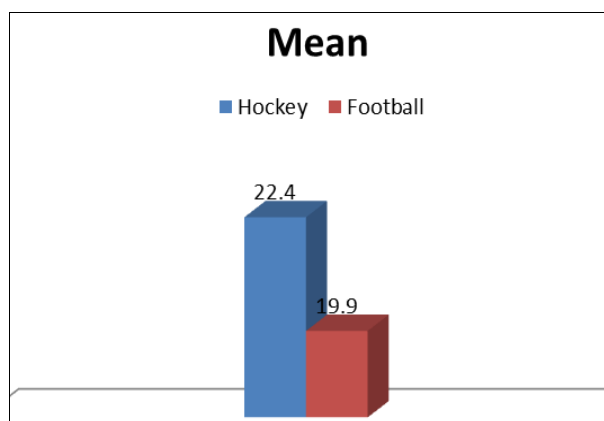


Fig 1: Mean value of Hockey and football players of distract level.

Discussion of Finding

The reason for average anxiety level of both the players’ of each group under study might be due to moderate exposure of the tactics in the competitive sport. Further, in both the groups’ insignificant difference can be observed in anxiety level might be due to homogeneity in experience level and personality characteristics, or due to higher skill level. In senior level with higher skill adaptation ability have been found to report low levels of anxiety. In this regard many further studies can be conducted on the higher level of Skill

execution of the hockey and football and their sports anxiety level. From some previous studies have shown that although in senior and sub junior levels of athletes both experience the same intensity of anxiety, senior athletes are better able to cope up to the response.

Conclusion

Within the limitations of the study it may be concluded that there was no significant difference in the anxiety levels of hockey and football in the district level competitions both the groups were found average in levels of sports competition anxiety. The complications in the game changes the anxiety conditions of the players at different levels in relation with the opponents or team. The average anxiety level in both groups of players provides some kind of advantage in achieving the peak performance level in their career.

References

1. Confirmatory Factor Analysis of the Ottawa Mental Skill Assessment Tool (OMSAT-*) Romanian Version. *European J Physical and Health Education*. 2(1), 87-96.
2. Cox RH. *Sport Psychology, concepts and applications* (6th Ed.) New York, 2007.
3. Cox RH, Qiu Y, Liu Z. Overview of sport psychology. In
4. R.N. Singer, M. Murphy and L.K. Tennant (Eds.), *Handbook of research on sport psychology*. New York: Macmillan, 1993, 3-31.
5. Crocker PRE, Alderman RB, Smith FMR. Cognitive affective stress management training with high performance youth volleyball players: Effects on affect, cognition, and performance. *Journal of Sport and Exercise Psychology*. 1988;10:448-460.
6. Hamilton M. The Assessment of Anxiety States by Rating. *British Journal of Medical Psychology*. 1959;32:50-55.
7. Hanton S, Connaughton D. Perceived control of anxiety and its relationship with self-confidence and performance: A qualitative explanation. *Research Quarterly for Exercise and Sport*. 2002;73:87-97.
8. Jan Graydon. Stress and anxiety in sport. *The Psychologist*, 2002, 15 August, Available from www.thepsychologist.org.uk
9. Jones G. More than Just a Game: Research Developments and Issues in Competitive Anxiety in Sport. *British Journal of Psychology*. 1995;86:449-478.
10. Jones JG, Cale A. Pre-competition Temporal Patterning of Anxiety and Self-Confidence in Males and Females. *Journal of Sport Behaviour*. 1989;12:183-195.
11. McGraw-Hill. Crciun, Dobosi MS, Rusu F. Nigeria (SPAN) held at the Olympia Hotel, Port Harcourt. Edited proceedings of the Fourth National Conference of the Sports Psychology Association of Nigeria, 2009.
12. What is the definition of sports anxiety? - Google Search 8/9/2023
13. Football | History, Rules, & Significant Players | Britannica 8/9/2023
14. Hockey - Wikipedia 8/9/2023