



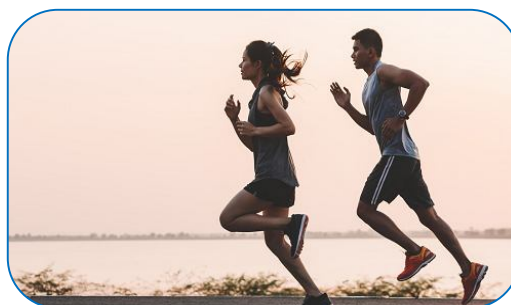
## A COMPARATIVE STUDY OF MALE AND FEMALE ATHLETES ON PRE-COMPETITION SPORTS ANXIETY

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### ABSTRACT :

*The purpose of the study was to find out a comparison of male and female athletes on pre-competition sports anxiety. A total of sixty athletes (N=60) in which male (n= 30) and female (n=30) athletes were selected from Punjabi university, Patiala as a subject for this study. The age group of the subject ranged from 12 to 15 years. To measure competition sports anxiety inventory-2 developed by Rainer Martens et al. CSAI-2 (1990) was used to assess the athlete's anxiety levels. The collected data from the subjects were statistically analyzed by using of paired "t" test and the level of significance was tested at 0.05. The results of the study showed there was no significance difference between male and female Telangana state level athletes on pre-competition sports anxiety.*



**KEYWORDS :** Pre-competition, somatic anxiety, cognitive anxiety, self-confidence.

### INTRODUCTION :

There are several forms of anxiety, all related by a general emotional and cognitive reaction to a STIMULUS in which apprehension and trepidation are present. The term is from the Latin word "ANXIOUS" which means as CHOKE. While anxiety often involves the PERCEPTION of a threat, it should be distinguished from the FEAR, which always assumes an individuals, event or object, AROUSAL which is usually understood as a physiological response to a stimulus, and stress which is also a physiological RESPONSE either to stimuli or to the absence of the stimuli known as hypo-stress. The unpleasant sensations and physical changes result from a stimulus. Type 1: Trait anxiety is a relatively fixed behavioral disposition. Some athletes are disposed toward some anxiety regardless of the quality or level of the challenge; many top athletes confess to vomiting and other nauseous manifestations before a competition. These are known as TYPE "A" individuals and their tendency is to appraise situations as threatening. State anxiety is a less permanent condition and affects competitors intermittently, depending on their PERCEPTION.

SELF-CONFIDENCE is one of the most powerful resources for changing anxiety into a facilitator of enhanced performance. While competitors who experience anxiety and experience doubts about themselves are unlikely to persist, confident competitors respond to anxiety with a renewed effort, persisting in the face of the challenge. In other words, experiencing anxiety can have a positive influence on performance. Presumably, the absence of anxiety would in itself be troublesome to top players: complacency can set in. The type of anxiety that can actually enhance performance is known as somatic state (pertaining to the body—increase in heart-rate, sweating, muscle tension, and etc.) and this ebbs and

flows during a contest.

Type 2: Cognitive state anxiety (The Mental Dimension) On the other hand usually has a negative effect on athletic performance. It can take the form of “pre-competition nerves” and may continue to affect performance throughout a competition particularly at crucial moments. Athletes whose performances wither in critical situations are said to choke. State anxiety is by no means restricted to athletes, though vigorous training has been shown to be useful in reducing it across populations.

The Competition State Anxiety Inventory-2, devised by Rainer Martens et al., was one of several instruments designed to identify and measure anxiety levels in changing situations, though it yielded few definitive conclusions. There are few reliable indicators of when cognitive anxiety, somatic anxiety & self-confidence will take hold, nor when or how anxiety will impact athletic performance. Hanin recognizes the significance of EMOTION, meaning that athlete’s optimal anxiety zones are highly individual. On this account, general interventionist strategies to reduce—or induce—anxieties in athletes are unlikely to be successful; approaches should be sensitive to individuals and contexts.

### **SIGNIFICANCE OF THE STUDY**

Although many researchers have been carried out in the field of sports psychology, there has been a little done on the field of Athletics. Athletics is a physical oriented game and an individual sport. That being stated, the researchers attempted to study that there is a need to study the pre-competition sports anxiety of male and female Athletes players.

### **REVIEW OF RELATED LITERATURE**

Pukhraj Singh (2018) compared pre-competition anxiety between inter-college male and female athletes they all participated in Punjabi University, inter- college Athletics Championship 2016-17. For the purpose of the study 20 a total twenty five (N=25) female and twenty five (N=25) male athletes of various athletic events were selected as sample, they all participated in Punjabi University, were recruited as subjects. Results indicated insignificant difference between male and female on their pre-competition anxiety.

Basanti Bamaniya (2016) compared the Competition Sports Anxiety between the male and female badminton player in Indore District, (MP). For the purpose of the study total (N=60) badminton male and female players, male (30) and Female (30), belonging from the Indore District, (MP) were recruited as subjects. The age of the subjects ranged between 18 to 25 years. Results indicated insignificant difference between male and female on their competition sports anxiety.

### **METHODOLOGY**

The purpose of the study was to compare the pre-competition sports anxiety between male and female Athletes players. To achieve the purpose of the study 30 male athletes players and 30 female athletes, state level players randomly selected from Punjabi university, Patiala. The age of the selected subjects ranged 12-15. Competition sports anxiety inventory 2, questionnaires contains of 27 questions are divided into 3 major sub components are state anxiety, cognitive anxiety and self-confidence and each components are having 9 items. The players were willing to take part in the study and they were administered by one hour before for the competitions with CSAI-2(competition sports anxiety inventory-2) Questionnaire is developed by Martens et.al (1990). Athletes of participants are asked to indicate for each item on a 4 point Likert scale which is correspondent best to them to put circle. The statistical technique t-test using SPSS 26.0 was used to check the significance at 0.5 level of confidence

### **RESULT AND DISCUSSION**

The statistical analysis of data has been presented in this study. It was found’t’ value(.778)from table1 there is no significant difference between male and female Athletes players.

**Table 1: Showing the Descriptive statistics between male and female of Telangana state level athletes on pre-competition sports anxiety.**

GROUPS	N	Mean	Std. Deviation	Std. Error Mean	"t"	LEVEL OF SIGNIFICANCE
MALE	30	63.00	9.184	1.677	.778	<0.05
FEMALE	30	61.17	8.925	1.630		

\*\* Significant at the 0.01 level (2-tailed).

\* Significant at the 0.05 level (2-tailed).

### DISCUSSION ON FINDINGS

From the data, it infers that the mean of the male and female Athletes players on pre-competition sports anxiety was found to be 63.00 and 61.17 respectively. The standard deviation was found to be 9.184 and 8.925 respectively. The standard Error Mean was found to be 1.677 and 1.630 respectively. The t-score was found to be 0.778 which is not significant at 0.05 levels. Thus the hypothesis which stated that "There will be significant difference between male and female athletes on pre- competition sports anxiety" is accepted.

### REFERENCE

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