



## A COMPARATIVE STUDY ON SPORTS COMPETITION ANXIETY IN SPORTS PLAYERS

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### ABSTRACT

*The sports competitions are more leads to load the higher pressure on the athletes in the present sports conditions, there is pressure to score or win the match to get the prize.*

*In the present study the researcher wanted to find out the sports competition anxiety among sports players who participated in inter collegiate sports meets, the sports players divided into age category and gender wise while the selecting the research sample. The major objective of the study to measure the sports competition anxiety among sports players, to find out the influence of age on the sports competition anxiety among the sample. To compare sports competition anxiety in male and female sports players, the hypothesis stated that there would be significant difference in sports competition anxiety among senior and junior sports players of Karnataka. The there would be influence of gender on the sports competition anxiety.*

*Research scale Sports Competition Anxiety Test (English) By Martens (1977) The investigator used sports competition anxiety test (SCAT) developed by Martens (1977) will be used to measure a player's level of competitive anxiety. The test consists of 15 statements related to competitive situation, which player answers by making a Tick Mark (v) corresponding the 'hardly ever', 'sometimes', or 'often' for each item. Five items are spurious. Therefore, only ten items were scored to yield a competitive anxiety measures. Sample of the study- fifty senior and fifty junior as well as the female sports players also selected equally for the present study from Gulbarga university sports meet. The mean, SD, t tests were used to find out the results of the study.*

**KEYWORDS:** Sports, competition anxiety, Age, Gender.

### INTRODUCTION:

Tension is a feeling portrayed by an unsavory condition of internal disturbance, frequently joined by apprehensive conduct, for example, pacing to and fro, substantial grievances, and rumination. It is the emotionally undesirable sentiments of fear over foreseen occasions, for example, the sentiment of up and coming demise. Uneasiness isn't equivalent to fear, which is a reaction to a genuine or saw quick danger, though nervousness is the desire for future danger. Tension is an inclination of disquiet and stress, normally summed up and unfocused as an overcompensation to a circumstance that is just abstractly observed as threatening. It is frequently joined by solid pressure, fretfulness, weariness and issues in focus. Nervousness can be suitable, however when experienced routinely the individual may experience the ill effects of a tension issue.

Individuals confronting uneasiness may pull back from circumstances which have incited tension previously. There are different sorts of tension. Existential nervousness can happen when an individual faces apprehension, an existential emergency, or agnostic emotions. Individuals can likewise confront numerical tension, substantial uneasiness, stage dismay, or test nervousness. Social uneasiness and more odd

nervousness are caused when individuals are troubled around outsiders or others by and large. Besides, uneasiness has been connected with physical indications, for example, IBS and can uplift other emotional well-being ailments, for example, OCD and frenzy issue. The initial phase in the administration of an individual with nervousness side effects is to assess the conceivable nearness of a hidden clinical reason, whose acknowledgment is basic so as to choose its right treatment. Nervousness side effects might be concealing a natural infection, or show up related or because of a clinical issue.

## METHOD

### Objectives of the study

- ❖ To measure the sports competition anxiety among sports players.
- ❖ To compare the sports competition anxiety among senior and junior sports players of Karnataka.
- ❖ Find out the influence of gender on the sports competition anxiety among sports players.

### The hypothesis

- ❖ There would be significant difference in sports competition anxiety among senior and junior players of Karnataka.
- ❖ There would be influence of gender on the sports competition anxiety among sample of the study.

### Research tool

Sports Competition Anxiety Test (English) By Martens (1977) The investigator used sports competition anxiety test (SCAT) developed by Martens (1977) will be used to measure a player's level of competitive anxiety. The test consists of 15 statements related to competitive situation, which player answers by making a Tick Mark (v) corresponding the 'hardly ever', 'sometimes', or 'often' for each item. Five items are spurious. Therefore, only ten items were scored to yield a competitive anxiety measures.

Low Anxiety Level, Optimum Anxiety Level, Above Average Anxiety Level, Above 25 Extreme Anxiety Level

### Sample of the study

the sample was consisted fifty senior and fifty junior sports players were selected from the Gulbarga university affiliated colleges the male and female players in equal numbers The research scale was given to the sample and instructed them about the test.

### Statistics

The mean, SD, t tests were used in the study to find out the results of the study

### Data Analysis & Interpretation

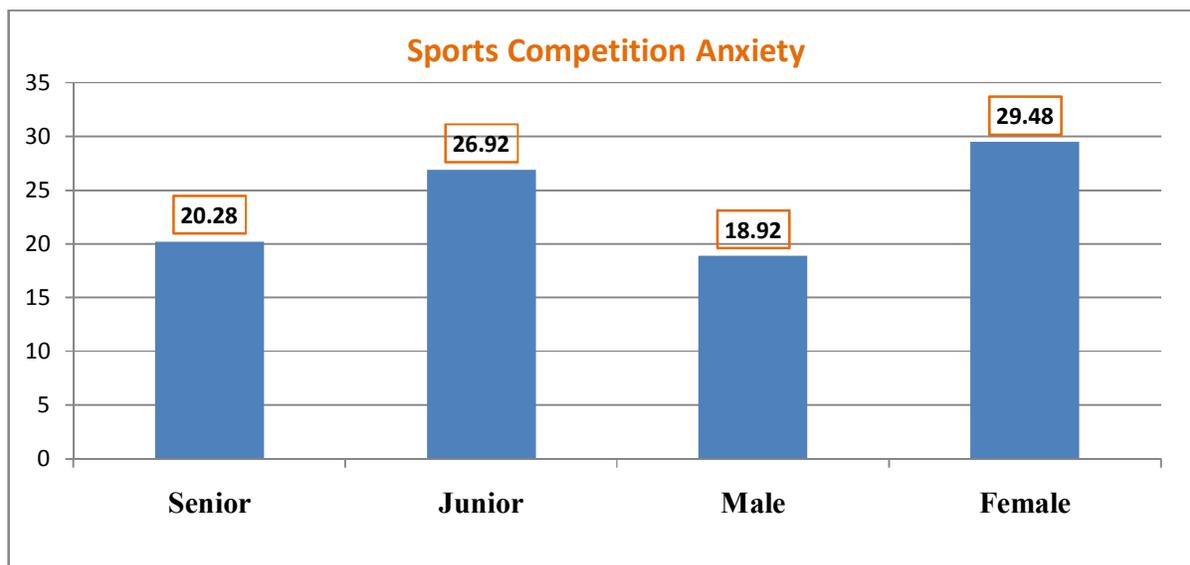
**Table showing the mean, SD, and t value of sports competition anxiety among sample groups**

Sample	N	Mean	SD	t value
Senior	25	20.280	5.232	2.858**
Junior	25	26.920	10.931	
Male	25	18.920	5.915	5.318**
Female	25	29.480	7.230	

Significant at 0.01 \*\*

The table and graphs are showing that the senior players are having the optimum sports competition anxiety and the junior players are having above the above the extreme levels of sports competition anxiety in their personality. The means 20.28 with 5.232 and 26.93, the standard deviation 10.931 showing that the junior players are having extreme levels of sports competition anxiety than the senior sport players, the t

value is 2.858\*\* significance at 0.01 levels. The male sports players measures within the optimum levels of anxiety where as the female sports players mean score is 29.480 which is higher than the 18.92 male sports players mean score, the standard deviation also showing the higher deviation the female group than the male sports players.. The t value is 5.318\*\* showing the significance difference between male and female sports players in their sports competition anxiety levels.



#### FINDINGS

- ❖ The senior sports players are having the optimum sports competition anxiety which is normal level in the sports fields.
- ❖ The junior sports players are having the above the extreme sports competition anxiety which showing that the influence of age factor on the sports competition anxiety among the players of Karnataka area.
- ❖ The study reveals that the age factor also having the influence on the sports competition anxiety among sports players.
- ❖ The male sports players are optimum sports competition anxiety than the female sports players. The female sports players are having the extreme levels of sports competition anxiety.

#### REFERENCES

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