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A COMPARATIVE STUDY ON ANXIETY LEVEL OF UNIVERSITY LEVEL PLAYER'S DURING PRE AND POST COMPETITION

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ABSTRACT—

The purpose of this study was to investigate the pre and post anxiety level of university level player's during the competition. Eighty five university level male players were selected from different colleges of Dr. B.R.A.U. Agra, as subject for research work. Their age was ranged from 17 to 25 years. Data were collected difference in 0.05 levels of pre and post anxiety among the male university level player's.



from player's using a Sports Competitive Anxiety Test (SCAT) consists of fifteen items which includes five spurious items, eight positive items and two negative items. The T-Test was used to test the effect of anxiety level between pre and post competition. The significance level was determined as $P < 0.05$. The result of the study reveals that there was significant

KEY WORDS: ANXIETY, SCAT, UNIVERSITY LEVEL PLAYER'S.

INTRODUCTION :

Sport psychology is the scientific study of people and their behaviors in sports. The increased stress of competition can cause sports men to react both physically and mentally in manner, which can negatively affect their performance abilities. This has led coaches take an increasing interest in the field of sport psychology and in particular in the area of competitive anxiety that interest has focused on techniques which player's can use in the competitive situations to maintain control and optimize their performance. Once learned, these techniques allow the player's to relax and to focus his/her attention in positive manners on the task of preparing for and participating in competition. Competitive sport can make even the world's most successful athlete feel nervous. Many factors such as expectations, perfectionism, fear of failure, lack of confidence, induce feelings of anxiety in athletes. In sport psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent feelings of apprehension and dread. Anxiety consists of two subcomponents, namely cognitive and somatic anxiety, which influence performance before and during competition. Meanwhile, cognitive is the mental components, which are characterized by negative expectation about success or self-evaluation, negative self talk, worry about performance, images of failure, inability to concentrate, and disrupted attention. The somatic is the physiological element which is related to autonomic arousals and negative symptoms such as feelings of nervousness, high blood pressure, dry throat, muscular tension, rapid heart rate, sweaty palms and butterflies in the stomach. One approach is that increases in competition anxiety and particularly cognitive symptoms always have a detrimental effect on

performance. At the same time as providing challenge and stimulations sports also provides considerable uncertainty.

OBJECTIVES:

The purpose of this study was to investigate the pre and post anxiety level of university level player's during competition.

SUBJECTS:

In this study Eighty five players were selected from different colleges of Dr. B.R.A.U. Agra who were participated in university level competition. Their age was ranged from 17 to 25 years.

METHODOLOGY:

Sports Competitive Anxiety Test (SCAT) measures the competitive anxiety levels of player's. This test was used to measure the anxiety level of university level player's. He test consists of fifteen items which include five spurious items, eight positive items and two negative items. The odd-even reliability of the test in this present study was found to be eighty five. In this study a low score indicates higher anxiety and a high score indicates low anxiety level. The t-test was used to investigate the effect of anxiety level between pre and post competition. The significance level was determined as $P < 0.05$.

ANALYSIS OF RESULT:

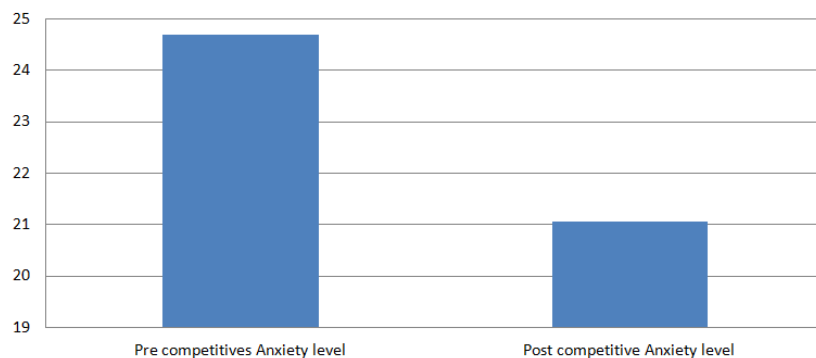
The table one indicates the mean values of pre and post anxiety level score of university level player's are 24.70 and 21.05 respectively. The t-value is 35.31 which are significant at 0.05 level of confidence. Hence indicate that there was significant difference between the score of pre and post competitive anxiety level of university level player's.

TABLE – 1
SHOWING THE PRE AND POST ANXIETY LEVEL OF UNIVERSITY LEVEL PLAYER'S

GROUP	MEAN	VARIANCE	t- value
Pre Competitive Anxiety level	24.70	6.14	35.31*
Post Competitive Anxiety level	21.05	6.55	

*Significant at 0.05 level

FIGURE - 1
SHOWING THE LEVEL OF PRE AND POST ANXIETY OF UNIVERSITY LEVEL PLAYER'S



DISCUSSION OF FINDINGS:

The present study is mainly concerned with university level player's who were participated in university level competition. Most psychologists believe that the highest level of competitive anxiety will deteriorate athletes performance in sports. On the contrary a lower level of anxiety was found to have enhanced the performance of athletes. According to Weinberg and Gould, coaches fail to predict the accurate level of anxiety of athletes. Athletes of different level of skill show different levels of competitive anxiety. In the present study the level of pre competitive anxiety was higher than post competitive anxiety level of university level player's. The study revealed that the pre competitive level of anxiety in university level player's is high and post competitive anxiety in university level player's is low.

CONCLUSIONS:

The present study has certain limitations that need to be taken in to account when considering the study and its contributions. Since the level of anxiety after the competition is not related to the athletes performance. This study merely focused on the level of anxiety pre and post competition only. Based on current results, it is recommended that sport psychologists, sport teachers and coaches use the findings of this study to design appropriate training programmes to help athletes acquire suitable coping strategies so as to reduce or minimize their anxiety levels and enhance their performance.

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