

Vol 6 Issue 3 Dec 2016

ISSN No : 2249-894X

*Monthly Multidisciplinary
Research Journal*

*Review Of
Research Journal*

Chief Editors

Ashok Yakkaldevi
A R Burla College, India

Ecaterina Patrascu
Spiru Haret University, Bucharest

Kamani Perera
Regional Centre For Strategic Studies,
Sri Lanka

Review Of Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

Regional Editor

Dr. T. Manichander

Advisory Board

Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Delia Serbescu Spiru Haret University, Bucharest, Romania	Mabel Miao Center for China and Globalization, China
Ecaterina Patrascu Spiru Haret University, Bucharest	Xiaohua Yang University of San Francisco, San Francisco	Ruth Wolf University Walla, Israel
Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Karina Xavier Massachusetts Institute of Technology (MIT), USA	Jie Hao University of Sydney, Australia
Anna Maria Constantinovici AL. I. Cuza University, Romania	May Hongmei Gao Kennesaw State University, USA	Pei-Shan Kao Andrea University of Essex, United Kingdom
Romona Mihaila Spiru Haret University, Romania	Marc Fetscherin Rollins College, USA	Loredana Bosca Spiru Haret University, Romania
	Liu Chen Beijing Foreign Studies University, China	Ilie Pinte Spiru Haret University, Romania
Mahdi Moharrampour Islamic Azad University buinzahra Branch, Qazvin, Iran	Nimita Khanna Director, Isara Institute of Management, New Delhi	Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai
Titus Pop PhD, Partium Christian University, Oradea, Romania	Salve R. N. Department of Sociology, Shivaji University, Kolhapur	Sonal Singh Vikram University, Ujjain
J. K. VIJAYAKUMAR King Abdullah University of Science & Technology, Saudi Arabia.	P. Malyadri Government Degree College, Tandur, A.P.	Jayashree Patil-Dake MBA Department of Badruka College Commerce and Arts Post Graduate Centre (BCCAPGC), Kachiguda, Hyderabad
George - Calin SERITAN Postdoctoral Researcher Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, Iasi	S. D. Sindkhedkar PSGVP Mandal's Arts, Science and Commerce College, Shahada [M.S.]	Maj. Dr. S. Bakhtiar Choudhary Director, Hyderabad AP India.
REZA KAFIPOUR Shiraz University of Medical Sciences Shiraz, Iran	Anurag Misra DBS College, Kanpur	AR. SARAVANAKUMARALAGAPPA UNIVERSITY, KARAIKUDI, TN
Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur	C. D. Balaji Panimalar Engineering College, Chennai	V.MAHALAKSHMI Dean, Panimalar Engineering College
	Bhavana vivek patole PhD, Elphinstone college mumbai-32	S.KANNAN Ph.D , Annamalai University
	Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust), Meerut (U.P.)	Kanwar Dinesh Singh Dept.English, Government Postgraduate College , solan

More.....



A STUDY OF SPORTS COMPETITION ANXIETY AMONG DIFFERENT MALE ATHLETES

Sarfraj Alam¹ and Arshad Ayoob Lone²

¹Research Scholar, School of Physical Education, D.A.V.V., Indore, India.

²Physical Education Lecturer, Department of Youth Services and Sports, in Jammu and Kashmir, India.

ABSTRACT :

The purpose of the study was to analyze and compare the Sports Competition Anxiety between Uttarakhand State players. For the purpose of this study Sample of the present study was drawn for 100 male players for the different sports (Football , Wrestling, Boxing , Weightlifting, Athletics.) each game for the equal subjects and the age of the subject range level of 18 to 28 years were selected in Uttarakhand State Players, India as the subject using availability simple random sampling. For this study sports competition anxiety test (SCAT), Martens et al., 1990) questionnaire was used to measure sports competition anxiety. Descriptive Statistic (Mean, Standard Deviation), One-way ANOVA, (Analysis of variance) was applied to analyze and compare the degree of sports competition anxiety



between Uttarakhand State male players. The level of significant was set at 0.05 Results indicated that there are significant differences found within Uttarakhand State Male Players of different Sports (Football , Wrestling, Boxing , Weightlifting, Athletics.) in their Sports Competition Anxiety.

KEY WORDS: Competition, Anxiety, Football, Wrestling, Boxing, Weightlifting, Athletics.

INTRODUCTION:

Performance anxiety is not uncommon in sports, as to some extent, fear of performance helps in achieving desired concentration. However, the excess will lead to a

rush of adrenaline termed as anxiety. Whenever you feel short of breath, sweating, shaking or high heart beat rate. You lose concentration, your actions become disjointed and you feel paralyzed at the beginning of an important sporting event. These are symptoms of performance anxiety. You no longer feel confident in yourself and do not believe that you will be able to accomplish anything successful. To deal with such thoughts you must learn how to manage anxiety and to do so, it is imperative to understand how sports performance and anxiety are interrelated.

Success and failure of an athlete depends on the blending of physical conditioning training, mental preparation and ability to perform well in under pressure and cooperation of athlete with others. So all the aspect, (physical physiological and social) are needed for an athlete. If one is looking in an aspect, it is very difficult to get success in competition that why the coaches must not only take the knowledge about the skill and strategies of the sports but also should be psychological skill full. Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Players with anxiety disorders usually have securing intrusive thoughts or concerns. They may avoid certain situation out of worry. They may also have physical symptoms such as sweating, dizziness or a rapid heartbeat. Anxiety

plays a paramount role in sports. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be anxiety may be a positive motivating force or may interface with successful performance in sports events. The degree of anxiety also varies was a number of different condition. Anxiety is likely to be greater in higher competitive sports then in relatively non greater demands a made upon them to succeed. Anxiety comes from a way of looking at the world in general or events in particular and a way of thinking about these things. Most often it comes from unrealistic, exaggerated and always futile way of thinking.

OBJECTIVES OF THE STUDY

1)Thefirst objective of the study was to characterize the level of sports anxiety test of different sports of male players.

2) Thesecond objective of the study was to compareof the Sports Competition AnxietybetweenUttarakhand State, players of the difference sports.

MATHODOLOGY

The Sample of the present study was drawn for 100 male players for the different sports (Foot Ball , Wrestling, Boxing , Weightlifting, Athletics.) each game for the equal subjects and the age of the subject range level of 18 to 28 years were selected in uttarakhand State players, and college, Srinagar as the subject using availability simple random sampling. All subject represent from the uttarakhand state, India. Based on the expert's opinion and personal understanding the Sports Competition Anxiety Test (SCAT) by Martens et al., 1990 was used. Before the test, the procedure of the questionnaire and the purpose of the test were briefly explained to the all subjects for better understanding and to increase the motivation level. SCAT has fifteen (15) questions out which five (5) were spurious questions which was added to the questionnaire to diminish response bias towards actual test items these five (5) questions were not scored. The subjects were asked to respond to each question honestly how they generally feel.. Every player had three possible responses i.e. (a)Rarely (b) Sometimes (c) Often.

SCORING FOR THE (SCAT)

Sports Competition Anxiety Test (SCAT) by Martens et at.1990 consists of total 15 questions. Scores obtained for each question was calculated and added which represent an individual's total score on Sports Competition Anxiety (SCAT Score). Then the SCAT score was analyzed.

STATISTICAL ANALYSIS

- + According to objectives of the study to gathering the data Analysis of descriptive statistics were used. (Mean, Standard Deviation)
- + One-wayAnalysis of variance (ANOVA) was applied to analyze and compare the degree of sports competition anxiety betweenUttarakhand State players. The level of significant was set at 0.05

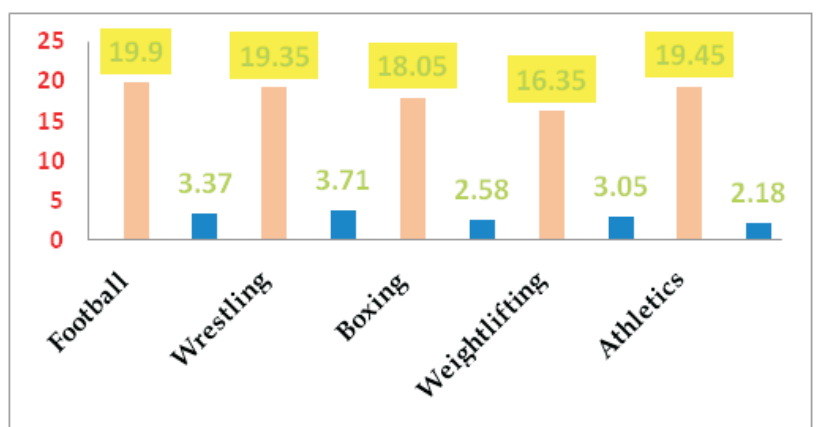
RESULT

The results pertaining to the study are present with the help of following tables and Graphs.

Table No-1: MEAN AND STANDARD DEVIATION OF MALE FOOTBALL, WRESTLING, BOXING, WEIGHTLIFTING AND ATHLETICS MEN PLAYERS OF DIFFERENT LEVELS ON SPORTS ANXIETY COMPETITION ARE SHOWN AS UNDER.

Types of Sports		Spots Anxiety competition	
Football	Mean	19.9	
	S d	3	3.7
Wrestling	Mean	19.35	
	S d	3	7.1
Boxing	Mean	18.05	
	S d	2	5.8
Weightlifting	Mean	16.35	
	S d	3	0.5
Athletics	Mean	19.45	
	S d	2	1.8

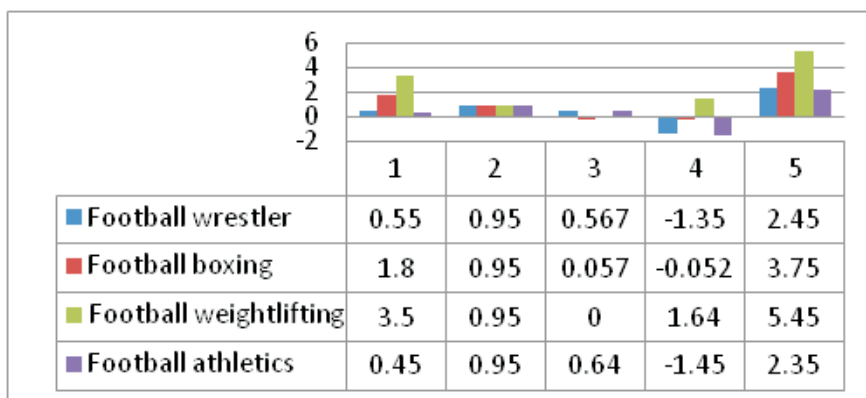
SPORTSANXIETY COMPETITION



Graph No-1: Graphical representation of mean difference of sports competition anxiety of male football, wrestling, boxing, weightlifting and athletics men players of different levels.

TABLE NO-2: ANALYSIS OF VARIANCE OF SPORTS ANXIETY COMPETITION OF MALE FOOTBALL, WRESTLING, BOXING, WEIGHTLIFTING AND ATHLETICS MEN PLAYERS OF DIFFERENT LEVELS (MULTIPLE COMPETITION OF FOOTBALL)

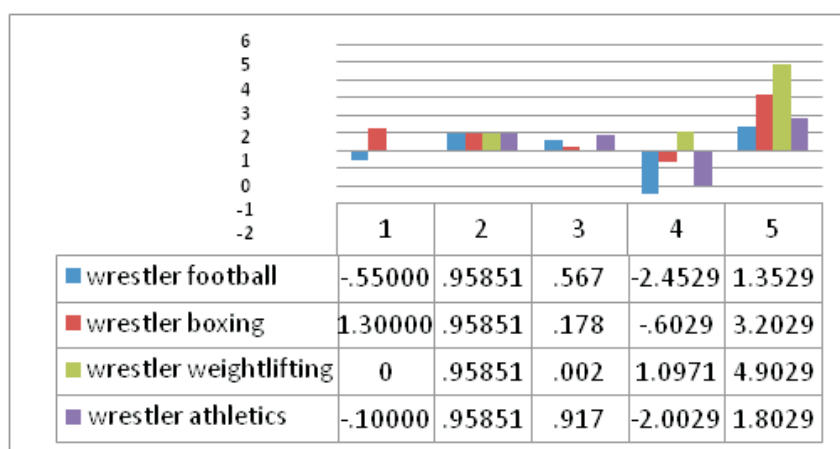
Groups		Mean Difference of Groups	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
Football	wrestler	.55	.95	.567	-1.35	2.45
	boxing	1.8	.95	.057	-.052	3.75
	weightlifting	3.5	.95	.000	1.64	5.45
	athletics	.45	.95	.640	-1.45	2.35



Graph No- 2: Graphical representation of sports anxiety competition of football players

Table No-3: ANALYSIS OF VARIANCE OF SPORTS ANXIETY COMPETITION OF MALE FOOTBALL, WRESTLING, BOXING, WEIGHTLIFTING AND ATHLETICS MEN PLAYERS OF DIFFERENT LEVELS.(MULTIPLE COMPERITION OF WRESTLER)

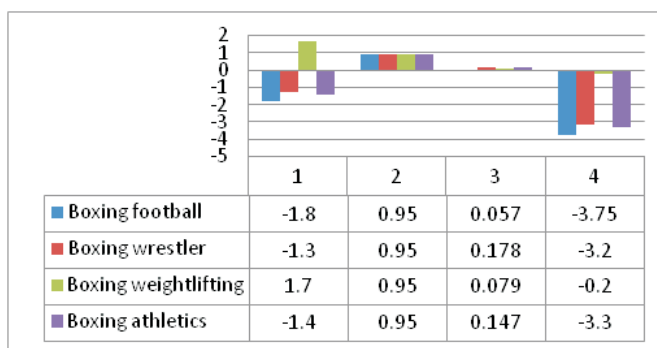
G r o u p s	Mean Difference of Groups	Std. Error	S i g .	95% Confidence Interval	
				Lower Bound	Upper Bound
football	-.555	.955	.567	-2.45	1.35
wrestler boxing	1.3	.95	.178	-.60	3.20
wrestler weightlifting	3.0	.95	.002	1.09	4.90
wrestler athletics	-.10	.95	.917	-2.00	1.80



Graph No- 3: Graphical representation of sports anxiety competition of wrestler players

Table No-4: ANALYSIS OF VARIANCE OF SPORTS ANXIETY COMPETITION OF MALE FOOTBALL, WRESTLING, BOXING, WEIGHTLIFTING AND ATHLETICS MEN PLAYERS OF DIFFERENT LEVELS. (MULTIPLE COMPETITION OF BOXING)

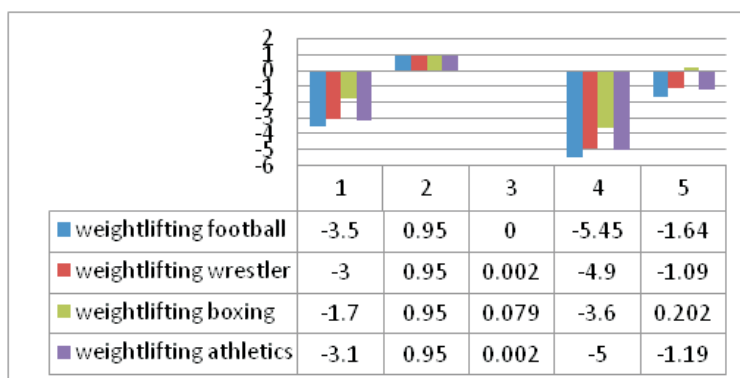
Groups	Mean Difference of Groups	Std. Error	S i g .	95% Confidence Interval		
				Lower Bound	Upper Bound	
B o x i n g	football	- 1 . 8	. 9 5	. 0 5 7	- 3 . 7 5	. 0 5 2
	wrestler	- 1 . 3	. 9 5	. 1 7 8	- 3 . 2 0	. 6 0
	weightlifting	1 . 7	. 9 5	. 0 7 9	- . 2 0	3 . 6 0
	athletics	- 1 . 4	. 9 5	. 1 4 7	- 3 . 3 0	. 5 0



Graph No-4: Graphical representation of sports anxiety competition of boxing players

Table No -5: ANALYSIS OF VARIANCE OF SPORTS ANXIETY COMPETITION OF MALE FOOTBALL, WRESTLING, BOXING, WEIGHTLIFTING AND ATHLETICS MEN PLAYERS OF DIFFERENT LEVELS (MULTIPLE COMPETITION OF WEIGHTLIFTING)

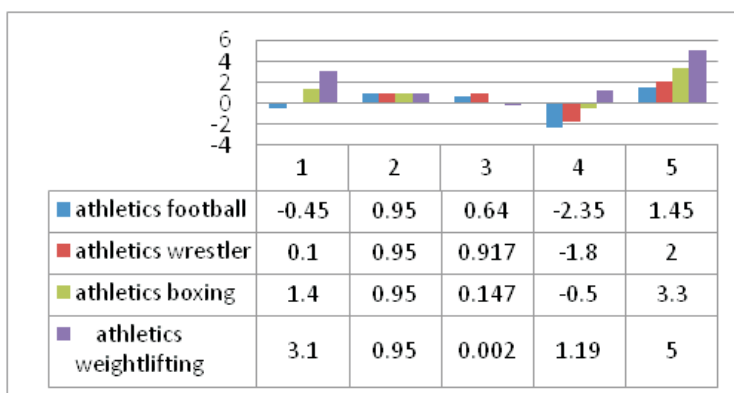
Groups	Mean Difference of Groups	Std. Error	S i g .	95% Confidence Interval		
				Lower Bound	Upper Bound	
weightlifting	football	- 3 . 5	. 9 5	. 0 0 0	- 5 . 4 5	- 1 . 6 4
	wrestler	- 3 . 0	. 9 5	. 0 0 2	- 4 . 9 0	- 1 . 0 9
	boxing	- 1 . 7	. 9 5	. 0 7 9	- 3 . 6 0	. 2 0 2
	athletics	- 3 . 1	. 9 5	. 0 0 2	- 5 . 0 0	- 1 . 1 9



Graph No-5: Graphical representation of sports anxiety competition of Weightlifting players

Table-No-6: ANALYSIS OF VARIANCE OF SPORTS ANXIETY COMPETITION OF MALE FOOTBALL, WRESTLING, BOXING, WEIGHTLIFTING AND ATHLETICS MEN PLAYERS OF DIFFERENT LEVELS(MULTIPLE COMPERITION OF ATHLETICS)

Groups	Mean Difference of Groups	Std. Error	S i g .	95% Confidence Interval	
				Lower Bound	Upper Bound
football	-.45	.95	.640	-2.35	1.45
wrestler	.10	.95	.917	-1.80	2.00
boxing	1.4	.95	.147	-.50	3.30
weightlifting	3.1	.95	.002	1.19	5.00



GRAPH No-6:Graphicalrepresentation of sports anxiety competition of Athletics players

TABLE No-7ANALYSIS OF VARIANCE OF SPORTS ANXIETY COMPETITION OF MALE FOOTBALL, WRESTLING, BOXING, WEIGHTLIFTING AND ATHLETICS MEN PLAYERS OF DIFFERENT LEVELS

Source Of Variance	Sum Of Squares	D. f	Mean Square	F	S i g .
Between Groups	166.760	4	41.690	4.53	.002
Within Groups	872.800	95	9.187		
T o t a l	1039.560	99			

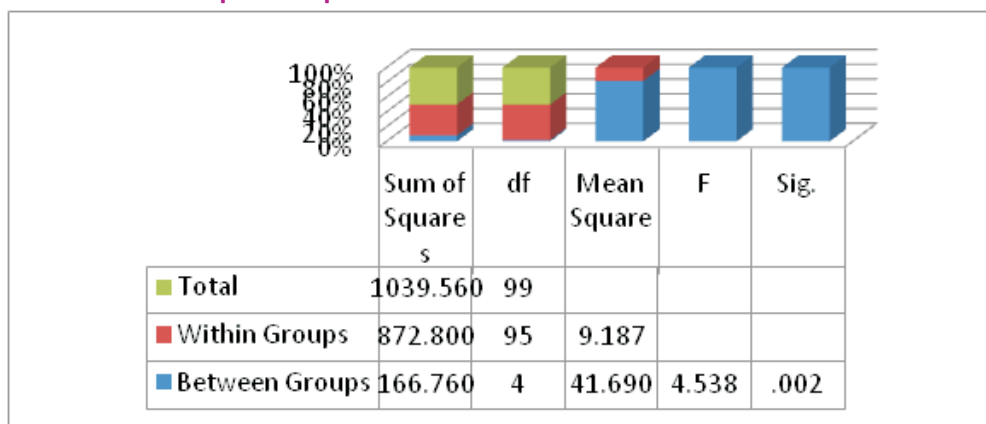
*Significant at 0.05 Level of Confidence.

Tab $F_{0.05}$ level (4,95) = 2.47

The obtained value of 'F' (4.53) from table-7 is statistically significant at 0.05 level.

F value is found significant because calculated value is more than tabulated value. when we compared sports competition anxiety it is documented that there was significant different found within the groups of Uttarakhand State players of different games (Football, Wrestling, Boxing, Weightlifting And Athletics).The LSD post hoc test was applied, which is shown with the help of table and graph- 2,3,4,5 and 6.

GRAPH No-7:Graphical representation of ANALYSIS OF VARIANCE OF SPORTS



ANXIETY COMPETITION OF MALE FOOTBALL, WRESTLING, BOXING, WEIGHTLIFTING AND ATHLETICS MEN PLAYERS OF DIFFERENT SPORTS.

DISCUSSION ON FINDINGS

In sports, anxiety plays a significant role. It is a challenge in sports participation which produces anxiety. How one player handles the anxiety determines how successful he would be. Anxiety may be a positive motivating force or it may obstruct with successful performance in sports events. The level of anxiety also varies with different conditions. Anxiety is likely to be greater in competitive sports than non competitive sports, because in the competitive sports players are expected to win a great demand are made up on them to success. The findings of the present study showed by analysis of variance (ANOVA)there are significant differencewithinUttarakhand State players of different Sports (football, wrestling, boxing, weightliftingand athletics).

Our findings are helped by the other research study by Dabir, 2015, indicates that there was a significantdifference between the means of Table Tennis players and Volleyball players on scores of sports competition anxiety test score. The findings of our study also in line with the findings by Rastogi and Katiyar, 2014, they found that there was a significant difference between the chess players and cricket players on the scores of sports competition anxiety test.

CONCLUSIONS

Within the Limitation of the present study the following conclusions were drawn:

- It was concluded that there were significant differences in level of sports competition anxiety within Uttarakhand State players of different sports.
- There was significant difference found in sports Anxiety Competition between the mean scores of different levels of Uttarakhand State players.

REFERENCES

- 1.Athan, A. N. & Sampson, U. I. (2013). Coping with pre-competitive anxiety in sports competition. *EuropeanJournal of Natural and Applied Sciences*, 1(1), 1-9.
- 2.B.J. Cratty, *Psychology In Contemporary Sports* Gidline For Coaches And Athletes Second Edition (single wood cliffs, New Jersey: prentice Hall Inc., 1983). P.6
- 3.Burton, D. (1988). Do anxious swimmers swim slower? Reexamining the elusive anxiety performancerelationship. *Journal of Sport &Exercise Psychology*, 10, 45–61.
- 4.Caruso, D. R., Mayer, 1. D., & Salovey, P. (2002). Relation of an ability measure of emotional intelligence topersonality. *Journal of Personality Assessment*, 79, 306-320.
- 5.Coakley, J. J. (1994). *Issues and Controversies. Sport in Society*. St Louis: C.V. Mosby.
- 6.Cox Richard X. (2002). *Sports Psychology concept and applications*, Fifth edition. McGraw Hill United States,

7. Eysenck, M. W. and Van Berkum, J. (1992). Trait anxiety, defensiveness and the structure of worry. *Personality and Individual Differences*, 13, 1285–1290.
8. <http://www.newhealthguide.org/How-Does-Anxiety-Affect-Sports-Performance.html> 13/11/2016
9. Inder Kerketta (2015). A Comparative study of sports competition Anxiety between district level male Volleyball and soccer players. *International Journal of Physical Education, Sports and Health*. 1(3):53-55.
10. Jarvis, M. (2002). *Sports Psychology*. Routledge, London. Lizuka, P. (2005). Anxiety and Performance in Young Table Tennis Players. *Sports Science Res.* 26 (3) 73-75.
11. Martens, R., Burten, D., Vealey, R., Bump, L. Smith, D. (1990). *The Development of the Competitive State Anxiety Inventory (CSA-2)*. Champaign, Illinois.
12. Mathews, A. (1990). Why worry? The cognitive function of anxiety. *Behaviour Research and Therapy*, 28, 455–468.
13. Moran, A. (2004). *Sports and Exercise Psychology*. Routledge, London.
14. Najmuddin Khan and Kehkashan Aziz (2015). Comparative Study of Sports Competitive Anxiety and Sports Achievement Motivation between Basketball Players and All India Interschool Running Events Athletes. *International Journal of Modern Chemistry and Applied Science* 2015, 2(4), 235-237.
15. Khan, Asim And Sorate, Amare, Biruk (2016) "A Comparative Study of Sports Competition Anxiety within Jimma University Male Players of different Sports" *Journal of Tourism, Hospitality and Sports*, ISSN (Paper) 2312-5187 ISSN (Online) 2312-5179 An International Peer-reviewed Journal Vol.17, 2016.
16. Keith Ball, *Championship Thinking: The Athlete's Guide to Winning Performance in All Sports* (London: Pre Hall Int., 1983), p 153
17. Susan Ziegler, "An overview of anxiety management strategies in sport" cited by William F.S. Trenb. *Sports Psychology, an analysis of Athletes Behavior*. (New York, Ithaca Publishers. 1992) p 257
18. Qureshi, D. R. (2015). Comparative Study of Anxiety Test between College Level Table Tennis and Volleyball Players. *Scholars Impact*, Vol. 2 (1), 41-44.
19. Richard H. Cox. (2007). *Sport psychology: concepts and applications* / - 6th ed. Boston, Mass.: McGraw-Hill,
20. Sarason, I. G., Pierce, G. R. and Sarason, B. R. (1996). Domains of cognitive interference. In I. G. Sarason, G. R. Pierce, and B. R. Sarason (Eds.), *Cognitive interference: Theories, methods, and findings* (pp. 139–152). Mahwah, NJ: Erlbaum
21. Schwarzer, R. (1996). Thought control of action: Interfering self-doubts. In I. G. Sarason, G. R. Pierce, and B. R. Sarason (Eds.), *Cognitive interference: Theories, methods, and findings* (pp. 99–115). Mahwah, NJ: Erlbaum.
22. Simon, J.A. and Martens, R. (1979). Children's Anxiety in Sport and Non sport Evaluative Activities. *Journal of Sport Psychology*. 1, 160-169.



Sarfraz Alam

Research Scholar, School of Physical Education, D.A.V.V., Indore, India.



Arshad Ayoob Lone

Physical Education Lecturer, Department of Youth Services and Sports, in Jammu and Kashmir, India.

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Books Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ Directory Of Research Journal Indexing
- ★ International Scientific Journal Consortium Scientific
- ★ OPEN J-GATE

Associated and Indexed, USA

- DOAJ
- EBSCO
- Crossref DOI
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database

Review Of Research Journal
258/34 Raviwar Peth Solapur-
413005, Maharashtra
Contact-9595359435

E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com