



ANXIETY AMONG UNIVERSITY CRICKET PLAYERS

Praveen Kumar M. K.¹ and N. D. Virupaksha²

¹Research Scholar, Department of Physical Education, Kuvempu University, Shankaraghatta, Shivamogga, Karnataka state, India.

²Co-ordinator, Department of P.G. Studies in Physical Education, Kuvempu University, Shankaraghatta, Shivamogga, Karnataka State, India.

ABSTRACT :

Psychology as a behavioral science has made its contribution to improving the sports performance. It abetted the trainers to train further effective athletic proficiency. Psychological variables like anxiety, achievements, motivation, aggression, self - concept, etc. are determining the performance of an individual.

Objective : The central objective of the study was to know the sports competition anxiety among cricket players.

Methodology: To attain the objective of the study 120 cricketers were considered from different varsities of Karnataka State and divided into three groups namely all-rounders', batsman and bowlers. To assess the sports competition anxiety standardized psychological tool SCAT was used.

Statistical Technique: Data gathered were treated with ANOVA (one way) Statistical technique and to know the significant difference Post hoc (LSD) test was employed.

Results: The results displayed that there is a significant difference in sports competition anxiety among cricketers.

KEYWORDS : Anxiety, bowlers, batsmen and all-rounders.

INTRODUCTION

Today in the present competitive era vigor of the sportsman is in a competition to surpass others and competition has become an important approach of person's expression is one of the very important function by which national and international recognition and prestige is gained. From its very simplest form, sports have emerged into the greatly systematized activity of people and it has turn into multifaceted societal and artistic phenomenon.

Psychology as a behavioral science has made its contribution to improving the sports performance. It abetted the trainers to train further effective athletic proficiency. Psychological variables like anxiety, achievements, motivation, aggression, self - concept, etc. are determining the performance of an individual.



Anxiety is a notion that is extensively debated by players and coaches. Specialists involved in athletic performance necessity to be alert of anxiety associated symptoms. Once alertness is fabricated it would be careful to compact with anxiety associated matters.

The capability to manage with pressure and anxiety is a central part of sporting arena, predominantly among leading competitors.

There are dual distinct features of anxiety. One is maintaining the direction of trait anxiety. It relates to

inborn features of humans.

One Anxiety is a trend to toss up before vital competition another one is method of anxiety is associated to the state, which is situational precise.

Moderate level of anxiety can produce better result in sports rather than high or low anxiety. Athletics and anxiety are associated to each other. Anxiety in athletics is common at different levels of sports. Athletes should be acquainted with to cope such conditions for elite performance.

METHODOLOGY :

To achieve the objective of the study, the author had selected a total of one hundred and twenty (N=120) inter university cricket male players. Players aged between eighteen (18) to twenty-five (25) years. Random sampling technique was engaged to select the sample for analyzing and comparing motor performance and psychological variables. Before administering the tests, the investigator explained to all the players, managers, coaches of various university teams. To assess the sports situational anxiety SCAT psychological tool constructed and standardized by Rainer and Martens was used. Data was gathered during inter university cricket tournament.

Results: Data gathered to achieve the objective of the study ANOVA (One Way) statistical technique was used and where ever F ratio found significant Post hoc (LSD) test was used to know the significance mean difference and results pertaining to Sports Competition Anxiety are presented in the following tables.

Table 1
Minimum, Maximum, Mean and Standard Deviation Value of Sports Competition Anxiety among Inter University Cricket Players of Karnataka State

Sl. No.	Variable	Minimum	Maximum	Mean	Std. Deviation
1	All-rounders	10.00	17.00	13.8000	1.65173
2	Bowlers	11.00	19.00	15.7750	2.23592
3	Batsmen	10.00	19.00	15.0250	2.43361

The above table shows the Minimum, Maximum, Mean and standard deviation of sports competition anxiety among inter university cricket players of Karnataka state. The Mean and standard deviation of all-rounders are 13.8000 and 1.65173, bowlers 15.7750 and 2.23592, power batsmen 15.0250 and 2.43361 respectively.

Table 2
ANOVA (One Way) in Sports Competition Anxiety among Inter University Cricket Men Players of Karnataka State

Variables		Total of squares	Degree of freedom	Mean square	F	Sig.
Sports Competition Anxiety	Between Groups	79.517	2	39.758	8.738	.000
	Within Groups	532.350	117	4.550		
	Total	611.867	119			

*Significant at 0.05 level

$F_{.05}(2,117) = 3.07$

The table-2 reveals that there was significant difference in Sports Competition Anxiety ($F=8.738$), among all-rounders, bowlers and batsmen of cricket players who have represented various universities of Karnataka state, as per obtained F score is greater to theoretical F score 3.07. As the F ratios were found

significant in sports competition anxiety, Post Hoc (LSD) test was used to trace the significant differences between the paired Means.

Table 3
Post Hoc Analysis of Sports Competition Anxiety among Inter University Cricket Men Players of Karnataka State

Group Means			Mean Difference
All-rounders	Bowlers	Batsmen	
13.8000	15.7750		-1.97500*
13.8000		15.0250	-1.22500*
	15.7750	15.0250	.75000

*Significant at .05 level

Table-3 depicts that, there were significant differences in mean difference of Sports competition anxiety between all-rounders and bowlers, all-rounders and batsmen of inter university cricket men players of Karnataka state.

No significant differences were found in the sports competition anxiety between bowlers and Batsmen of inter university cricket men players of Karnataka state.

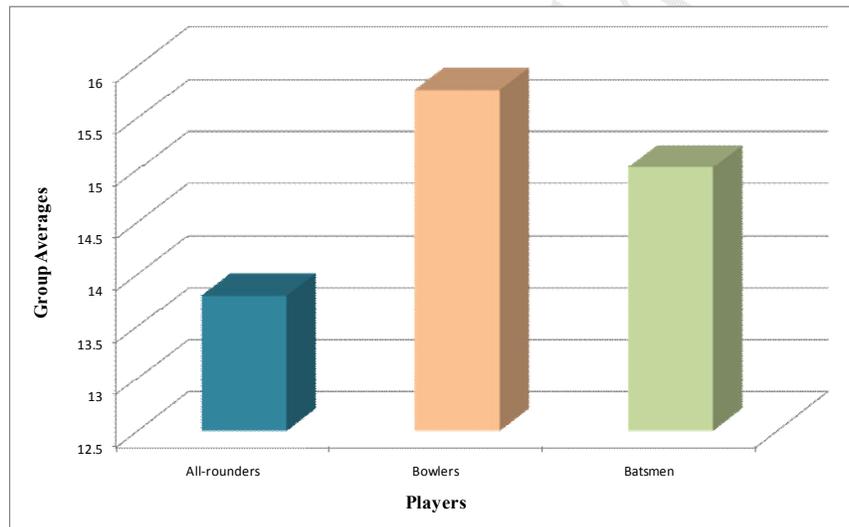


Fig. 1. Comparison of Mean value of sports competition anxiety among all-rounders and Batsmen, bowlers and batsmen, of inter university cricket men players of Karnataka state

DISCUSSION ON FINDINGS

In the present investigation the results showed that there is significant difference between all-rounders and bowlers, all-rounders and batsmen, of inter university cricket men players of Karnataka state. This result obtained because all-rounders are having dual role in the team that is reason all-rounders are significantly differ from bowlers and batsmen. But no significant difference found between bowlers and batsmen because they are specific and specialized in one role.

Anxiety is an indispensable ingredient of competitive state and there cannot be a modest performance without definite level of anxiety. Neither low level, nor high level of anxiety is conducive to athlete performance. Moderate level of anxiety crops best outcomes. Athletes should acquire the skill to cope up with challenging competitive conditions by handling anxiety, otherwise it is very difficult to attain the goal. Anxiety has physiological as well as psychological effects on sport performance.

CONCLUSION

Within the limitations of study and based on the results the following conclusions were drawn:

1. There were significant differences in mean difference of Sports competition anxiety between all-rounders and bowlers, all-rounders and batsmen of inter university cricket men players of Karnataka state.
2. No significant differences were found in the sports competition anxiety between bowlers and Batsmen of inter university cricket men players of Karnataka state.

REFERENCES

- Ampofo-Boateng, K. 2009. *Understanding Sport Psychology*. Shah Alam, Selangor, Malaysia: UPENA.
- Anshel, M.H. 2003. *Sport Psychology: From Theory to Practice*. Benjamin Cummings Publishers, New York.
- Ashwani Bali. 2015. Psychological Factors Affecting Sports Performance *International Journal of Physical Education, Sports and Health*, 1(6): 92-95.
- Cox, R.H., 2012. *Sport Psychology: Concepts and Applications*. 7th Edition. McGraw Hill Book Publishers, New York.
- Jarvis, M. 2002. *Sport Psychology*. Routledge Publishers, New York.
- Jones, G. 2000. *Stress and Anxiety*. In S.J. Bull, *Sport Psychology: A self-help Guide* (p. 31-51). Ramsbury, Marlborough: Crowood.
- Leunes, A. and Nation, J.R. 2002. *Sport Psychology*. CA, Wadsworth Publishers, USA.
- Martens, R., Vealey, R.S. and Burton, D. 1990. *Competitive Anxiety in Sport*. Champaign, Illinois: Human Kinetics.
- Montgomery, B. and Morris, L. 1994. *Living with Anxiety*. Heinemann Asia, Singapore.
- Vincent A. Parnabas and YahayaMahamood. 2010. Competitive Anxiety Level before and during Competition among Malaysian Athletes. *Pertanika J. Soc. Sci. & Hum.*, 18(2): 399 - 406.
- Weinberg, R.S. and Gould, D. 2011. *Foundations of Sport and Exercise Psychology*, 2nd Edition. Champaign, IL: Human Kinetics.
- Zakrajsek, R.A. and Zizzi, S.J. 2007. Factors influencing track and swimming coaches' intentions to use sport psychology services. *Athletic Insight*, 19: 1-21.
- Ziegler, S.G. 1987. Negative thought stopping: A key to performance enhancement. *Journal of Physical Education, Recreation & Dance*, 58 :66-69.



Praveen Kumar M. K.
Research Scholar, Department of Physical Education, Kuvempu University,
Shankaraghatta, Shivamogga, Karnataka state, India.