COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY AMONG HOCKEY PLAYERS OF DIFFERENT LEVEL OF MADHYA PRADESH

Dr. Vijay Francis Peter[1] and Ms. Monika Patel[2]
[1]School of Physical Education , D.A.V.V., Indore.
[2]Teaching Staff, L.N.I.P.E., Gwalior.

ABSTRACT

The purpose of this study was to compare the sports competition anxiety among male hockey players across different age categories (senior, under 17, and under 19) in Madhya Pradesh, India. the study focused on a total of ninety male hockey players (N=90) from Madhya Pradesh, comprising 30 players from each of three distinct levels. The data was collected with the help of questionnaire for psychological variable i.e., Sports competition anxiety. The Sports Competition Anxiety Test (SCAT) questionnaire by Rainer Martens (1990) was used as criterion measure. For comparing Sports Competitive Anxiety among the hockey players, descriptive Statistics and Analysis of Variance (ANOVA) were applied at 0.05 level of significance. The findings indicate no significant differences in anxiety levels among the players of different categories(level), suggesting potential implications for training and psychological preparation in sports.

KEYWORDS : Anxiety, Competitive Anxiety, Questionnaire, Psychological variable, hockey.

INTRODUCTION

Anxiety in sports activity is particularly wide spread because of the fact here as now here else, a parson against a background of sizeable physical and psychic loads in training sessions and competitions, is constantly subjected to the action of the most uniform interpersonal and micro environmental influences. For this reason, in sorts earlier than anywhere else, the demands of practice were given the tasks of operational diagnostics and of regulating the pre competition conditions of sportsman, their psychological preparedness, which is characterized by a varied level of situational anxiety, adequate or inadequate for the demands of the activity. Hockey is a game in which required to play one game in 70 min, hence it is very necessary for a player to have endurance as the other skills of this game are concerned such as dribbling, scooping and tackling its necessary and must for a player to have eligibility to perform the above mentioned skills efficiently and here mainly there should be hip flexibility and similarly in hitting one should have power and strength and also it is very necessary to have speed, while chasing the ball and whenever during a lay there is a counter attack agility is a must for a player also it is necessary for a player to have reaction time. Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour, such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat, whereas anxiety is the expectation of future threat. Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only

subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder. Anxiety can be either a short term "state" or a long term "trait". Whereas trait anxiety represents worrying about future events, anxiety disorders are a group of mental disorders characterized by feelings of anxiety and fear.

Anxiety disorders are partly genetic but may also be due to drug use, including alcohol, caffeine, and benzodiazepines (which are often prescribed to treat anxiety), as well as withdrawal from drugs of abuse. They often occur with other mental disorders, particularly bipolar disorder, eating disorders, major depressive disorder, or certain personality disorders. Common treatment options include lifestyle changes, medication, and therapy. Meta cognitive therapy seeks to rid anxiety through reducing worry, which is seen as a consequence of meta cognitive beliefs.

METHODOLOGY

For the present study 90 (N=90) male hockey players across different age categories (senior, under 17, and under 19) comprising 30 players from each of three distinct levels of Madhya Pradesh were randomly selected to serve as subjects of the study. In this study Sports

Competition Anxiety Test (SCAT Martens et al., 1990) was used to measure Sports Competition Anxiety.

ADMINISTRATION OF THE TEST

Upon seeking advice from experts and individual assessment the Sports Competition Anxiety Test (SCAT) by Martens et al.,1990 was used. Before administering the test, the procedure of the questionnaire and the purpose of the test were briefly explained to all the subjects for better understanding. SCAT had fifteen items out which five were spurious questions which was added to the questionnaire to diminish response bias towards actual test items these five questions were not scored. The subjects were instructed to respond to each item according to how he generally felt at the time of competition.

Every player had three possible responses i.e.
(a) Rarely (b) Sometimes (c) Often

The ten test items which were taken for scoring purpose were 2,3,5,6,8,9,11,12,14,15, the remaining items which was not scored out were, 1,4,7,10,13. Total score might for the SCAT ranged from 10 (low competitive trait anxiety) to (30 highest competitive trait anxiety)

Statistical Analysis

Descriptive statistics, mean, standard deviation and Analysis of Variance (ANOVA) were applied at 0.05 level of significance to compare the sports competitive anxiety among hockey players of different age category(level) in MP.

Analysis of Data and Result of the Study

The data related to Sport Competition Anxiety of male hockey players of different levels (senior, under 17 and under 19) from Madhya Pradesh were collected from total ninety (N= 90) subjects including 30 subjects from each specific category, by using standard questioners for psychological variable namely sports competition anxiety test (SCAT). For the research purpose, Descriptive statistics and analysis of variance (ANOVA) were applied for SPSS-21 software and the following findings were drawn:

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

_____
Journal for all Subjects : www.lbp.world

2

_____

Table- 1: descriptive statistics mean and standard deviation of sports competition anxiety test (SCAT) different level of male hockey players of Madhya Pradesh state.

| Different level (age category)	N	Mean	Std. deviation
Senior	30	18.9000	2.44032
Under 17	30	22.4667	13.30733
Under 19	29	19.5862	4.32201
Total	89	20.3258	8.28851
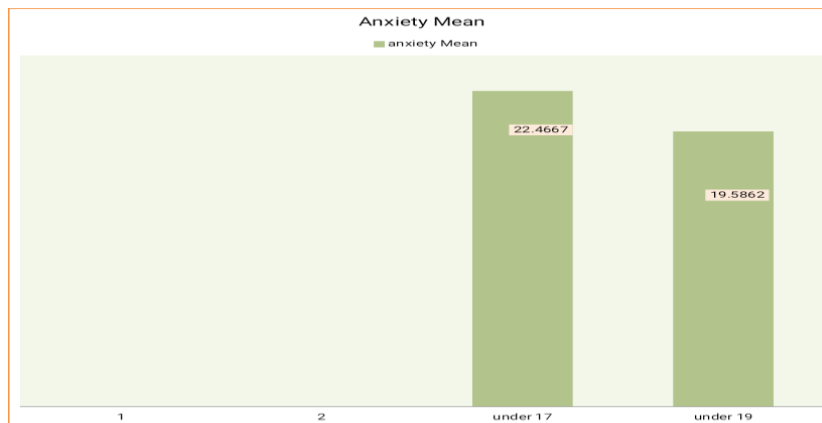
Graph 1. Graphically Representing. For Mean and Standard Deviation of sports competition anxiety test (scat) Male hockey Players of Madhya Pradesh

Table-2: Analysis of variance (ANOVA) of sports competition anxiety test (SCAT) for the different level of Male hockey Players of Madhya Pradesh.

Source of variance	Sum of squares	df	Mean square	F	Sig.
Between group	214.349	2	107.175		
Within group	5831.201	86	67.805	1.581	.212
Total	6045.551	88			

*The level of significant set at 0.05 level.
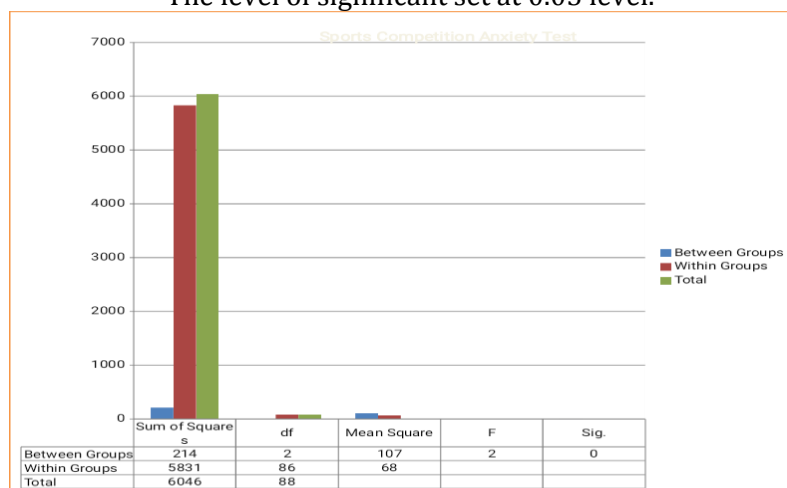
*The level of significant set at 0.05 level.

Graph-2. Graphically Representing. For the analysis of variance (ANOVA) of sports competition anxiety test (scat) Male hockey Players of Madhya Pradesh.

_____

From table-2 It was reveal that the calculated f- value **(1.581)** was less than the tabulated value **(3.10)**, so there was no significant difference between the sports competition anxiety test (scat) and deferent level of senior, under 17 and under 19 Male hockey Players of Madhya Pradesh state.

DISCUSSION OF FINDING

The discussion of finding for the present study after applying the **Analysis of variance (ANOVA) w**ere found to have a no significant difference in sports competition anxiety test (scat) and deferent level of senior, under 17 and under 19 Male hockey Players of all three groups (3) in their sports competition anxiety test (scat) of Madhya Pradesh state. This is probably due to the different nature of the training components and pre-requisite for players. Number of competition participation. These results may be due to a small sample of size and other factors such as different types of body, differences in body composition and same training schedule, etc.

CONCLUSIONS

Within the limitations of the study the following conclusions were drawn:
1. The hockey male players participated in deferent level senior, under 17 and under 19 Madhya Pradesh, showed no significant mean difference in their sports competition anxiety test (SCAT).
2. To camper the sports competition anxiety test (SCAT) and deferent level (senior, under 17 and under 19) of Madhya Pradesh male hockey players participated in Madhya Pradesh showed a no significant difference their sports competition anxiety test (SCAT).

RECOMMENDATIONS
1. Similar types of study may be conducted for different games and sports, where the sports competition anxiety test (SCAT) of important role such as volleyball, hockey football, basketball, badminton, kho-kho kabaddi and handball, etc.

The study may be conducted utilizing the hockey male and female players of deferent level (senior, under 17 and under 19) of Madhya Pradesh.

REFERENCES
1. Soyer F. (2011). The Relation between Success Motivation and Self-Esteem in Sports: A Study on Elite Athletes. International Journal of Academic Research, 3(6), I Part, 41-46.
2. Singh. A., Singh. S. and Yadav B. B. (2011). A study of pre and postcompetitive anxiety level of inter-university basketball players.Indian Journal of Science and Technology. 4(6): 650-651.
3. Maleki, B., Mohammadzadeh, H., SeyedAmeri, M. and Sani, S. Z. (2011). The relationship between self-esteem and achievement motivation among successful and unsuccessful athletes in East 172 References Azarbaijan province. Journal of Research in Rehabilitation Sciences Spring and summer, 7(1):74-83.
4. Kumar, S., Bhukar, J. P., Jhajharia, B. and Rathore, M. S. (2011). Comparison of anxiety between medalist and non-medalist male weight lifters. AMASS Multilateral Research Journal, 3(1): 52-56.
5. Ali, J., Sing, A. B., Khan, M. T. and Rahaman, A. (2011). A comparative study of multidimentional trait anxiety between intervarsity and national level hockey players of uttarpradesh. Golden Research Thoughts, 1(6): 1-4
6. Ersan Kara., TalatBayburluoglu., &SerdarCeyhun.(2010). "State and Trait Anxiety Analysis of Basketball Players". Journal of Physical Education and Sports Sciences, 1:2.
7. Aktop, A. and Erman, K. A. (2006).Relationship between achievement motivation, trait anxiety and self-esteem. Journal of Biology of Sport, 23(2): 127-141.
8. Binsinger, C., Laure, P. and Ambard, M. F. (2006). Regular extracurricular sports practice does not prevent moderate or severe variations in self-esteem or trait anxiety in early adolescents. Journal of Sports Science and Medicine 5: 123-129.

_____

9. Weinberg, R.S. and Genuchi, M. (1980). Relation between competitive trait anxiety, state anxiety, and golf performance: A field study, Journal of Sports Psychology, 2, 148-154.
10. Burton (1976). Relationship between Trait and State Anxiety, Movement Satisfaction and Participation in Physical Education Activities. 326-331

_____
Journal for all Subjects : www.lbp.world

5