

A comparative study on pre-competition anxiety between individual games and team games

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Abstract

The purpose of the study was to find out pre-competition anxiety between individual game and Team game male players. Due to the fact that during competition athletes mental state greatly affects their stamina explosion, which finally influence the result of final competition. Anxiety in sports is considered as an important issue for many athletes. It refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self- confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles at the right time. For the purpose of the study the subjects were selected randomly from 63rd State Athletic Championships of West Bengal and East Zone Universities which participated in interuniversity tournaments during 2013-14 to measure the pre-competition anxiety by a questionnaire Sport Competition Anxiety Test (SCAT) developed by Rainer Marten. 25 University level football players and 25 state level male athletes selected randomly from East Zone interuniversity tournaments during 2013-14 and 63rd State Athletic Championships of West Bengal. To find out pre-competition anxiety between Team game and individual game 't' test was applied. The result showed that there was significant difference on pre-competition anxiety between team game male players and individual game male athletes. The team game male players had less pre-competition anxiety than the individual game mail athletes.

Keywords: Pre-competition anxiety, Individual game male athletes, team game male athletes.

Introduction

Sports is littered with broken dreams of those whose performance collapsed when they are most needed to be in control of themselves and focus on the task at hand. It is not uncommon to see athletes "freeze" in big games or moments or commit unexplainable error in the course of their performance. When athletes do not perform well in relation to their abilities, nervousness in anticipation of the sporting challenges could be the root cause of anxiety.

Anxiety refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self- confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles (Akbar *et al.*, 2011). Anxiety can have a devastating effect on the performance of an athlete. No matter how much talent or skill one may have, he will never perform at his or her best if he or she lives in fear before every event.

The problem of pre-competitive anxiety is one of the most pressing problems in modern sports psychology. It has been recognized for many years that psychological factors, in particular anxiety, play an important role in competition and in competitive sports, every athlete experience fear before, during and after events (Lizuka, 2005). Anxiety could make even the world most successful athlete feel nervous. According to Moran (2004), factors such as fear of failure and lack of confidence induce feeling of anxiety in athletes. Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they are faced with challenges.

Competitive anxiety is one of the factors to decrease athletes' performance (Esfahani & Soflu., 2010). Feelings of tension, thinking of upcoming events in their mind, nervousness, and worry and involved in physiological changes such as increased in heart rate response are common response for the athletes

prior to the competition (Hackfort & Spielberger, 1989). Some athletes also involved with the feelings of fear, unhappiness, guilt, discouragement, and focus distraction (Cerin, 2003; Kais & Raudsepp, 2005). All of these conditions are a common conditions which is known as anxiety (Cerin, 2003; Hackfort & Spielberger, 1989; Jarvis, 2006; Kais & Raudsepp, 2005; Martens, Vealey, & Burton, 1990; Wiggins, 1998). However, Hanton *et al.*, (2008). Generally, there are two types of anxiety that are state anxiety and trait anxiety (Cox, 2002). State anxiety involved feeling of apprehension, tension, fear, and increase in physiological arousal (Cox, 2002).

Researcher took up this study to compare the Pre Competitive anxiety between the Players who participated in the West Bengal Athletics competition, and the Players who represented their respective University in East Zone interuniversity tournaments during 2013-14. The purpose of the study was to compare the differences on pre-competition Anxiety between team game and individual game male players. Trevadi *et al.* also found significance differences between Male and Female Weight Lifters of Gujarat.

Esfahani (Alzahra University) and H. Gheze Soflu (Gonbade Kavuos University) also found significant differences while comparing Pre-Competition Anxiety and State Anger between Female and Male Volleyball Players.

The fact is also supported by the study of Amit K. Gamit. (Research Scholar CMJ University) while comparing Sports Competition Anxiety. Between Male and Female Cricket Players of Gujarat.

Methodology

For the purpose of the study 25 male football players, who participated at East Zone interuniversity tournaments during 2012-13 and 25 male state level athletes, who participated in

West Bengal state Athletic competition were selected randomly for the purpose of this study. The age of the subjects were ranged between 20 to 24 years.

To compare the pre competition anxiety between them, the players and the athletes, data were collected by using Sport Competition Anxiety Test (SCAT) questionnaire, developed by Rainer Marten.

Student's 't' test at 0.05 level of significance was applied to calculate the significance of difference between Team game and individual game male players.

Finding

Table 1. Significance of Differences of Mean, Standard deviation and 't' test on pre-competition Anxiety between women national and state level Athletes.

groups	mean	std- deviation	t-ratio
Team game	16.6	2.62	4.00*
Individual game	19.60	2.78	

* = significance, $t_{0.05}(48) = 2.00$

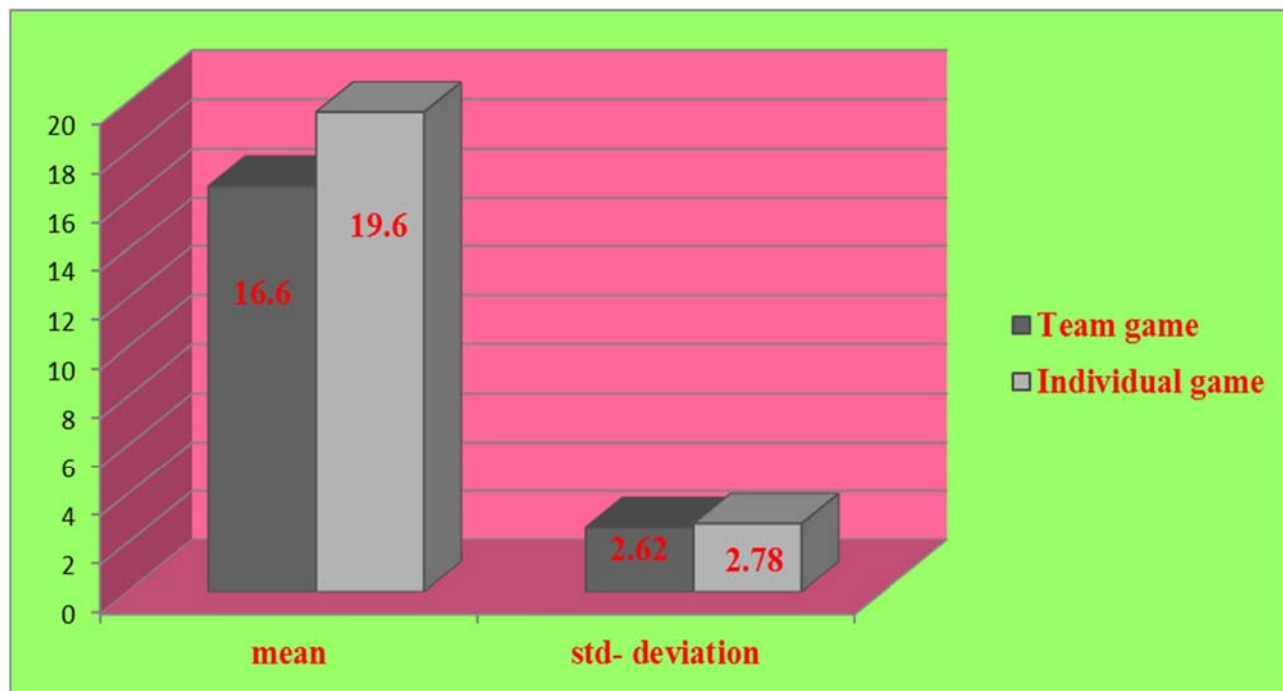


Fig 1

Discussion of finding

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 it may interfere with successful performance in sports events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports, because in the competitive sports, participants are expected to win a great demands are made up on them to succeed.

It is revealed from the above findings that the Individual game mail players are more prone to pre-competition Anxiety than Team game players.

Douglas *et al.* (2006) stated that the major sources of pre-competitive anxiety include: fear of failure, thinking too much on what people may say about the performance, and lack of confidence. They concluded however, that pre- competitive anxiety is dependent upon factors such as: skill level, experience and general level of arousal in daily activities.

The final result of team game basically depends upon the team members it not only depend upon the success or flair on one player. They are able to control their emotion and anxiety. Their nutritional status, blended demand with training for skill development in their training schedule and previous record in competition increase their confident level before competition

and experience. These have been reflected in the result of the present study, but in case of individual game the final result totally depend upon the individual of their success and failure. So the anxiety level of individual player is higher than team game player. In individual game basically in athletics a player has done any mistake he or she does not get any chance to overcome this mistake but in team game basically football if a player done any mistake he have sufficient time to overcome it where the Athletes do not have such opportunity. Therefore the higher mean indicates that the pre competition anxiety in athletes are higher than the team players.

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