

## Study of competition anxiety between cricket players and Kabaddi players of two different levels

<sup>1</sup> Ruma Mondal, <sup>\*2</sup> Dr. Pintu Sil

<sup>1</sup> MPEd Scholar (Sem-IV), State Institute of Physical Education for Women, Hastings House, Kolkata, West Bengal, India

<sup>2</sup> Assistant Professor, State Institute of Physical Education for Women, Hastings House, Kolkata, West Bengal, India

### Abstract

**Introduction:** One of the important psychological conditions which change the internal state of the body of a player is anxiety. During competition of games and sports the anxiety level is increased and might influence the performance of an athlete.

**Purpose:** The purpose of the study was to study the competition anxiety of two different games player of two different levels and compare them.

**Methodology:** A total of 33 National level women cricket players (W1) and 22 inter-college level women Kabaddi players (W2) within the age of 18-25 years were agreed to participate as subject for this study. Competition anxiety was the criterion measure in this study. Competition anxiety was measured by Illinois Competition Anxiety Test Questionnaire (1977). Mean and standard deviation were used as descriptive statistics and t-test was computed to find out the significance between two means. All calculations were done by the standard statistical procedure. Only 0.05 level of significance was considered for the present study.

**Results:** Result revealed higher anxiety level for inter-college level Kabaddi player (Mn=22.14) than national level Cricket players (Mn=17.94). The difference of competition anxiety between inter-college level Kabaddi players and national level Cricket players (t=4.08) was statistically significant (p<0.05).

**Conclusion:** From above findings it was concluded that there was significant difference in the competition anxiety between inter-college level Kabaddi players and national level Cricket players.

**Keywords:** cricket players, kabaddi players, competition anxiety, inter-college level and national level competition

### 1. Introduction

One of the important psychological conditions which change the internal body state of a player is anxiety. It is a negative emotional state with feelings of worry, nervousness and apprehension that is associated with the activation of the body [1]. It leads to stress on our body. The issue of anxiety is an important aspect of performance. Sports performance is not only a product of physiological factors and biomechanical techniques but psychological factors also play a crucial role in determining performance. Anxiety can affect performance in many ways. Whether it is during the tense moments of a championship game or amidst that dreaded History exam, anxiety affects our performance via changes in the body, which can be identified by certain indicators such as cutting nail by teeth, moving around aimlessly, headache, cold and clammy hand, constant need to urine etc. Sports-related anxiety is to be associated with psychological dysfunction and drop-outs for young athletes from sports [2, 3]. Han, Kim and Lee (2006) speculated that anxious athletes with distorted perception would be more sensitive and irritable in competitive arenas [4]. Competition anxiety is also a native emotional state with feeling of worry and nervousness during competition. Performance executed by different players in different position is also influence by the psychological factors. Every athlete has a certain anxiety level that is a key factor to affect his or her performance. This anxiety or stress level also depends on factors such as past experiences, coping responses and genetics. According to the Eysenck's study (1982) the playing position in the team and the level of sports should be considered in research study to identify the factors influence on sports performance [5].

A number of theories have been developed to attempt to clarify the relationship between stress and performance. In 1943, the drive theory was introduced. It was claiming that an athlete who is appropriately skilled will perform better if their drive to compete is aroused. The inverted-U theory was formed in 1962. It states that there is an optimal amount of arousal that an athlete will perform at. However, if that level of arousal is passed then the level of performance will decrease. The same thing happens when the level of arousal is lower than the optimal level. Though this hypothesis has had much support for many years, it too has fallen out of favor due to it's over simplification on a subject as complex as brain and behavior. Other theories that have been proposed like the multidimensional anxiety theory and the catastrophe theory all make their predictions on how anxiety plays a role in one's performance level, but the results remains inconclusive [6]. In recent research, the factor of competitive anxiety has been dissected into two segments - somatic and cognitive anxiety. Cognitive anxiety is characterized by negative expectations, lack of concentration, and images of failure. Somatic anxiety refers to physiological symptoms such as sweaty hands and tension and other physiologic changes [7]. In order to chalk out optimal performance, the precursors of anxiety need to be sought out. The temporal patterning of anxiety, before, during and after competition has been receiving a lot of attention in research.

A certain level of stress is needed for optimal performance. Too little stress expresses itself in feelings of boredom and not being challenged. Several studies reported that a certain level of stress is needed for optimal performance. Competitive stress does not necessarily impair performance and can in

certain circumstances enhance it. At an optimum level of stress one gets the benefits of alertness and activation that improves performance [8]. But even while making such statements, it is important to realize that there is currently no conclusive evidence except for the fact that stress and anxiety do have an influence in performance. The purpose of the present study was to study the competition anxiety of the female players playing two different games in two different levels.

**2. Materials and methods**

**Subject**

A total of 33 National level women cricket players (W1) and 22 inter-college level women Kabaddi players (W2) within the age of 18-25 years were agreed to participate as subject for this study.

**Criterion measure**

Competition anxiety level was the only criterion measure in this study.

**Test and Tools used**

Competition anxiety was measured by Illinois Competition Anxiety Test Questionnaire (1977) [9].

**Statistical procedure**

Mean and standard deviation were used as descriptive statistics and t-test was computed to find out the significance of difference between two different groups. Only 0.05 level of significance was considered for the present study. All statistical calculations were done by the standard statistical software (Excel 2010).

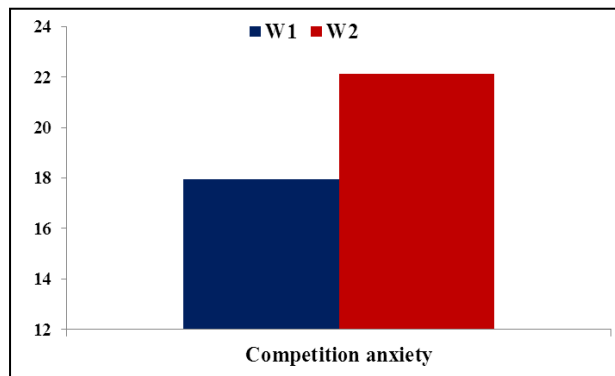
**3. Result and findings**

The mean value and standard deviation of competition anxiety of National level women cricket players (W1) and inter-college level women Kabaddi players (W2) have presented in table-1. As the mean values for two groups were different the t-test was computed to find out the significance of the difference between means and result also have presented in Table-1.

**Table 1:** Mean, SD and t-value for competition anxiety of W1 and W2 groups

Statistical parameters	W1 Group	W2 group
Mean (Mn)	17.94	22.14
Standard Deviation (SD)	3.43	3.96
Number of Subjects (N)	33	22
t-value	4.08*	
Remarks	*Significant at 0.01 level.	

As per Table-1 the mean value of competition anxiety was found higher for W2 group and lower for W1 group. The result presented in graphically in Figure-1. The result of t-test indicated that this difference in competition anxiety between two different level players of Cricket and Kabaddi was statistically significant.



**Fig 1:** Comparison of competition anxiety of W1 and W2 groups

**4. Discussion on results**

Anxiety leads psychological stress which effects sports performance differently. Present study found higher competition anxiety among inter-college level Kabaddi player and lower for national level cricket players. The lower level of competition anxiety for W1 group might be due to their participation experience at higher level than the W2 group Kabaddi Players whose participation level was lower them. Beside this as W1 group participated in higher level and represented Bengal state team therefore they also trained not only for physical abilities and sports oriented skills but also some short of mental training which includes stress management. Inclusion of mental training in training schedule for W1 group might be the second reason of having lower competition anxiety among W1 group than W2 group who did not participate in any kind of mental training during their conditioning period to reduce stress and anxiety. Anxiety effect negatively on sports performance which developed during the competition might be due to the fear of failure, concerns about social evaluation by others (particularly the coach and the team mates & the spectators), lack of readiness to perform, and loss of internal control over one's environment [10]. Landers, Wang and Courtet (1985) analyzed both experienced and inexperienced shooters to establish links between stress conditions and peripheral narrowing. They found that increased levels of arousal subsequently result in a narrowing of the athlete's field of attention [11]. Han, Kim and Lee (2006) found both trait and state anxieties of the 'winner' group were lower than those of the 'no winner' group [4]. Han (2011) reported the better cognitive performances were negatively correlated with stress and anxiety [12]. Saha Roy and Sil (2016) conducted a study among different positioned Basketball players and found that competition anxiety level of the different positioned basketball player was not significantly different, though the defenders had comparatively higher anxiety level than the shooter [13]. In a study conducted by Sil (2016) on same level (national) male and female Basketball players and found no significant difference in competition anxiety level between them [14].

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