

## Pre-Competition anxiety level amongst sportsmen

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### Abstract

Anxiety is one of the most commonly measured constructs in sports psychology. Anxiety can be considered the emotional impact or cognitive dimension of arousal. Stress and anxiety in children and teenagers are just as prevalent as in adults. Competitive anxiety is one of the psychological parameters, which affects the performance of players. Keeping in view the determining role of anxiety in competitive performance the investigator has conducted the present study. The purpose of the study was to find out state and trait anxiety and to make an assessment of competitive anxiety of players. For present study investigator selected 60 male players of different games participants of intercollegiate and inter university competition level. The age range of samples were 18 to 25 years. For the collection of data, investigator used Martins sports competition Anxiety Test (SCAT). The test consists of 15 statements related to competition situations. SCAT Scores were calculated and presented for statistical analysis. Calculated 't' expressed that there is significant difference in anxiety level between high performers and low performers. Results revealed that low anxiety level was found in high level of performers. Maximum numbers were found in state and trait pre competition anxiety level.

**Keywords:** Pre-Competition, sports competition Anxiety Test (SCAT)

### 1. Introduction

Competitive anxiety has been recognized as a key sports psychology issue for some time. Sports competition creates some anxiety in nearly all participants, and for some individuals the anxiety is so intense that successful performance and enjoyment of the activity are impossible.

Precompetitive anxiety is a state of arousal that is unpleasant or negative and occurs during the 24 hour span prior to competition. The worry that is associated with pre competition anxiety is not just experienced with our heads, but with our entire body. Our body provides us with numerous cues such as muscle tension, butterflies in stomach, desire to urinate and cotton mouth that suggest that person is getting out of control. Our thoughts become self-focused, self-defeating and negative. Most of the people have a combination of these responses during the pre-competitive period, however, the degree to which they influence our performance is largely dependent upon the interaction of our own uniqueness and the competitive situation.

Competitive anxiety is one of the psychological parameters, which affects the performance of a player.

Keeping in mind the determining role of anxiety in competitive performance study was undertaken to find out the anxiety of players. It was hypothesized that the intercollegiate players will express normal anxiety level.

### 2. Methodology

60 male intercollegiate and interuniversity level players were selected for investigation on the basis of availability of players. Age range of players were 18 to 25 years. Investigator categorized players in to high performance and low performance on the basis of level of their participation in competition.

For the collection of data "Martens Sports competition Anxiety Test (SCAT) developed in 1977 was used. It is an A-

trait Scale designed for measuring a predisposition to respond with Roving levels of A-state in competitive sports situations. The test consists of 15 statements related to competition situations, which test state and trait Anxiety.

### 3. Result & Discussion

To find out competitive anxiety level of players 't' test was applied at 0.05 level of significance.

**Table 1:** Showing mean difference of high and low performers in regards to anxiety level

Variable	N	Mean	SD	't'
High Performance	30	17.4	2.02	9.93
Low Performance	30	22.23	1.83	

**Table 2:** Showing State Anxiety level of players in % (percentage)

C.I	f	%	Level
82-108	02	3.33	High
54-81	54	90.00	Average
27-53	04	6.67	Low

**Table 3:** Showing Trait Anxiety level of players in % (percentage)

C.I	f	%	Level
64-84	01	1.67	High
43-64	46	76.6	Average
21-42	13	21.67	Low

**Table 4:** Showing Overall Anxiety level of players in % (percentage)

C.I	f	%	Level
24-30	06	10	High
17-23	46	76.67	Average
10-16	08	13.33	Low

Table no.1 shows the mean difference of high performer (17.4) and a low performer (22.23) 't' calculated is 9.93 tabulated value is more than calculated value hence there is significance difference between High performer and Low performer in regard to anxiety level.

Table no.2 reveals that 3.33% players were found to be in high state level anxiety. 6.67% were found in low anxiety level whereas 90% players were found to be in average state anxiety level.

Table no.3 shows Trait Anxiety level of players in which 1.67% of players were found to be in high level of Trait Anxiety, whereas maximum players i.e. 67.6% were found in average level of Trait Anxiety.

Table no.4 showing overall Anxiety of players reveals that 10% players were having high level of Anxiety, 13.33% players having low level of Anxiety whereas 76.67% players were found to be in average level of anxiety.

#### **4. Conclusion**

On the basis of statistical analysis and in the light of the hypothesis researcher concludes that High performer Players were in the state of Low Anxiety level. Low performer players were in high Anxiety level. On an overall level of state of State Anxiety maximum players were in average level of State Anxiety. Trait anxiety also found to be in average population of players, maximum number of players were in the state of Average Anxiety Level.

#### **5. References**

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