

Comparative study of pre-competitive anxiety between inter-college male and female athletes

Pukhraj Singh

Assistant Professor, Department of Physical Education, Lovely Professional University, Punjab, India

Abstract

In the games and sports, psychological and physiological factors play an important role in determining the performance level. For the purpose of the study a total twenty five (N=25) female and twenty five (N=25) male athletes of various athletic events were selected as sample, they all participated in Punjabi University, inter- college Athletics Championship 2016-17. To measure the difference of pre-competitive anxiety between intervarsity male and female athletes of this study, the standardized Rainer Marten (SCAT, 1990) Scale was used. At the time of data collection subjects were engaged in their inter university level competition. Prior to the test, brief explanation of the test was given to the subjects. Within the limitations and delimitations of the present study, conclusion has been drawn that there was insignificant difference between female athletes and male athletes in relation to their anxiety level.

Keywords: anxiety, athletes, inter-college

Introduction

In the games and sports, psychological and physiological factors play an important role in determining the performance level. Numerous studies have demonstrated the impact of psychological factors on sports performance (Dimitrios L. and Moschopoulou F., 2008) [3]. Anxiety have been one of those factors under consideration, but its depend on the nature of anxiety, So many psychological studies and lot of researchers and their research evidences support that high levels of anxiety can have a deteriorating effect on an individual athlete or team performance.

Sports competitive Anxiety: - A tendency to perceive competitive situation as threatening and to respond to these situation with feelings of apprehension or tension in sports competition anxiety (Balaji, P. et al., 2011) [1].

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioral components. The root meaning of the word anxiety is 'to vex or trouble'; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness and dread. Anxiety is considered to be a normal reaction to a stressor. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder (Craft, L. et al., 2003) [2]. The intensity and reasoning behind anxiety determines whether it is considered a normal or abnormal reaction. Standardized screening tools such as Zung Self-Rating Anxiety Scale can be used detect anxiety symptoms, and suggest the need for formal diagnostic assessment of anxiety disorder. Physical effects of anxiety may include heart palpitation, muscles weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, or headaches and immune and digestive system function are

inhibited (the fight or flight response). They include "feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) of danger and feeling like mind's gone blank "as well as" nightmares/bad dreams, obsessions about sensations. (Craft, L. et al., 2003) [2].

The effect of anxiety on performance depends directly on the type of task considered. In most cases a heightened arousal state has been found to facilitate simple performance. On the other hand as anxiety a certain level, a breakdown of psychological and physiological integrative mechanism is often seen to occur, resulting in less efficient performance in more complex task.

Methodology

For the purpose of the study a total twenty five (N=25) female and twenty five (N=25) male athletes of various athletic events were selected as sample, they all participated in Punjabi University, inter- college Athletics Championship 2016-17. To measure the difference of pre-competitive anxiety between intervarsity male and female athletes of this study, the standardized Rainer Marten (SCAT, 1990) Scale was used. At the time of data collection subjects were engaged in their inter university level competition. Prior to the test, brief explanation of the test was given to the subjects.

Results and Discussion

To compare the anxiety level of subjects, the values of mean, standard deviations, unpaired t-test was computed on SPSS 16.0. To test the hypothesis the significance level was set at 0.05 percent.

Table 1: Category wise Mean, S.D., and ‘t’ test values on Anxiety

Category	Number	Mean	Std. Deviation	‘t’ value
Male Athletes	25	20.72	2.98	0.002
Female Athletes	25	23.32	2.69	

Tab *t* (48_{0.05}) = 2.01

From the above cite table it is found that there is insignificant difference existed between females’ athletes and male athletes at 0.05 level of significant with 48 degree of freedom.

Table 1 shows that the ‘t’ value is 0.002 which is insignificant at 0.05 level of significance on Anxiety. Hence it can be said that the Mean score of male athletes 20.72 is which do not differ significantly than the Mean score of female athletes that is 23.32. It may therefore be said that the female athletes and male athletes have same level of Anxiety.

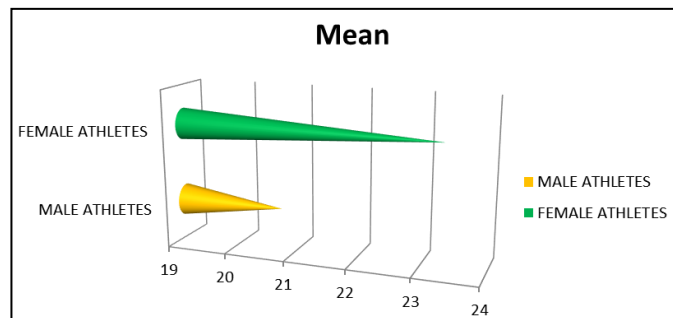


Fig 1: Illustration showing means comparison between female athletes and male athletes.

Discussion of the Findings

It is evident from the findings of this investigation there was insignificant difference between female athletes and male athletes in relation to the Anxiety. There was insignificant difference found between the mean Anxiety of female athletes and male athletes.

Conclusion

Within the limitations and delimitations of the present study, conclusion has been drawn that there was insignificant difference between female athletes and male athletes in relation to their anxiety level.

The present investigation was a maiden effort in this direction. More intensive researches are needed in this direction to help out the problems faced by the physical education teachers and coaches to improve states of anxiety of their players.

References

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