

COMPARATIVE STUDY OF SPORTS COMPETITIVE ANXIETY BETWEEN MEDALIST AND NON MEDALIST MALE ATHLETE GROUPS

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ABSTRACT: The purpose of this study was to compare the Sports Competitive Anxiety of Medalist and Non-Medalists male athlete groups. The present study was conducted on the 64 medalist and non-medalist male athletes. Their age was ranged the U-19 year. In the present study, the subjects for data collection were collected from the cluster of CBSE which is held at SBBS University khiala Jalandhar. The subjects were purposively selected in the case of Medalists and Randomly in the case of Non-Medalists, which further divided into two groups (N=32) Medalists and (N=32) Non-Medalists male athletes. The collection of data to measure Sports Competitive Anxiety Test (SCAT) developed by, Martens (1970) was used. The collected data were put to statistical treatment applying t' test to find out the differences, the level of significance was set at 0.05. The result of the study concluded that there was a statistically significant difference in sports competitive anxiety between medalist and non-medalist male athletes.

KEYWORDS: Sports competitive anxiety, Medalist and non-medalist, Male, Athletes

INTRODUCTION

Competitive anxiety is a multidimensional state that arises as a result of the cognitive evaluation of a competitive situation. There is a tendency to perceive competitive situations as threatening and to respond to them with feelings of apprehension and tension. Situational factors (such as the type of sport or the complexity of the task) and personal factors (such as expectations, achievement of goals, skill level, experience, age) are crucial in the process of evaluation. Anxiety symptoms can occur before, during or after the event, which can be cognitive (confusion, negative thoughts, irritability, fear, feelings of weakness, poor concentration), somatic (increase in blood pressure and heart rate, sweating, muscle tension, nausea, vomit) and behavior (repetitive movement, aggressive outbursts, inhibited posture, biting nails)⁽¹⁾

Han, Kim and Lee speculated that anxious athletes with distorted perception would be more sensitive and irritable in competitive arenas. Competition anxiety is also a native emotional state with a feeling of worry and nervousness during competition. Performance executed by different players in the different position is also influenced 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.⁽²⁾

Anxiety starts gradually and increases step by step. In case not to be controlled, it rises and irritates the people. The main reasons for anxiety are business travel, smoking, alcohol, overweight, failure, inappropriate physical appearance. Anxiety indications may be bone pains, being tired, headache, nervous, poor sleeping, forgetting, hesitation, hypochondriacs etc.⁽³⁾

STATEMENT

The problem is that "Comparative study of sports competitive anxiety between medalist and non-medalist male athlete groups".

SELECTION OF SUBJECTS

The subjects for data collection were collected from the cluster of CBSE which is held at SBBS University khiala, Jalandhar. The subjects were purposively selected in the case of Medalists and Randomly in the case of Non-Medalists.

OBJECTIVE OF STUDY

1. To measure the sports competitive anxiety of medalist and non-medalist male athletes.
2. To find out the differences between medalist and non-medalist male athletes in sports competitive anxiety.

HYPOTHESIS

1. There is no significant difference in sports competitive anxiety between medalist and non-medalist male athletes.

LIMITATION

1. No special motivational technique was used during the data collection.
2. The investigator was unable to control their diet and rest schedules.

DELIMITATIONS

1. The study was delimited to U-19 year’s age group.
2. The study was delimited to only male athletes who participated in the cluster of CBSE 2018.

TOOLS

Sports competition Anxiety	Rainer Martens
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Sports competition anxiety test questionnaire (SCAT) developed by Rainer Martens to measure the degree of anxiety was administered to find out the anxiety level of medalist and non-medalist male athletes. The test consisted of (SCAT) 15 statements. The Likert system was followed to elicit responses. Each statement consisted of three responses such as hardly ever, sometimes and often.

STATISTICAL PROCEDURE

The data was analyzed and compared with the help of a statistical procedure in which arithmetic mean; standard deviation and “t” test was used to compare the data.

RESULT

Table 1: Comparison between medalist and non-medalist male athletes on sports competitive anxiety

Group	N	Mean	SD	MD	df	‘t’ Value
Medalist	32	20.25	2.68	01.28	62	-3.54*
Non-medalist	32	21.53	4.14			

From table no.1 result found that medalist athletes have low sports competitive anxiety (M= 20.25, SD= 2.68) as compared to non-medalist male athletes (M=21.53, SD= 4.14). The ‘t’ value is -3.54* which is high than the tabulated value so that there is a significant difference at .05 level.

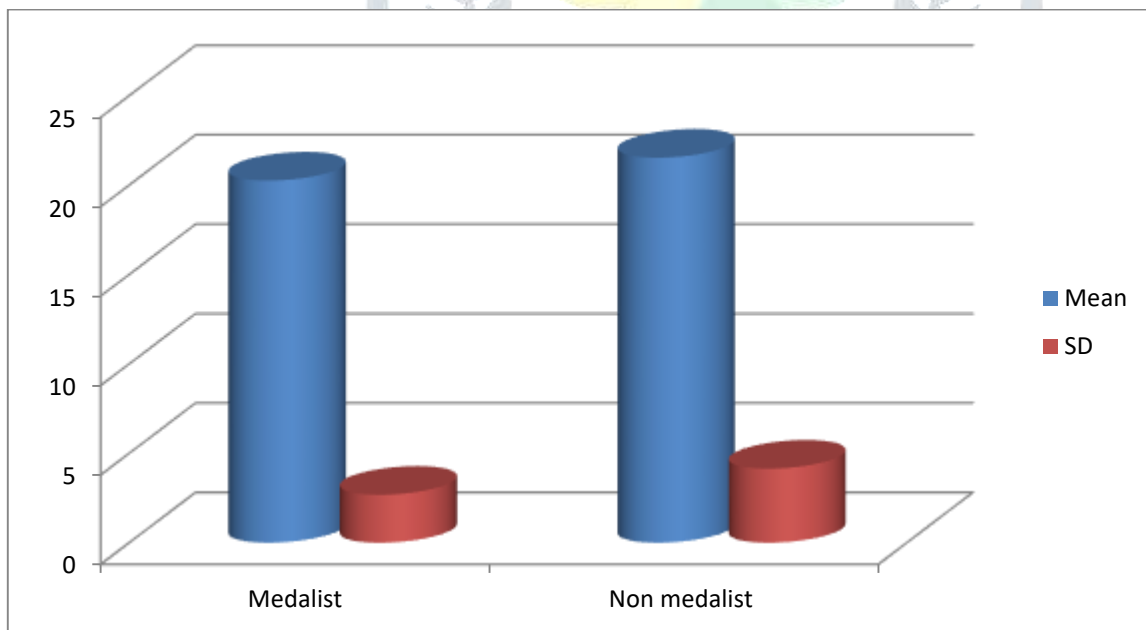


Fig 1: Difference of Mean and SD between medalist and non-medalist male athletes on sports competitive anxiety

CONCLUSIONS

Recognizing the limitations of this study it can be concluded by the above findings that a statistically significant difference was found between Medalist and Non-Medalist male athletes in Sports Competitive Anxiety. It is further concluded

that Medalist male athletes have moderate Sports Competitive Anxiety compare to their counterpart in relation to their performance. If the athletes had higher as well as low anxiety, the performance is likely to be less desirable.

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