SPORTS COMPETITION ANXIETY BETWEEN UNIVERSITY AND NATIONAL LEVEL FOOTBALL PLAYERS OF UTTAR PRADESH

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Abstract:

The purpose of this study was to compare the level of sports competition anxiety between university and national level football players of Uttar Pradesh. For the purpose of this investigation 40 male subjects (20 university and 20 national level players) were recruited as subjects of the study. Their age was ranged from 18 to 24 years. To findout the level of anxiety of university and national level players the Sports Competition Anxiety Test developed by Martens (1977) was administered on the subjects. ’t’ test was employed to analyze the data. Results have revealed that there was no significance difference found between university and national level football players of Uttar Pradesh in regard to sports competition anxiety at 0.05 level of confidence.

Keywords: Sports competition anxiety and Football.

INTRODUCTION

Anxiety disturbs psycho-physiological functioning of the organism in numerous ways. For instance, anxious individuals are said to have reduced attentional focus. During heightened activity (anxiety inclusive) attention cannot remain one-pointed. It manifests benumbing effect on the individual’s judgment. Anxiety often results in narrowing of the field of attention as relevant cues are excluded (Kamlesh, 1998).

It is believed that moderate level anxiety is necessary for better performance in competition. Numerous researchers have contended that up to a certain level elevation of anxiety positively contributes to the performance but the movement it exceeds to that limit, performance starts deteriorating. For different sports, different levels of anxiety have been advocated to excel. Studies have reported a raised level of adrenaline in the
urine which causes hyper-alertness. These psychological reactions interfere with performance by making it difficult to exercise complete control over one's actions. Hence, the present study was structured to compare the sports competition anxiety between university and national level football players of Uttar Pradesh.

**METHODOLOGY**

**SUBJECTS**

For the purpose of the study 40 male (20 intervarsity and 20 national level) Football players of Uttar Pradesh who participated in intervarsity and national hockey championships were recruited as the subjects.

**TOOLS**

For measuring the sports competition anxiety of the subjects, questionnaire developed by Martens (1977) was used. It is a likert type five points scale having a maximum score of 30 and a minimum score of 10. The higher scores show a high and lower score shows low level competition anxiety.

**PROCEDURE**

The questionnaire was administered on the subjects during the North Zone Intervarsity Football Tournament held at Integral University, Lucknow, U.P. in February 2015 and all India invitation Football tournament at Jahangeerabad Institute of Technology Barabanki, U.P., in January 2016.

**DATA ANALYSIS**

The collected data were put to statistical treatment computing ‘t’ to find out the differences if any, between the experimental groups on the level of sports competition anxiety. The result has been presented in the following table:
RESULTS

Table 1

Showing the mean difference between intervarsity and national level football players of Uttar Pradesh on sports competition anxiety

<table>
<thead>
<tr>
<th>Sports Competition Anxiety</th>
<th>Number</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>‘t’ Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervarsity level Football Players</td>
<td>20</td>
<td>18.6</td>
<td>2.78</td>
<td>0.68</td>
</tr>
<tr>
<td>National Level Football Players</td>
<td>20</td>
<td>19</td>
<td>2.88</td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level of Significance with 38 df. Tabulated ‘t’ = 2.02

![Figure 1: Illustration of Sports Competition Anxiety between university and national level football players of Uttar Pradesh](image)

It may be observed from the given table 1 that there was an insignificant difference found between university and national level football players of Uttar Pradesh on sports competition anxiety as the calculated ‘t’ value (0.68) is lower than tabulated ‘t’ value (2.02) at 0.05 level of confidence.

DISCUSSION

From the results of the study it has been evident that no significant difference was found between north zone intervarsity and national level football players of Uttar Pradesh on their level of sports competition anxiety.
It appears that when the players attain excellence and become mature, their level of anxiety also lowers down at certain level. Whenever, such mature players perform, their anxiety level usually remains the same as appeared in cases of intervarsity and national level hockey players. These results have been confirmed by Singh, Kumar & Tiwari, (2009) who compared sports competition anxiety of male and female north zone intervarsity badminton players and found no significant difference between the experimental groups. Similarly in another study, Panda, Kaul, & Mittal (2004) observed insignificant difference in national level male and female athletes on trait anxiety.

CONCLUSIONS

On the basis of the results obtained from the present empirical investigation, it may be concluded that the intervarsity and national level football players of Uttar Pradesh did not differ on their level of sports competition anxiety. Furthermore it may also be inferred that both intervarsity and national level football players of Uttar Pradesh have a similar level of anxiety during the competition.

REFERENCES


