

A Test of Competitive State Anxiety of Players Participating in Direct and Indirect Competitions

*** Dr. Vijay Francis Peter**

* School of Physical Education, Devi Ahilya Vishwavidyalaya, Indore (MP)

Abstract

The purpose of the investigation was a test of competitive state anxiety of players participating in direct and indirect competitions. 50 male players from direct competitions i.e. Judo, Hockey, Basketball and 50 male players from indirect competitions i.e. Weightlifting, Gymnastic, Throwers and Jumpers in athletics who entered quarter finals in All India Interuniversity championships 2008-09 were selected clusterly for this study. To assess the anxiety level of the players participating in direct and indirect competitions Sports Competitive Anxiety Test (SCAT) was used which was developed by Rainer Marten. To assess the anxiety level of players of direct and indirect competitions t-test was applied and it shows that there is no significant difference in anxiety level between the players of direct and indirect competitions. It was also observed that both the players of two group's posses moderate level of Anxiety.

Keywords: Direct and indirect Competitions, State players, Sports Competitive Anxiety Test.

Introduction

The success or failure of an individual athlete depends on the physical ability, conditioning, training mental preparation and the ability to perform well under pressure. It is not common to hear the coaches and athletes express disbelieves on how poorly their team perform against a certain opponents or how they apart in a crucial situation. The state of anxiety or reactive anxiety arises as the reaction of a person to varied, most often socio psychological stress factors (the expectation of a negative evaluation) or aggressive reaction, the perception of an unfavorable attitude toward oneself, a threat to one's self esteem or prestige. On the other hand, personal anxiousness or trait anxiety, characteristics, a disposition, gives a statement of individual differences in susceptibility, one's proneness to the action of various stress factors. Consequently it is a question here of the relatively stable disposition of a person to perceive threat to his "age" in the most varied situations with an increase in A-state. Individuals with high personal anxiousness, more often than low anxiety individuals, even in the most varied situations, develop a rise in state anxiety, which allow the prediction of the nature and intensity of his emotional reaction in similar situations in the future. When people compete they are confronted with a variety or situational demands. These demands which may pertain to performance evaluation, skill acquisition and improvement, and social interaction, represent "call for action" to which the individual must respond. Many people view these demands primarily as sources of challenge and excitement. Although there are individuals who may sometimes experience anxiety or the negative effects while competing, they typically perceive competition as relatively non thrusting and non-stressful. For some people, however, the challenge and excitement of competition often are accompanied or supplanted by anxiety or other stress responses. They frequently became tense and apprehensive prior to or during competition; instead of attending to the task at hand, they focus on their heightened emotional arousal or become preoccupied with worry. Since psychological make up of each and every game is different moreover in the games also the psychological demands of each position is different. Hence, present study has been undertaken to view the level of anxiety of players participating in these two different types of competition.

Methodology

The purpose of the study was to test and compare the competitive state anxiety of the players participating in direct and indirect competitions. For that the data was collected on 50 male players of direct competitions and 50 male players of indirect competitions who entered quarter finals and above in all India Interuniversity Championships. The data of subjects were obtained by administrating sport competitive Anxiety Test (SCAT) and scoring was done on the basis key given by Rainer marten. The questionnaire used for the study was Sports Competitive Anxiety Test (SCAT) by Rainer Martin. It was used to assess the competitive anxiety of the players.

The questionnaire consist fifteen items out of which five were spurious questionnaire which were added to the questionnaire to diminish response bias towards the actual test items. These five spurious questions were not score out. In order to test the competitive anxiety of the players participating in direct and indirect competition t-test was applied. To evaluate the level of anxiety of players of two types of competitions descriptive statics was used.

Analysis of Data and Results of the Study

To find the significant difference between players participating in direct and indirect of competitions in anxiety t-test was employed and to evaluate the level of anxiety of players of two types of competitions descriptive statistics was employed.

The significance of mean difference found between score obtains on anxiety by the players participation in of direct and in direct competitions have been presented in presented in table-2.

Table – I: Significant Difference of Mean on Anxiety Between Players Participating in Direct and Indirect Competitions.

Variable	Group Mean		Mean Diff.	DM	t value
Anxiety	Direct Competitions	Indirect Competitions	0.12	0.54	0.22
	17.56	17.44			

Significant at 0.05 level table t0.05 (98) = 1.98

Table II indicates that there is no significant difference between the anxiety levels of players participating in direct and indirect competitions as the value obtain is (0.22) and less than table t value (1.98) at 0.05 significant level with degree of freedom (98). In the light of above results hypothesis set for the present study is accepted.

Table – II: Mean and Standard Deviation of Anxiety for the Players Participating in Direct and Indirect Competitions.

Variable	Group Mean	Mean	Standard Deviation
Anxiety	Direct Competitions	17.56	3.00
	Indirect Competitions	17.44	2.45

Table II The obtain mean values and standard deviation indicates that both the players participating in direct and indirect competitions posses the moderate level of anxiety since their mean value fall between 17 to 24 i.e. average level of anxiety as suggested by the manual of sports competitive anxiety test (SCAT).

Discussion of Finding

Present study reveals that there is no significant difference between the players participating in direct and indirect competitions. Both the groups are found to be in average range of competitive anxiety neither it is low nor it is high. The reason of this may be attributed due to the fact that players participating in both groups may be emotional well stable, self-confidence tough minded and perceive the situation positively when going to perform. The level of anxiety of both groups is found to be moderate. A moderate level of anxiety is best for the between performance. Tulko also in his study has suggested that moderate level of anxiety players would be most efficient performers. This may be reason that the players participating in two types of competitions perform very well at All India Interuniversity Championship. Results of the study clearly indicates that players participating in direct and indirect competitions do not have any difference in the level of anxiety and players of these two categories were not found to be very anxious and lethargic before the competition. The reason may be the competition level. Earlier studies have quoted that as the level of competition increase the level of anxiety increases or decreases. Since the level is not very high the players were found to possess moderate anxiety.

Conclusion

On the basis of the results of the study the following conclusion are drawn.

1. There was no significant difference in anxiety level between the players of direct and indirect competitions.
2. Both the groups were found to be in the average range of competitive sport anxiety neither it was low nor it was high i.e. moderate level of anxiety.

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