



ISSN: 2456-0057

IJPNPE 2018; 3(2): 365-367

© 2018 IJPNPE

www.journalofsports.com

Received: 14-05-2018

Accepted: 23-06-2018

Suresh Kumar

Sant Baba Bhag Singh

University Jalandhar, Punjab,

India

A comparative study of sports competitive anxiety between male and female Kabaddi players

Suresh Kumar

Abstract

Purpose: The purpose of this study was to compare the Sports Competitive Anxiety between the male and female Kabaddi players in Jammu District, Jammu and Kashmir.

Methodology: Total (N=60) Kabaddi male and female players, male (30) and Female (30), belonging from the Jammu district, Jammu and Kashmir. The variable selected for the present study was Sports Competitive Anxiety. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used as criterion measure. For comparing Sports Competitive Anxiety between the male and female players, descriptive Statistics and independent 't' test were applied and level of significance was kept at 0.05.

Results: The psychological variables Sports Competitive Anxiety have no significant difference with the Male and Female Kabaddi players of Jammu District.

Conclusion: On the basis of the findings it was concluded that some other factors may be responsible for the results like: Small Sample Size and insincere response of the subjects.

Keywords: Anxiety, competitive anxiety, questionnaire, psychological variable

1. Introduction

Participating in any type of competition, be it a formal or informal competition, gives pressure on athlete. This pressure sometimes improves the performance and sometimes influences the performance negatively. Pressure accumulated due to the upcoming competition may result in anxiety which influences the performance in sports in both the ways. Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, fear, or worry. Athan *et al.* (2013) [1] investigated that collegiate basketball players had higher confidence and motivation when playing at home compared to away. Studies that have focused on sport performers' psychological states before home and away competitions have produced equivocal findings. Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an observed threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable. Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002). In the games and sports, psychological and physiological factors play an important role in determining the performance level (Grange & Kerr, 2010; Schilling & Hyashi, 2001) [2, 3]. 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. Physical effects of anxiety may include heart palpitation, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach ache/ head ache and immune and digestive system function are inhibited (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling and papillary dilation. Someone who has anxiety might also experience it as a sense of dread or panic.

Corresponding Author:

Suresh Kumar

Sant Baba Bhag Singh

University Jalandhar, Punjab,

India

Competitive anxiety causes performance deterioration. Optimum level of anxiety before, during and after the competition enables the sports person to be ready to perform. Too much of anxiety causes muscle tension, nervousness, inability to make decisions, feeling overwhelmed, feeling out of control, trembling, nail biting, increased sweating, etc., which deteriorates the performance. Many athletes who perform well during training or practice can suffer from performance anxiety on game day. If feelings of nervousness, anxiety or fear interfere with your sports performance.

2. Objective of the Study

The purpose of this study was to compare the Sports Competitive Anxiety between Male and Female kabaddi of Jammu District, Jammu and Kashmir.

3. Materials and Methods

3.1 Subjects for the Study

For the present study (N=60) kabaddi players from (30) male and (30) female were taken. Age ranged of the players between 19-25 years. The subjects belongs to Jammu District, Jammu and Kashmir.

3.2 Variables

The variable selected for the present study was Sports Competitive Anxiety.

3.3 Criterion Measures

For the purpose of the this study was Score obtained in the sports competition anxiety test questionnaire In this study Sports Competition Anxiety Test (SCAT Martens, 1990) was

used to measure Sports Competition Anxiety. score sequence was 1, 2, 3, for ten test items which were taken for the scoring purpose were 2, 3, 5, 6, 8, 9, 11, 12, 14, and 15 6 and 11 score reverse was carried according to the following key score (1) Response hardly ever (2) sometime (3) often however Spurring questions e.g. 1, 4, 7, 10 and 13, were not scored out as suggested by Rainer Martren. Was criterion measure of the study Sports competition anxiety Test (SCAT) constructed by was used for the collection of data for this study.

3.4 Scoring of SCAT

Sports Competition Anxiety Test (SCAT) by consists of total 15 statements. Scores obtained for each statement was added up which represent an individual's total score on Sports Competition Anxiety (SCAT Score). Then the SCAT score was analyzed.

3.3 Statistical Analysis

For comparing Sports Competitive Anxiety between male & female kabaddi players, descriptive statistics' and Independent t test was applied at 0.05 level of significance. Data analysis was performed using SPSS 21 software.

4. Result and Discussion

Table 1: Mean and standard deviation of sports anxiety test of Kabaddi Male and Female Players.

Variables	Male (N=30)		Female (N=30)		Mean
	Mean	S.D	Mean	S.D	
Sports Anxiety	19.22	2.52	18.71	3.08	2.001

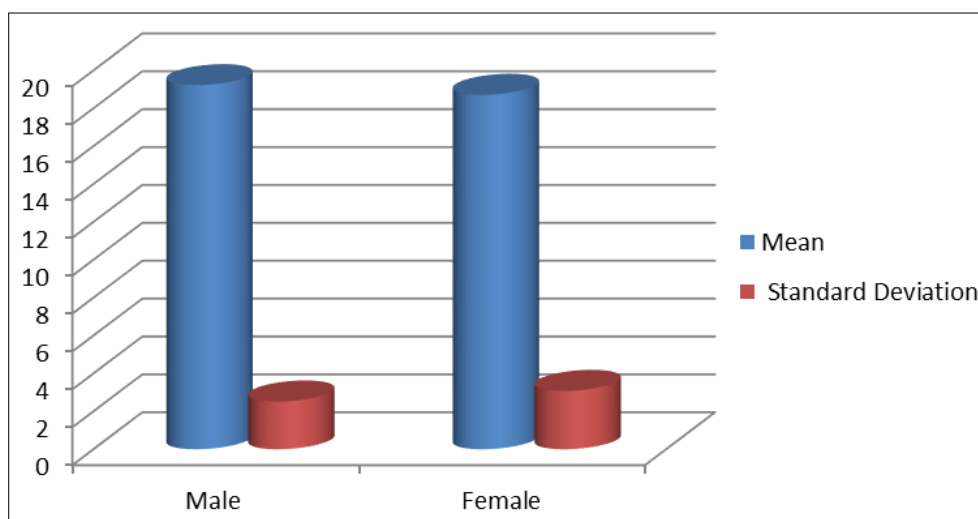


Fig 1: Show the male and female different

The statistical analysis of data shows that the mean and standard deviation of the sports anxiety of male and female Kabaddi players is 19.22 ± 2.52 and 18.71 ± 3.08 respectively. 't' value is 2.001. The result reveals a no statistically significant difference in sports anxiety between male and female Kabaddi players.

5. Conclusion

The data was analysis as per the purpose of the study the result shown that no significant difference was found in sports anxiety between the male and female Kabaddi players. The previous studies also suggest similar results. The Competitive Anxiety depends upon player's experience and number of participation in the different tournaments.

6. References

1. Athan, Sampson. Coping with pre-competitive anxiety in sports competition, *European Journal of Natural and Applied Sciences* 2013;1(1):1-9.
2. Grange P, Kerr JH. Physical aggression in Australian football: A qualitative study of elite athletes. *Psychology of Sport and Exercise* 2010;11:36-43.
3. Schilling TA, Hayashi CT. Achievement motivation among high school basketball and cross-country athletes: a personal investment perspective, *Journal of Applied Sport Psychology* 2001;1:103-128.
4. Kumar AKV. Comparison of physical fitness components between urban and rural school going female students 2019.

5. Caruso, Christina M, Dzewaltowski David, Gill Diane L, McElroy Mary. Psychological and Physiological Changes in Competitive State Anxiety during Noncompetition and Competitive Success and Failure, *Journal of Sports and Exercises Psychology*, JSEP 1990;12(1):6-20.
6. Cox Richard X. *Sports Psychology Concept and Applications*. McGraw Hill. United States, 2002.
7. Craft, Lynette L, Magyar Michelle T, Becker Betsy J, Feltz Deborah L. The Relationship between the Competitive State Anxiety Inventory-2 and Sport Performance: A Meta-Analysis, *Journal of Sports and Exercise Psychology*, 2003, 25(1).
8. Dureha DK. Relationship between Achievement motivation and pre- competition Anxiety of Indian, Inter-University Hockey Players, Abstract on International conference on Health Sport and Physical Fitness 1995;16(18):37.
9. Garrett, Hanery E. *Statistics in Psychology and Education*. Paragon International Publisher. New Delhi, 2004.
10. Ibrahim Mohd, Gwari P. A Study of Achievement Motivation of Low and High Level Volleyball Players, *Journal of Education and Practice* 2011;2(11, 12):114-16.
11. Marten, Rainer. *Coaches Guide to Sports Psychology*, Human Kinetics Inc. USA, 1942.
12. Martin, Kathleen A, Mack Diane. Relationships between physical self-presentation and sport competition trait anxiety: A preliminary study, *Journal of Sport & Exercise Psychology*, JSEP. 1996;18(1):75-82.