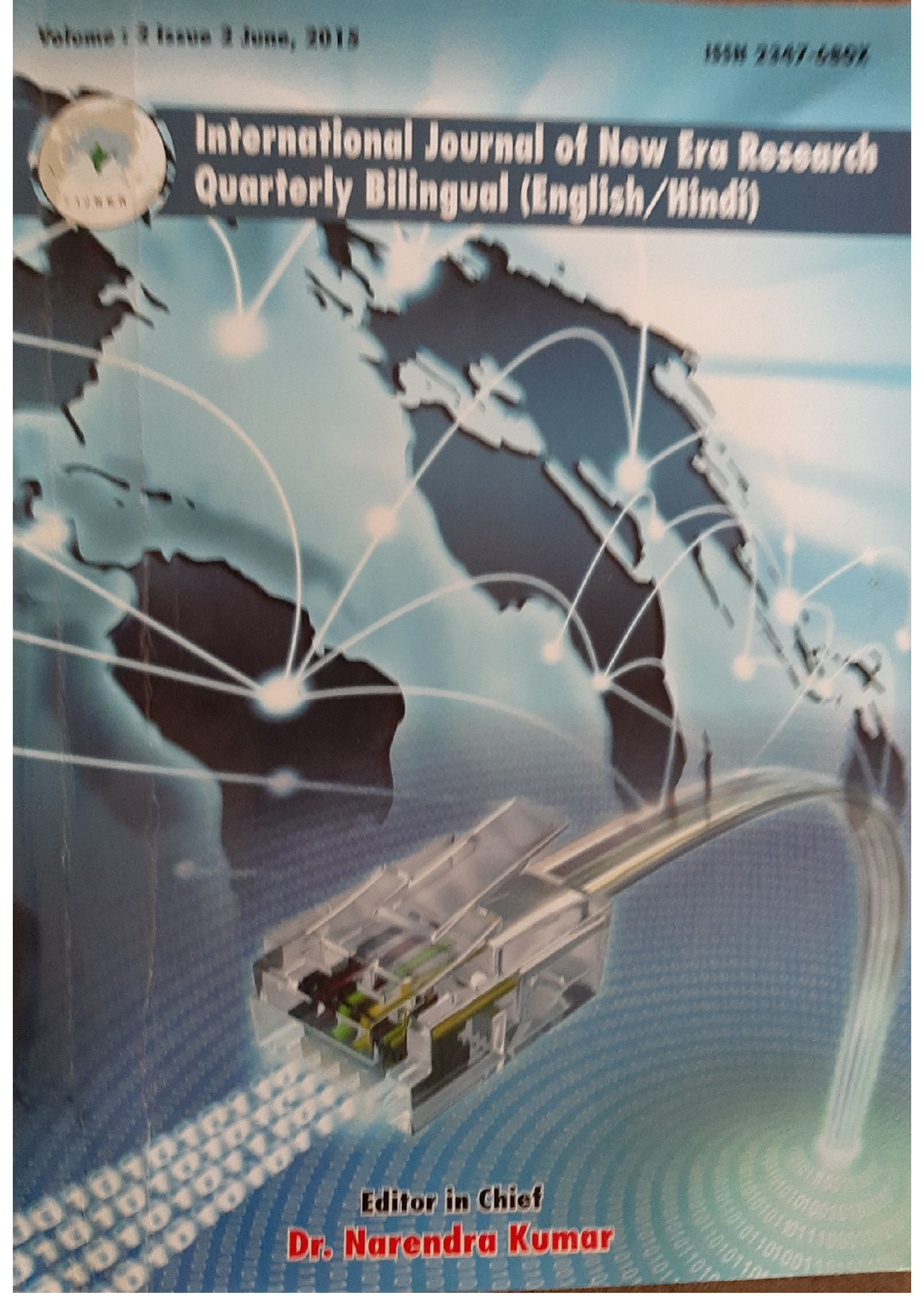


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Physical Education Comparison of Sports Competition Anxiety on Different Levels of Participation in football Players

Mr. Aijyaz Hussain J. Shaikh* , Dr. SK. Md. Attaullah M.K. (Jagirdar)**

Abstract

Anxiety experienced during competition, known as competitive anxiety, can be defined as the feeling of apprehension an individual may experience in response to perceived threats during competition. The sample of the present study comprised of 100 male university football players of India. Keeping the view the purpose of the study they were divided into three groups all India intervarsity (N=100), west zone intervarsity (N=100) and intercollegiate N=100) man football players. The result indicated that significance difference between all India, west zone intervarsity and intercollegiate man football players in the anxiety level. It is evident that all India intervarsity, west zone intervarsity and intercollegiate man football players in anxiety test differed significantly, as the obtained F-value of 6.09 is much more than the tabulated value $F_{0.05}(2,297) = 4.71$.

Key words: Sport Competition Anxiety.

Introduction

Football is India's second most popular sport, next to the game of cricket. Traditionally it has enjoyed popularity in the regions such as West Bengal, Goa, Kerala, and the entire north-eastern India, especially Assam, Manipur, Meghalaya, Mizoram, Nagaland and Sikkim. Dr. T. Ao, the Captain of the Indian Football Team to the London Olympics, 1948, and Captain of the Mohun Bagan Athletic Club in 1948 and 1949 hailed from Nagaland.

Anxiety in sport is most common in competitive sports environments and could also be termed competitive stress. A lack of consensus makes it difficult to clearly define anxiety and stress in sport but one definition, proposed by sport psychology consultant Dr. Graham Jones in the book "Sport psychology: A self-help Guide, is that it's the result of an interaction between the individual and the environment. An emotional response to the demands placed upon the individual by the environment.*

Growing evidence in the sports psychological research literature has

supported the notion that an athlete's level of emotional arousal or state anxiety has a major effect on his or her performance (Gould, Petlichkoff, Simons and Wewera, 1987; Klavara 1977; Sonotomem and Bonstroom and Bernardo, 1982). Recognizing this relationship, coaches often attempt to alter their athletes' arousal level in an effort to enhance their performance. Coaches assume in these instances that they are aware of the emotional state of their athletes and they know what their athletes require to reach their optimal state of arousal. Clearly a coach who can accurately estimate the state anxiety or arousal levels of his or her athletes and help them shift appropriately to their individual optimal level of arousal would be a great asset to those athletes.

This issue of competitive anxiety and performance is of great interest to both researchers and athletes, and emphasis has been placed on the importance of understanding anxiety and the factors which contribute towards it (Martin & Mack, 1996).

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It has been suggested that through understanding the influences on competitive anxiety psychologists and sport practitioners will be able to more effectively help athletes manage their apprehension.

Methodology

The collection of data became instrumental in providing correct insight into the sports competition anxiety. Sport competition anxiety test questionnaire (SCAT) prepared by Rainer Martens (1977) was used for the present study is a single variable questionnaire, which carries a maximum score of 30 and a minimum score of 10. The higher score shows a higher and a lower score shows a lower competitive anxiety trait.

The present study was conducted on three hundred (300) men football players which were selected through simple random sampling. The data were categorized into three main groups: inter collegiate (100), west zone intervarsity (100), and all India intervarsity

(100) man football players. The sample representing the intercollegiate man football players who participated in inter collegiate man football championship, 2013 held at Maulana Azad Degree College, Aurangabad 04/10/2012 to 06/10/2012. The sample representing the west zone intervarsity man football players who participated in the west zone intervarsity man football championship, 2013 held at M L. Sukhadiya University, Rajasthan from 14/11/2013 to 18/11/2013. And all India intervarsity man football championship, 2013 held at MGU, Kottayam, Kerala from 26/12/2013 to 30/12/2013.

Statistical Analysis

An Analysis of variance (ANOVA) was applied to find out the significance of mean difference in the variable. This was followed by Least Significance Difference Test (L.S.D.) of Post-hoc comparison to determine the significance of difference between ordered paired means at 0.05 level.

Analysis Of Data And Result Of The Study

There are at least three levels at which data are categorized, presented and analyzed statistically in this study. The psychological status of all India intervarsity players (N=100) has been compared with west zone intervarsity (N=100) and intercollegiate (N=100) man football players.

Mean Score and Standard Deviations of All India Intersarsity, West Zone Intersarsity and Intercollegiate Man Football Players on Sport Competition Anxiety Variable

Table - 1

Variable	All India Intersarsity (n = 100)		West zone Intersarsity (n = 100)		Inter collegiate (n = 100)	
	Mean	S.D.	Mean	S.D.	Mean	S.D.
Anxiety	19.86	2.88	19.75	2.24	19.47	3.74

One-way analysis of variance (F-ratio) was applied to find out the significance of mean difference among all India intersarsity, west zone intersarsity and intercollegiate man football players on Anxiety variable. Least Significant Difference test of Post-Hoc comparison was used to determine the significance of difference between ordered paired means at 0.05 levels. One-way analysis of variance and L.S.D of Anxiety variable are given from Table - 2.

Comparison of Sports Competition Anxiety of Intercollegiate, West Zone Intersarsity and All India Intersarsity Man Football Players

One-way analysis of variance of sports competition anxiety is given in Table-2 and graphically portrayed in Figure-1

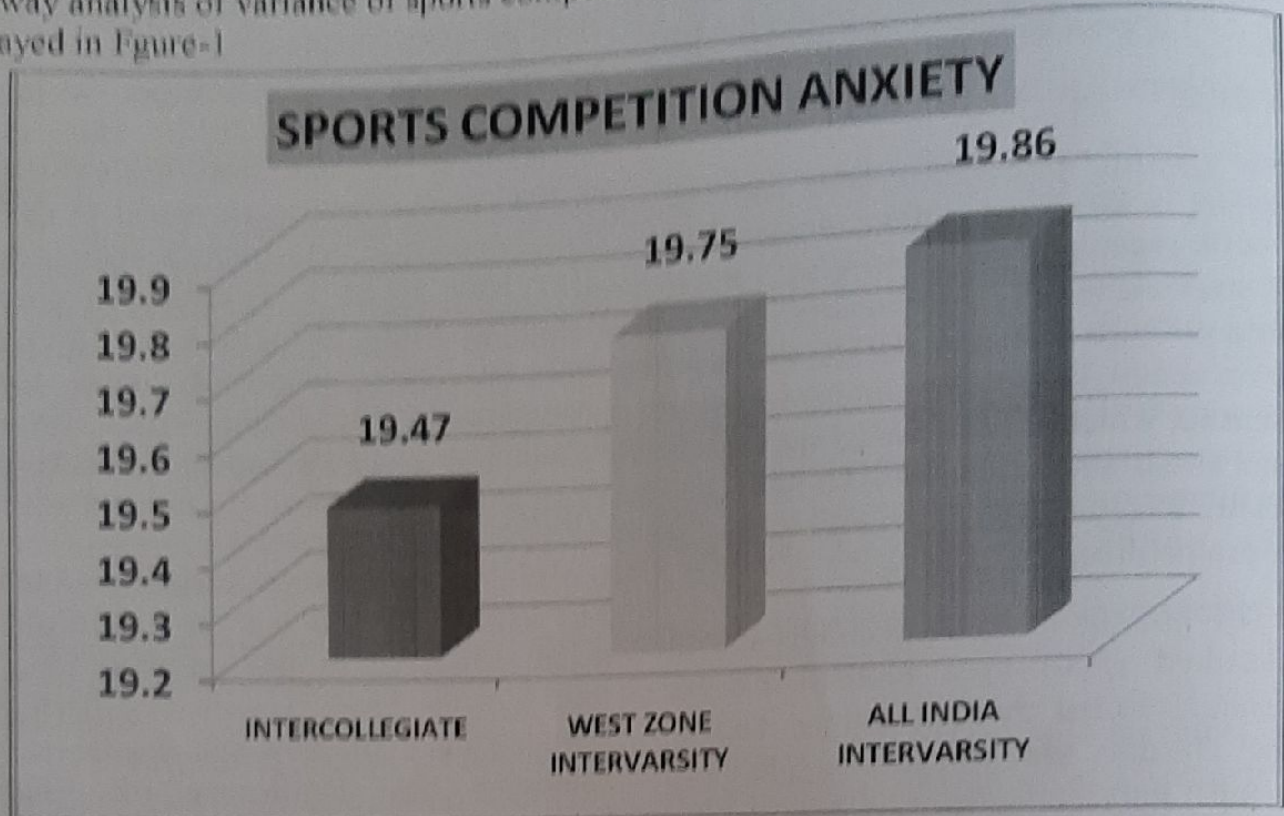


Fig.1: Comparison of Sports Competition Anxiety of Intercollegiate, West Zone Intersarsity and All India Intersarsity Man Football Players

Table – 2

Analysis of Variance of Intercollegiate, West Zone Intersarsity and All India Intersarsity Man Football Players on Anxiety Level

Source of variance	Degree of freedom	Sum of squares	Mean square	F value
Between Group	(r-1) = 2	112.59	56.295	6.09*
With in Group	(N-r) = 297	2742.30	9.23	
Total	299	2854.89		

*Significant at .05 level

Tab f .05 (2,297) = 4.71

It is evident from Table-2 that all India intersarsity, west zone intersarsity and intercollegiate man football players on anxiety test significantly differed, as the obtained F – value of 6.09 is much more than the tabulated F 0.05 (2,297) = 4.71.

As the F-ratio was found to be significant, Least Significant Difference (L.S.D.) test of Post-Hoc comparisons was applied to study the significance of difference between all India intersarsity, west zone intersarsity and intercollegiate football players and the data is presented in Table – 3.

Table - 3
Significance of Difference Between The Ordered Paired Means of Intercollegiate, West Zone Intervarsity and All India Intervarsity Man Football Players on Anxiety Level

All india Intervarsity	West zone Intervarsity	Inter Collegiate	Mean Difference	Critical Difference
19.86	19.75		0.11	
19.86		19.47	0.39*	0.35
	19.75	19.47	0.28*	

It is obvious from Table-3 that there is significant difference between all India intervarsity and intercollegiate players on anxiety level at 0.05 level as the mean difference of 0.39 is higher than the critical difference of 0.35. But the mean difference of 0.11 and 0.28 between all India intervarsity and west zone intervarsity; west zone intervarsity and intercollegiate players is insignificant at 0.05 level as critical difference of 0.35 is higher than the mean differences of 0.11 and 0.28.

Result and Discussion:

From the analysis of data it is found significance difference between all India, west zone intervarsity and intercollegiate man football players in the anxiety level. It is evident that all India intervarsity, west zone intervarsity and intercollegiate man football players in anxiety test differed significantly, as the obtained F-value of 6.09 is much more than the tabulated value $F_{0.05}(2,297) = 4.71$. It is obvious that there is significant difference between all India intervarsity and intercollegiate players on anxiety level at 0.05 level as the mean difference of 0.39 is higher than the critical difference of 0.35. But the mean difference of 0.11 and 0.28 between all India intervarsity and west zone intervarsity; west zone intervarsity and intercollegiate players is insignificant at 0.05 level as critical difference of 0.35 is higher than the mean differences of 0.11 and 0.28.

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