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## **A study of competitive state anxiety among male inter collegiate cricket players during annual sports festival “SPREE” of bits, Palani - K.K. Birla Goa campus**

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### **Abstract**

The purpose of the study was to investigate the variation in competitive state anxiety among adolescent male cricket players during “SPREE” Cricket tournament at BITS Goa Campus March 2014. 113 male cricket adolescent players, who represented Ten (16) Colleges of India who took part in the study, ‘Sports Competitive State Anxiety Inventory – II’ was administered to the participants 20 minutes prior to their match. The inventory provided score on state cognitive anxiety, state somatic anxiety and self-confidence. The data was collected from the teams which played from Pre Quarter Final onwards; Round wise data was subjected to analysis of variance. The results indicated that there were no significant differences in the somatic anxiety and self-confidence scores from round to round, while cognitive anxiety significantly increased before the finals. The results and the implications are discussed.

**Keywords:** state anxiety, cognitive anxiety, state somatic anxiety, self-confidence and Cricket Players.

### **Introduction**

The world of games and sports has crossed many milestones. Scientific theories applied to human performance have been playing an increasingly important role in training of athletes to attain excellence in sports and games. Sports performance is the result and expression of the total personality of the sportsman.

Anxiety is a psychological state having somatic, emotional, cognitive and behavioral components. The root meaning of the anxiety is “to trouble” in either the absence or presence of psychological stress. It can create feelings of fear, worry and uneasiness. It is also defined as a disturbed state of the body, emotional reactivity, nervousness, unpleasant state of the body and mind. Anxiety is divided into two types, ‘State and Trait anxiety’.

### **Anxiety and Cricket**

Competitive sport can make even the world’s most successful athlete feel nervous. Many factors such as expectations, perfectionism, fear of failure, lack of confidence, induce feelings of anxiety in athletes (Moran, 2004). So from the cricket perspective what is anxiety and mental toughness? (Bull, 2002) gives the example of high intensity between batter and bowler and actually reveals in the situation and the example given in the memorable duel between Michael Atherton of England and Allan Donald of South Africa in the 1998 Trent Bridge Test Match. The relationship of Anxiety and Cricket, (Bhogle, Harsha 2005) reveals that Ajit Agarkar scoring five straight Ducks in 2000 Australia tour, it was the pressure and fear of failure made it happened partially.

How anxiety plays in a mind of a Cricketer, The instant you make your first mistake, it starts: "You SUCK!" When you make another one, the voice gets louder and nastier: "How could you possibly have blown that?!!! Like, what is your problem? Are you really that bad?" A few minutes... (Woolmer, Bob 2006, Art and Science of Cricket)

### **Purpose of the Study**

Purpose of the present investigation, therefore, was to seek answers to the following questions.

1. Do players of losing teams in the earlier rounds show higher levels of cognitive anxiety than the players of winning teams?
2. Do players of winning teams show increasingly higher levels of cognitive anxiety as they advance towards final round of a tournament?

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Cricket, like any other sport, is an emotional activity and a cognitive one, in which players have to make decisions or to execute a skill using the knowledge that one already possesses but "are colored by feelings and perceptions of competition". In the present study researcher tried to investigate the varying level of state anxiety of a team which progresses through a tournament and enquire into differing levels of anxiety between winners and losers in a tournament.

**Methodology**

The subjects for the study were 113 male cricket at players, who represented different Colleges of India who participated in All India Inter Collegiate Cricket Tournament "SPREE 2104" Organized by BITS Pilani K.K.Birla Goa campus as their Annual sports festival. 'Sports Competitive State Anxiety Inventory – II' (Martens, Vealey and, Burton, 1990) was administered to the participants 20 minutes prior to their

respective matches. The inventory provided score on state cognitive anxiety, state somatic anxiety and self-confidence. Pre Quarter 16 teams, quarter finals eight teams participated. In the third round, i.e. semifinals four teams and in the finals two teams participated.

**Result**

Presented below (table 1) are the descriptive statistics of cognitive, somatic anxiety and self-confidence and total anxiety of the players prior to their respective matches in respective rounds. Since eight teams participated in the quarter finals we have maximum number of respondents where as only two teams participate in the final round we have minimum number of repondents in the finals. A cursory glance at the total anxiety suggests that the anxiety increases as the players progress through the tournament.

**Table 1:** Mean and Standard Deviations of Cognitive Anxiety, Somatic Anxiety and Self-confidence of Members of Participating Teams

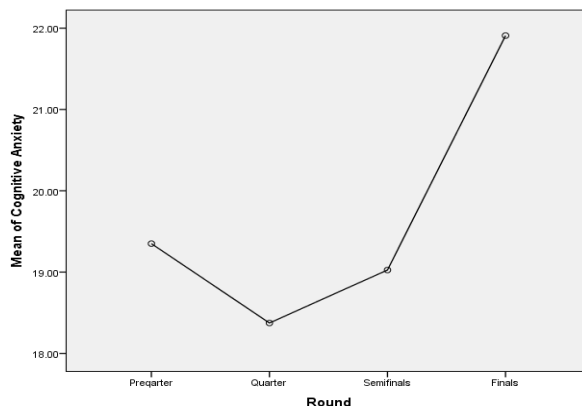
Round	N	Cognitive Anxiety (CA)		Somatic Anxiety(SA)		Self Confidence(SC)		Total Anxiety (TA)	
		Mean	SD	Mean	SD	Mean	SD	Mean	SD
PQF	40	19.35	3.89	18.07	4.58	25.60	3.89	37.42	7.21
QF	91	18.37	5.43	18.09	5.55	25.70	4.95	36.47	9.94
SF	39	19.02	5.61	16.64	4.53	26.02	5.34	35.66	9.25
Final	22	21.90	3.90	17.72	4.51	24.09	5.05	39.63	6.99
Total	192	19.11	5.11	17.75	5.05	25.56	4.84	36.86	8.99

Presented in table-2 is the summary of ANOVA between four levels of participation, viz., pre-quarter, quarter, semifinal and final rounds of the tournament. It may be observed that only the differences in CA between the various levels of the tournament significantly differed where as none of the other anxiety parameters significantly differed.

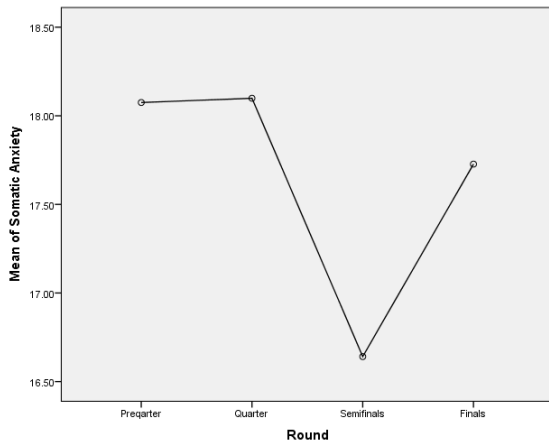
An examination of post-hoc analysis (table 2) revealed that cognitive anxiety significantly increased from quarter finals to semi-finals and to finals. The increase in anxiety from quarterfinals to finals appears to be much more than from semi-finals to finals. However, it is surprising to observe that there was no significant change in the somatic anxiety and self-confidence levels.

**Table 2:** Summary of Analysis of Variance of Cognitive Anxiety, Somatic Anxiety, Self Confidence and Total Anxiety between various rounds of the tournament

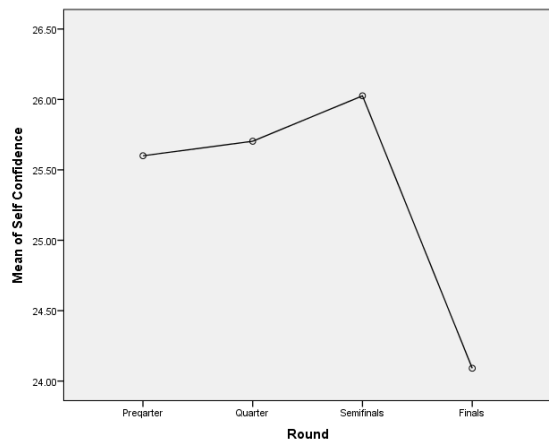
	Source	SS	df	MS	F	p
Cognitive Anxiety	Between Groups	224.29	3	74.76	2.95	.034*
	Within Groups	4759.18	188	25.31		
	Total	4983.47	191			
Somatic Anxiety	Between Groups	63.27	3	21.09	.825	.481
	Within Groups	4804.22	188	25.55		
	Total	4867.49	191			
Self Confidence	Between Groups	57.86	3	19.28	.820	.484
	Within Groups	4421.38	188	23.51		
	Total	4479.25	191			
Total Anxiety	Between Groups	251.53	3	83.84	1.03	.378
	Within Groups	15206.21	188	80.88		
	Total	15457.74	191			



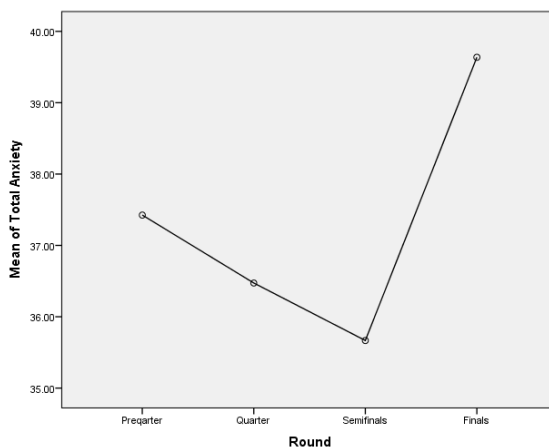
**Fig 1:** Levels of cognitive anxiety of all players prior to pre-quarter, quarter, semi finals and finals of the tournament.



**Fig 2:** Levels of somatic anxiety of all players prior to pre-quarter, quarter, semi finals and finals of the tournament.



**Fig 3:** Levels of self-confidence of all players prior to pre-quarter, quarter, semi finals and finals of the tournament.



**Fig 4:** Levels of total anxiety (cognitive + somatic) of all players prior to pre-quarter, quarter, semi finals and finals of the tournament.

**Discussion**

- It may be observed in figure 1 that the teams (4-teams) that entered the first round (pre-quarter) had higher cognitive anxiety than those which entered the quarterfinals (not significant).
- Perhaps the four teams that entered the tournament without any bye in the first round were anxious on

account of lack of acquaintance of the environment and the opponent teams.

- Upon completion of the first round, all the teams because of the time they spent during the first two matches got themselves acquainted with the environment, thus entered the second round with less cognitive anxiety.
- Perhaps this contributed to significant increase in cognitive anxiety before the finals. Although the cognitive anxiety increased before the semifinals, it was not significant. However, prior to the finals the cognitive anxiety increased dramatically.
- Perhaps both teams that entered the final round, perceived the situation as more threatening. The trends in somatic anxiety and self-confidence, though not significant, also reiterate what is said earlier.

**Conclusion**

It is therefore, concluded that while both cognitive and somatic anxieties increase the confidence levels decrease.

**Recommendations for Future Research work and Coaches and Administrators**

In view of the state anxiety, which can be controlled, it is recommended that the coaches realize this and take necessary measures to regulate the levels of anxiety of their players during a tournament for success.

1. The coaches themselves have to maintain their psychological composure, which should reflect in their body language during the tournament.
2. The coaches should know the theory and practice of techniques of relaxation and help their players physically relax thereby reduce somatic anxiety.
3. Further research is recommended to investigate the interaction of trait anxiety and state anxiety during a tournament.

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