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## **A study among individual sports, combine sport and team sports on competition sport anxiety**

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### **Abstract**

The purpose of the study was to find out the anxiety level among individual, team and combine sports. 90 subjects were randomly selected, 30 each from individual, combine and team sports. The age of the athletes were from  $22 \pm 5$  years old. The individual sports athletes were chosen from athletics, archery, cycling and horse riding. Combine sports athletes were chess boxing, korfbal and team sports athletes were from football, hockey and basketball. All were contestant in the national games from Kerala (31 January 2015 to 14 February 2015). The Sport Competition Anxiety Test by (Merten, 1977) was used for evaluation of anxiety of athletes. One way analysis of variance was used to evaluate among the groups on competition anxiety level. The results explain that in spite of different nature of activities there is also different level of sports anxiety exist in between individual sports and team sports athletes and the differences doesn't exist between individual sports and combine sports and combine with team sports athletes. And as compared to the mean scores among the sports the anxiety level is slightest in individual sports.

**Keywords:** Individual Sports, Combine Sports and Team Sports, Anxiety.

### **Introduction**

The sports in this category usually have individuals, rather than teams, as participants, although it is possible to create a team competition in any sport by combining the results of several individual competitors or by having team members take turns to play. The possibilities are endless and you should find a person, people or group local to you that could help. You should develop a programme which is interesting, relevant to you and will improve your physical fitness. Along the way you'll have fun, make friends, learn new skills - or even share your own skills with others.

Here are just a few ideas of the sort of things you could do to get you started:

### **Athletics**

- Learn a new athletic discipline, such as discus, javelin or shot put
- Join your local athletics club to improve your technique and compare it
- Aim to beat the school record at hurdles through regular practice
- Train regularly and compete in competitions, improving your time

### **Archery**

- Get instruction on how to perfect your stance and focus and set and achieve personal targets each week
- Go to your local archery club regularly and improve through sharing techniques with others
- Train for and compete in an archery contest
- Take a weekly beginner's archery course and gain a certificate

### **Cycling**

- Go on weekly mountain bike rides, improving your distance and stamina over time
- Learn how to ride a bike with the help of family or friends
- Race in speed trials at a local velodrome

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- Go cycling every week with a local club, going on different routes and setting fitness or speed targets

#### **Horse riding**

- Learn how to horse ride through weekly lessons
- Improve your riding by having regular training with a qualified instructor
- Study and train for your pony club exams
- Discover dressage and learn how to jump. Show off your skills in a competition

Remember, these are just a few ideas. Chat to your Leader, family, friends and people who've already achieved an Award to see what they've done and what opportunities are available in your local area.

Combined Sports encourages social interaction and skills development in sports, Darts partaking in tuition, practice and competitive activities.

Sport can be a fun way for participants to stay fit and active. You can rediscover your favorite sport or maybe you can investigate other activities that you thought about doing but just didn't quite get around to learning. Members from 18 years and up at all levels of experience are welcome and encouraged to join. It's a fabulous way to meet new people and is a lot of fun with not just our sporting but also social sporting events.

A hybrid sport is one which combines two or more (often similar) sports in order to create a new sport, or to allow meaningful competition between players of those sports.

#### **Chess boxing**

A hybrid sport which combines the sport of boxing with games of chess in alternating rounds. Chess boxing fights have been organized since early 2003. The sport was started when Dutch artist Iepe Rubingh, inspired by fictional descriptions of the sport in the writing of Enki Bilal, organized actual matches. The sport has become increasingly popular since then. To succeed players must be both skilled chess players and skilled boxers.

#### **Korfbal**

Several claims that it was developed as a hybrid of netball and basketball to enable play between teams of mixed gender. Despite the origins of korfbal, today it does facilitate exactly that purpose.

A team sport includes any sport which involves players working together towards a shared objective.

A team sport is an activity in which a group of individuals, on the same team, work together to accomplish an ultimate goal which is usually to win. This can be done in a number of ways such as outscoring the opposing team. Team members set goals, make decisions, communicate, manage conflict, and solve problems in a supportive, trusting atmosphere in order to accomplish their objectives. This can be seen in sports such as basketball, volleyball, water polo, handball, lacrosse, cricket, baseball, and the various forms of football and hockey amongst others.

Every team sport is different. Some team sports are practiced between opposing teams, where the players interact directly and simultaneously between them to achieve an objective. The objective generally involves teammates facilitating the movement of a ball or similar object in accordance with a set of rules, in order to score points. This usually involves careful strategic planning, good preparation, and a mental

and physical toughness of each individual that is part of the team. Team sports rely on all of the players working together equally in order to succeed at the task at hand. Being part of a team sport requires that each athlete has patience and perseverance since the goals put forth to accomplish might take some time to meet. This involves a good deal of dedication, hard work, and good leadership over that span of time.

However, other types of team sports do not involve teammates facilitating the movement of a ball or similar item in accordance with a set of rules, in order to score points. For example, swimming, rowing, sailing, dragon boat racing, and track and field among others are also team sports. In other types of team sports there may not be an opposing team or point scoring, for example, mountaineering. Instead of points scored against an opposing team, the relative difficulty of the climb or walk is the measure of the achievement.

#### **Football**

Football is perhaps the most popular game in the world. Almost all the progressive countries are fond of playing football. The games make the players healthy and disciplined and develop in their mind a team spirit and sense of tolerance. Football game is played for ninety minutes with a break of five minutes in the middle of the game. It is played between two teams each having eleven players. The games played by kicking the ball, and trying to send it between the two goalposts of the opponent team. There is a goalkeeper on each side to resist the scores of goals shot from the rival team. The goal-keeper is allowed to touch the ball by hand, while others are not. The team, which scores more goals, is declared the winner.

#### **Hockey**

Field hockey is played on gravel, natural grass, sand-based or water-based artificial turf, with a small, hard ball approximately 73 mm (2.9 in) in diameter. The game is popular among both males and females in many parts of the world, particularly in Europe, Asia, Australia, New Zealand, South Africa, and Argentina. In most countries, the game is played between single-sex sides, although they can be mixed-sex.

The governing body is the 126-member International Hockey Federation (FIH). Men's field hockey has been played at each summer Olympic Games since 1908 (except 1912 and 1924), while women's field hockey has been played at the Summer Olympic Games since 1980.

Modern field hockey sticks are J-shaped and constructed of a composite of wood, glass fibre or carbon fibre (sometimes both) and have a curved hook at the playing end, a flat surface on the playing side and curved surface on the rear side. All sticks are right-handed – left-handed sticks are not permitted. While current field hockey appeared in mid-18th century England, primarily in schools, it was not until the first half of the 19th century that it became firmly established. The first club was created in 1849 at Blackheath in south-east London. Field hockey is the national sport of Pakistan. It was the national sport of India until the Ministry of Youth Affairs and Sports declared that India has no national sport in August 2012.

#### **Basketball**

Basketball is one of the few sports whose exact origin is definitely known. In the winter of 1891–1892, Dr. James

Naismith, an instructor in the YMCA Training College (now Springfield College) at Springfield, Mass., deliberately invented the game of basketball in order to provide indoor exercise and competition for the students between the closing of the football season and the opening of the baseball season. He affixed peach baskets overhead on the walls at opposite ends of the gymnasium and organized teams to play his new game in which the purpose was to toss an association (soccer) ball into one basket and prevent the opponents from tossing the ball into the other basket. Because Dr. Naismith had eighteen available players when he invented the game, the first rule was: "There shall be nine players on each side." Later the number of players became optional, depending upon the size of the available court, but the five-player standard was adopted when the game spread over the country.

Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat; whereas anxiety is the expectation of future threat. Anxiety is a feeling of fear, worry, and uneasiness, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder.

People facing anxiety may withdraw from situations which have provoked anxiety in the past. There are different types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face test anxiety, mathematical anxiety, stage fright or somatic anxiety. Another type of anxiety, stranger anxiety and social anxiety are caused when people are apprehensive around strangers or other people in general. Anxiety can be either a short term 'state' or a long term "trait". Anxiety disorders are a group of mental disorders characterized by feelings of anxiety and fear, whereas trait anxiety is a worry about future events, close to the concept of neuroticism. Anxiety disorders are partly genetic but may also be due to drug use including alcohol and caffeine, as well as withdrawal from certain drugs. They often occur with other mental disorders, particularly major depressive disorder, bipolar disorder, certain personality disorders, and eating disorders. Common treatment options include lifestyle changes, therapy, and medications.

**Methodology**

90 subjects were randomly selected, 30 each from individual, combine and team sports. The age of the athletes were from 22±5 years old. The individual sports athletes were chosen from athletics, archery, cycling and horse riding. Combine sports athletes were chess boxing, korfbal and team sports athletes were from football, hockey and basketball. All were contestant in the national games from Kerala (31 January 2015 to 14 February 2015). The Sport Competition Anxiety Test by (Merten, 1977) was used for evaluation of anxiety of athletes. One way analysis of variance was used to evaluate among the groups on competition anxiety level.

**Results**

**Table 1:** Descriptive Statistics for the Data on Anxiety of Different Sports

Sports	N	Mean	SD	SED	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Individual Sports	30	18.97	3.75	0.57	17.12	20.82
Combined Sports	30	19.07	2.84	0.42	16.71	21.43
Team Sports	30	19.56	2.11	0.31	18.64	20.48
Total	90	18.56	2.76	0.28	17.89	19.24

**Table 3:** Post Hoc Comparison of Mean by Using Lsd Test

(I) GROUPS	(J) GROUPS	Mean Difference (I-J)
Individual Sports	Combined Sports	-0.10
	Team Sports	-0.59
Combined Sports	Individual Sports	0.10
	Team Sports	-0.49
Team Sports	Individual Sports	0.59
	Combined Sports	0.49

\*different is significant at .05 levels

The table demonstrates that there is significant difference between the individual sports and team sports in the anxiety level. But no significant difference was found between individual and merge as well as team sports and combine sports.

**Discussion**

Combine sport athletes (Triathletes) are flexible to setbacks, can arrangement with pressure, and are not easily frightened. The best triathletes in the world are those who vigorously work to overcome their failing. Successful triathletes organize for their events in go forward. They have practiced every situation in their minds a hundred times before it occurs. (Friel *et al.*, 2013). The prolong efforts begin from infancy and a routine of effortful activities optimized development as well as lead to differences among the elite performers, and Individual differences are directly related to assess amount conscious practice (Ericsson *et al.*, 1993) [9]. Well trained swimmers had lower feelings of tension, depression, anger, fatigue, confusion, and higher feelings of vigor. They are more focused to the performances (Goss, 1994). And might be there motivation level might be differences (Lee *et al.*, 2010). So this might bring the significant differences between individual sports and team sports. The scholar has been extensively reviewed in this area but there is lack of critical literature.

Major factors perceived to have positively predisposed recital included mental skills and preparation, approach towards the Olympics, support services and support facilitation, multifaceted preparation, physical preparation, and coaching (Greenleaf *et al.*, 2001). As per the norm given in the questionnaire they have average level of competition anxiety but the individual sports have lower anxiety level as compared to combine and team sports. Might be the differences among the sports might be useful in predicting performance enhancing; adherence to exercise programs (Clingman *et al.*, 1987) [3]. Top triathletes have a strong, solid belief in themselves and their ability to perform well.

Their confidence is so deep that it is almost indestructible, unaffected by outside pressure. A person well trained physically has little difference between his physiological and psychological limits. Motivation schemes are useful to reduce this difference (Lee *et al.*, 2010). And all the athletes in the present study are well trained athletes. So this might failed to bring the significance differences in between individual and combine sports and combine sports and team sports. But there is lack of critical literature which shows that the similarities existed in between individual sports and combine sport and combine sport with team sports.

### Conclusion

The present study shows that in spite of different nature of activities there is also different level of sports anxiety exist in between individual sports and team sports athletes and the differences doesn't exist between individual sports and combine sports and combine with team sports athletes. And as compared to the mean scores among the sports the anxiety level is least in individual sports.

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