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Relations of cognitive and somatic state anxiety, and self-confidence between male and female football players in Ethiopia

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Abstract
The purpose of this study was to the associations of sport competition anxiety levels in between male (121) and female (110) football players. Age of the subjects ranged between 18-32 years. Clubs were sampled by purposive sampling techniques by yearly ranks from Ethiopia premier league clubs at the competition season of 2016/17 and subjects were selected by simple random sampling technique. The variable selected for the present study was sports competitive anxiety between male and female football players. In this study used 27-question was used (Illinois competition test). The descriptive statistics and chi-square was found a significant association in cognitive state anxiety applied $p \leq 0.05$. And no significant associations carried out in both somatic state anxiety and self-confidences. Standing from these data output that able to conclude from psychological skills training variables specifically cognitively there were no gender effect on football players in Ethiopia. On the other hand, there were more effects on athletes' athletic performance in both somatically and self-confidence in 2016/17 primer league competition season. On wards from these, there should be a suggestion sentences that further studies with a larger scale group are needed to determine the effect of gender on cognitive and somatic state anxiety and also self confidence levels well again better or vice versa.

Keywords: Cognitive, somatic, competitive Anxiety level, self-confidence, primer league

1. Introduction
Sport Psychology is one of the most important training sciences of the present time in any sport activities. This practice focuses on training athletes to use their mental abilities beside with their physical talent to reach athletes' peak performance. Sports Psychologists analyze the performance of athletes and use motivational, cognitive, and behavioral principles to teach them to their peak performance levels. Psychological skills description shows a significant quantity in athletic performance. Studies reveal that the good performers are good in psychological skills training as compared to poor performers. So, in the light of this, present study assessed level of psychological skills training (cognitive and somatic anxiety and self-confidence) in relation to male and female Ethiopian football premier league 2016/17 players.

Cognitive state anxiety shows itself as the perception of stress-causing situation as dangerous and as a result of increase in the intensity of situational emotive reactions; it becomes constant (Arslanoğlu, Tekin, Arslanoğlu, *et al*., 2010) [2]. Results of different studies have shown that the paramount effective factors on athletes' performance are some variables such as athletes' skill level, experience, participation in critical games competition anxiety, mental skills and sport type (Hanton *et al*., 2002) rate of effort and applied strategies. But (Bray *et al*. 2003) [17]. Consider host and guest states as the foremost factor for occurrence of anxiety in athletes Claudio *et al.*, (2007) [17]. Evaluation and measurement of factors such as pre-competition anxiety, anger, concentration, and rate of using sport- imagery skill may noticeably affect on self- confidence and at last success of athletes Robazza *et al*. (2003) [21]. It is believed that experiencing somatic state anxiety has a facilitating effect on peak performance of the athletes who has low level of traitor cognitive state anxiety but it has an adverse effect on athletic performance of those who have high level of cognitive/trait state anxiety Humara, (1999) [6, 8, 11, 19, 20]. Thus the effective factors on team performance and success may be summarized in three variables of athletes' characteristics, coaches' traits and

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team factors. One can classify characteristics of athletes into some factors like age, background, motive, anxiety, and self- confidence of players; coach's trait like Coaching rank, age, background, leadership style and behavior of coach; and eventually team factors including previous successes of team or group and team's solidarity and self- confidence Robazza, *et al.*, (2004) [15]. The results of different investigation indicate that application of various psychological skills for preparation of appropriate mental readiness is strictly related to rate of achievement and performance in athletes Susan (2001) [22]. The effect of competitive anxiety on athletic performance varies depending on type of sports events, gender experience, and etc Humara, (1999) [6, 8, 11, 19, 20]. Thus in this study, explored the relationships of gender on competition anxiety level (cognitive and somatic anxiety and self- confidence) on Ethiopian football players at Premier League of 2016/17. (Seid Suleiman, 2016) [12, 13, 14] Competitive anxiety is one of the factors to decrease athletes' performance Esfahani & Soflu., (2010). Feelings of tension, thinking of upcoming events in their mind, nervousness, and worry and involved in physiological changes such as increased in heart rate response are common response for the athletes prior to the competition Hackfort & Spielberger, (1989).

There are several factors affecting the performances of any athletes. Performance is not only a physical qualification but it is also regarded as a psychological process. Anxiety is one of the fundamental feelings of humans and it emerges during distressful situations Öner, Le Compte, (1985); Humara, (1999) [6, 8, 11, 19, 20]. For instance, the anxiety experienced before or during competition emerges as physiological hyper alertness and tension Engür, (2002). The impact factors on performance since it affect such psychological factors as self-confidence, motivation, coordination and decision making. Somatic state anxiety is defined as the expression of complex emotive reactions that an individual gives to the stress caused by environmental conditions and threatening situations (Kuru, 2000) [16] cognitive/ trait state anxiety can be defined as the state of uneasiness, distress, pessimism, over sensitiveness and giving intensive emotive reactions free from environmental conditions Öner, Le Compte, (1985) [6, 10].

Female athletes were found to be more related with focusing on doing the best and preparation level to the competition Humara, (1999) [6, 8, 11, 19, 20]. The associations detected between male and female athletes in literature have made further studies more important. This and other reasons forced the researcher to decide to study whether there is an association between the two anxiety and self-confidence levels of male and female athletes in Ethiopian football clubs premier league at the competition season of 2016/17.

The effect of anxiety on performance depends directly on the type of task considered. In most cases heightened arousal state has been found to facilitate simple performance such as fingers tapping, eyelid conditioning and verbal memory task. On the other hand, as anxiety reaches a certain level, a breakdown of psychological and physiological integrative mechanisms in occur; resulting in less efficient performance is more complex tasks. Anxiety has a temporal relationship to performance. The level of anxiety evidenced prior to performance may be different from arousal during performance. During performance anxiety is often lessened, since the individual must concentrate on his own actions rather than on his internal fears. High anxiety sometimes results in more activity on the part of the individual but often this activity is pointless, inflexible and rigid. Since anxiety operates increase tension levels within the organism, as might be expected in efficient performance is the result in competed tasks.

2. Objectives of the study
The specific objectives of this study under this sub topic were:
▪ Categorized the level of competitive sports anxiety test of different level of male and female football athletes.
▪ Illustrated whether there were a significant association in between male and female football players.
▪ Searched out total team sport athletes' competition anxiety test levels.

3. Methods
First the variable selected for this study was sports competition anxiety (cognitive and somatic state anxiety and self-confidence). The psychological characteristics as sports anxiety were being relevant and contribute factors for performance efficiency of football. Hence, this variable was considered appropriate for the purpose of this study. Subject Selection for this study, 121 male and 110 female athletes total 231 aged in between 18-32 years from Ethiopian football premier league 2016/17 contestant clubs. 6 clubs from the total of 16 male and 6 clubs from the total of 10 female clubs were selected by purposive sampling techniques based on their ranks of the year scores. Also subjects from both sexes were sampled by simple random sampling technique calculating by sample size ratio formula. Data collection tool used Illinois competition test having 27 items categorized by three parts; cognitive state anxiety, somatic state anxiety and self-confidence. Each item category had nine questions. Evaluation of the Survey of competition anxiety was a Likert-type response scale, and distinguished by the updated brianmac's competition anxiety levels (software). As Brainmac's software calculated, the two competitive state anxiety and self-confidence within the range of 9-15 low, 16-22 medium and 23-36 high. The scoring scale is called the competitive state anxiety inventory-2 (CSAI-2), a sport- specific state anxiety scale developed by Martens, Vealey, Burton (1990). As mentioned above, the scale divided anxiety in to three components: cognitive anxiety, somatic anxiety, and a related component- self-confidence. Self-confidence tends to be the opposite to cognitive anxiety and is another important factor in managing stress. To score the CSAI-2, took all the scores for each item at face value with the exception of item 14, where "reverse" the score. For example, if the respondent circled 3, count that as 2points (1= 4, 2= 3, 3= 2, and 4= 1). A competitive anxiety scales each of, which comprises 27 items and was scored on 4-point forced-choice, ranging from not at all up to almost always. Scores range from 9 to 36, with lower scores suggesting lesser levels of anxiety and higher scores suggesting greater levels of anxiety Spielberger, Gorsuch, Lushene, (1970). Both scales include direct and reverse worded items. Direct-worded items represent the presence of anxiety in a statement such as "I am concerned about this competition." Reverse-worded items represent the absence of anxiety in a statement such as, "I feel nervous". A cognitive state anxiety statements were the items of 1,4,7,10,13,16,19,22, 25, and somatic state anxiety

statements were the items of 2, 5, 8,11,14,17,20, 23 and 26, and self-confidence statements were the items of 3, 6, 9, 12, 15, 18, 21,24,and 27. After the weighed scores of all statements were calculated and the total weighed score of each statement was summed separately. Then, a constant value is added to this result. This constant value is 36 and 9 the highest and the least value to each sampled subjects. The final score is the anxiety score of a sampled subjects level were ranged by Brainmac's software whether athletes were had high, medium, or low anxiety, and self confidence level.

4. Data Analysis

The statistical analysis of data has been presented in this study. The Sports Competition Anxiety data was collected on total (N=231) (hundred two thirty one) male football Players, 121 and female football players 110. In order to evaluate the data obtained from the study, I used SPSS 16.0 packaged software. As descriptive statistics, minimum, maximum, average, standard deviation, median and 25-75% values were given. I used chi- square test, Sport types cognitive state anxiety Cross tabulation. As significance level used, $> \leq 0.05$.

Table 1: cognitive state anxiety relationship with football players in gender

Male and female team sport sampled Players in 2016/17 * cognitive state anxiety Cross tabulation						
			cognitive state anxiety			Total
			Low	medium	high	
Male and female Football Players sampled clubs 2016/17	None	Count	3	29	232	264
		Expected Count	5.3	30.4	228.3	264.0
	AFM	Count	7	18	96	121
		Expected Count	2.4	13.9	104.6	121.0
	AFF	Count	0	10	100	110
		Expected Count	2.2	12.7	95.1	110.0
Total		Count	10	57	428	495
		Expected Count	10.0	57.0	428.0	495.0
AFM = male, AFF =						

female Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	14.569[a]	4	.006
Likelihood Ratio	14.073	4	.007
Linear-by-Linear Association	.019	1	.889
N of Valid Cases	495		
a. 2 cells (22.2%) have expected count less than 5. The minimum expected count is 2.22.			

Symmetric Measures			
		Value	Approx. Sig.
Nominal by Nominal	Phi	.172	.006
	Cramer's V	.121	.006
N of Valid Cases		495	

The sampled 231 football male players of 495 targeted population were evaluated from team sampled clubs in 2016/17 whether the number of male athletes who low cognitive anxiety (f = 7) was equal to the number of athletes who medium (f= 18) and was also equal to the number of athletes who high(f= 96) or football team players number of female athletes who low cognitive anxiety (f = 0) was equal to the number of athletes who medium (f= 10) and was also equal to the number of athletes who high (f= 100). The data

was analyzed a chi squared goodness fit test. The null hypothesis was retained, $x^2 = (4) = 14.57$, p =.006. There was a significant association in between male and female football players by their cognitive anxiety levels. The null hypothesis was rejected.

Based on Cramer's V- effect size level applies: symmetric measures Cramer's v applies and indicated.303, it was high level and high strength associations, p(.006).

Table 2: Somatic state anxiety relationship with football players in gender

Male and female team sport Players under the sampled clubs in 2016/17 * somatic state anxiety Cross tabulation						
			Somatic state anxiety			Total
			Low	medium	high	
Male and female Football Players sampled clubs 2016/17	None	Count	7	31	226	264
		Expected Count	8.0	29.3	226.7	264.0
	AFM	Count	6	14	101	121
		Expected Count	3.7	13.4	103.9	121.0
	AFF	Count	2	10	98	110
		Expected Count	3.3	12.2	94.4	110.0
Total		Count	15	55	425	495
		Expected Count	15.0	55.0	425.0	495.0
AFM = male, AFF = female						

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	2.881[a]	4	.578
Likelihood Ratio	2.759	4	.599
Linear-by-Linear Association	.313	1	.576
N of Valid Cases	495		
a. 2 cells (22.2%) have expected count less than 5. The minimum expected count is 3.33.			

Symmetric Measures			
		Value	Approx. Sig.
Nominal by Nominal	Phi	.076	.578
	Cramer's V	.054	.578
N of Valid Cases		495	

The sampled 231 athletes evaluated under team sport category whether the number of male athletes who low cognitive anxiety (f = 6) was equal to the number of athletes who medium (f= 14) and was also equal to the number of athletes who high(f= 101), and athletes evaluated under team sport category whether the number of female athletes who low cognitive anxiety (f = 2) was equal to the number of athletes who medium (f= 10) and was also equal to the number of athletes who high (f= 98). The data was analyzed a chi squared goodness fit test. The null hypothesis was retained, x^2= (4, 231) = 2.881[a], p =.578. There was no significant association in somatic state anxiety between male and female football players. a. 2 cells (22.2%) have expected count less than 5. The minimum expected count is 3.33.

In male athletes except high cognitive anxiety level the actual results were greater than the expected counts. And female athletes; the expected counts of low and medium level were greater than the actual counts, reveres to high level of male counts which was low expected count in females somatic state anxiety.

The effect size of symmetric measures Cramer's v applies and indicated.140, it was small level. The strength of associations of p (.293), which mean it, was under the standardized category of weak level.

Table 3: Self-confidence relationship with football players in gender

Male and female team sport Football Players under the sampled clubs in 2016/17 * self-confidence Cross tabulation							
				self confidence			Total
				low	medium	High	
Male and female Football Players sampled clubs 2016/17	None	Count		124	116	24	264
		Expected Count		124.8	113.1	26.1	264.0
	AFM	Count		59	54	8	121
		Expected Count		57.2	51.8	12.0	121.0
	AFF	Count		51	42	17	110
		Expected Count		52.0	47.1	10.9	110.0
Total		Count		234	212	49	495
		Expected Count		234.0	212.0	49.0	495.0
AFM = male, AFF = female							

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	5.728[a]	4	.220
Likelihood Ratio	5.423	4	.247
Linear-by-Linear Association	.505	1	.477
N of Valid Cases	495		
a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 10.89.			

Symmetric Measures			
		Value	Approx. Sig.
Nominal by Nominal	Phi	.108	.220
	Cramer's V	.076	.220
N of Valid Cases		495	

From both sex 231 football players targeted to evaluate their self-confidence selected to infer the Ethiopian team club members in 2016/17 competition season. The writer examined from these football players whether the number of male athletes who low self-confidence (f = 59) was equal to the number of athletes who medium (f= 54), and was also equal to the number of athletes who high self-confidence (f= 8), and associate with football players number of female athletes who low cognitive anxiety (f = 51) was equal to the

number of athletes who medium (f= 42) and was also equal to the number of athletes who high (f= 17). The data was analyzed a chi squared goodness fit test. The null hypothesis was retained, x^2= (4) = 5.728[a], p =.220. There was no significant association in between male and female football players by their self confidence level. a. 0 cells (.0%) have expected count less than 5 none violate. The minimum expected count is 10.89.

The effect size of symmetric measures Cramer's v applies and indicated.184, it was medium level. The strength associations of p(.220), medium.

5. Discussion

This study was carried out to determine whether gender has an effect on the anxiety level of the athletes in team and individual sports. While the age range of the athletes was 18-32; sporting age range were 18-22, 23- 27, and 28- 32 years experiences in both females and males athletes. I found statistically significant associations between male and female athletes in cognitive State anxiety, and no statistically significant associations in both somatic State anxiety and self confidence level of male and female football players. In another study similar to my topic, carried out to measure the effect of competitive trait anxiety on young athletes taking part in team sports in terms of several factors, no significant difference was observed between the genders (Smith, 1983). Secondly, the second similar study aiming to observe psychological effects of exercise on college students in terms of gender, no significant difference was observed in trait anxiety levels between male and female athletes Aşçı, (2009). Thirdly, found no significant difference between state and trait anxiety scores of the athletes before and during the competition Civan, Arı, Görücü, *et al.*, (2010). Gender had no important influence on the two components anxiety and self confidence level and perceived threat types, as I concluded in my study. Although there are several studies supporting my results in literature, there are also some studies having come to different conclusions. Similarly, in a study in which the effect of achievement goals and gender on multidimensional anxiety in elite international athletes was studied, female athletes were observed to have more performance anxiety, concentration impairment and physical anxiety than the male ones Abrahamsen, Roberts, Pensgaard, (2008). Study aimed to determine the relation between competition anxiety and performance in male and female college basketball players, female athletes were observed to have higher anxiety scores compared to the male athletes. In another study aiming to determine the state and trait anxiety levels of the athletes taking part in intercollegiate premier basketball league competitions, a significant difference was observed between the genders in terms of state anxiety levels and this difference was caused by females' having higher anxiety scores than male athletes. In my study, the athletes were interviewed at just before a competition. The age ranges of both the male and female athletes were the same. In spite of difference in their gender differences, both groups competed in Ethiopian premier league in 2016/17.

5.1 Look upon cognitive state anxiety

Conclusion: In both sex cognitive state anxiety sum number of 7(3%) respondents replied low, 28(12%) said medium, and 196(85%) answered the choice of high anxiety level column faced during their competitions. The mean of cognitive state anxiety from the findings were; male which was equal to 2.74, female 2.91. There was a significant association in between male and female team/football players. Generally, as we have seen from the large number respondents said high, they had high cognitive state anxiety in both sex team/football players. These infer Ethiopian team sport athletes were under high cognitive state anxiety.

In the same topic, in Ethiopia, as Dr. said Suleiman, 2016, [12] concluded that there was average cognitive state anxiety in between male football athletes based on their playing positions.

5.2 Mull over somatic state anxiety

In both sex cognitive state anxiety sum number of 8(3%) respondents replied low, 24(11%) said medium, and 198(86%) answered the choice of high anxiety level column faced during their competitions. The mean of cognitive state anxiety from the findings were; male which was equal to 2.79, female 2.87. There was no significant association in between male and female team/football players. As we have seen from the large number respondents said high, they had high somatic state anxiety in both sex team/football players. These infer Ethiopian team sport athletes were within the range of high somatic state anxiety level. But as Seid Suleiman, 2016, in the same topic, in Ethiopia male athletes' results indicated us and concluded in generally there was an average competitive anxiety male football players based on their playing positions.

5.3 Regarded on Self confidence

In both sex cognitive state anxiety sum number of 110(48%) respondents replied low, 96(41%) said medium, and 25(11%) answered the choice of high anxiety level column faced during their competitions. The mean of self-confidence from the data were; male which was equal to 1.58, female 1.69. There was no significant association in between male and female team/football players in their self-confidences. Generally, as we have seen from the large number respondents said low, they had low self confidence in both sex team/football players. These infer Ethiopian team sport athletes were under low self confidence levels.

6. Conclusions

As the data finding told us; there was a significant association in between male and female football players in cognitive state anxiety. The mean of cognitive state anxiety from the findings were; male which was equal to 2.74, female 2.91. (Seid Suleiman, 2016) [12, 13, 14]. The lower the mean the lower competitive anxiety' Martens R, Burton D, R. Martens, R.S. Vealey and D. Burton), Champaign, IL: Human Kinetics (1990, 117–190).

Even if there was a significant associations in between male and female athletes in team games, comparing these two by their mean, male had high cognitive anxiety level than female. And there was no significant association in between male and female athletes in somatic state anxiety and self-confidence. The mean of somatic state anxiety from the findings were; male which was equal to 2.79, female 2.87. Therefore; there was a high female mean level than male. Female had high somatic anxiety level than male. Lastly; the writer concluded about self-confidence from the data gathered, was male mean of self-confidence 1.58, which was lower than female 1.69. Hence, As a form of generally conclusion from the output we had inferred that gender has less significant effect on cognitive state anxiety and no significant effect on somatic state anxiety and self-confidence during their competition in both male and female athletes in team sports of Ethiopian 2016/17 premier league club players. Secondly, in Ethiopia 2016/17 premier league competition season all players without sex differences passed through by having high cognitive and somatic state

anxiety and low self-confidence. To get a better clear investigation value the effect of gender on competitive anxiety levels, it is better to include larger sample groups that more than I used in this study or it is better to do by experimental research.

7. Recommendation
From the data findings the investigators tried to conclude the major suggestions as follows:

The popularity of sport psychology, both as an academic discipline and an applied practice, has grown substantially over the past two decades. One of the primary reasons for this hesitation appears to be a lack of understanding about the process and the mechanisms by which these mental skills affect performance. Unlike the "harder sciences" of sport physiology and biochemistry where athletes can see the tangible results in themselves or other athletes (e.g., he or she lifted weights, developed larger muscles, and is now stronger/faster as a result)

As the result indicated us cognitive and somatic state anxiety of almost all athletes in both sex were high and low in self-confidence. Due to these and other factors they could not able to be maintained their performance permanently. The high cognitive and somatic anxiety the low athletic performed. Low self-confidence leads to low physical performance. These were the most serious problems not to be consistently best competent teams up to now either in nationally and or internationally. Therefore; as a recommendation there should be able to suggest every club players have to coach within a close relationships by a sport psychologists throughout the training and competition seasons.

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