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## **An analysis of pre-competition anxiety between male and female badminton players**

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### **Abstract**

**Aim:** The present study aims to compare the pre-competition anxiety between male and female badminton players of inter-collegiate students of C.C.S. University, Meerut, U.P. The sample consisted of 40 badminton players who had represented the quarter finalist of C.C.S. inter-collegiate competition. To examine the pre-competition anxiety between male and female badminton players, pre-competition anxiety questionnaire (SCAT) developed by Rainer Marten was used. To analyze the raw score and "t test" were computed. The result shows that male and female badminton players differ significantly on their pre-competition anxiety and female are found more anxious (21.42) than male (17.94) in this study has found by the "t test" at 0.05 level of significance.

**Keywords:** Pre-competition, anxiety, badminton, inter-collegiate competition

### **Introduction**

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence 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 an individual to deal with a demanding situation by prompting them to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Anxiety may be positive motivation force or it may interfere with successful athletic performance. As a positive motivating force it can be instrumental in motivating the athlete to work harder to find new and better way to improve performances and to help set goals. The athletic skills and his self-confidence as a negative motivator anxiety may interfere with productive as well as constructive thinking.

Athletes may attempt to handle anxiety by denying the need to work hard. This can lead to development of poor work habits or athletic technique. These often lead to failure and, in turn, lack of confidence and increased anxiety.

The physical effects of anxiety may include heart palpitations, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, or headaches. As the body prepares to deal with a threat, blood pressure, heart rate, perspiration, blood flow to the major muscle groups are increased, while immune and digestive functions are inhibited (the fight or flight response). External signs of anxiety may include, sweating, trembling, and pupillary dilation. Someone who has anxiety might also experience it subjectively as a sense of dread or panic.

The emotional effects of anxiety may include "feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) of danger, and, feeling like mind's gone blank" as well as "nightmares/bad dreams, obsessions about sensations.

Anxiety is one of the most common deterrents to good performance. At worst the effect of anxiety gets the athlete so tied up in knots that he is frozen in fear. At best anxiety subtly impairs performance by distracting the attention. The over anxious individual has a high level of cerebral and emotional activity with neuro-muscular tension that may eventually lead the individual to the exhaustion stage and perhaps to psychosomatic disorders. The effect of anxiety on performance depends directly on type of task considered.

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In most cases the heightened arousal state has been found to facilitate simple performance such as fingers tapping, eyelids, and conditioning and verbal memory task.

On the other hand as anxiety reaches a certain level, a breakdown of psychological and physiological integrative mechanism is often seen to occurred, resulting is less efficient performance is more complex task.

In sports, anxiety plays a paramount role. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he/she could be. Anxiety may be a positive motivating force or it may interfere with successful performance in sports events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non competitive sports, because in the competitive sports, participants are expected to win a great demands are made up on them to succeed.

### Methodology

The samples consisted of 40 male and female badminton players of inter-collegiate of C.C.S. University, Meerut, U.P. These samples were selected from Quarter finalist teams of inter-collegiate of C.C.S. University. Their age ranged between 19-25 years.

### Introduction of the Questionnaires Sports Competition Anxiety Test (SCAT) Questionnaire

It was prepared by Rainer Martens. The test had widely used for measuring anxiety related to sports situation in most of the advanced countries. The test is reliable and valid. The pre-competitive anxiety questionnaire had 15 items out of which 5 were spurious questions which was added to the questionnaire to diminish response bias towards actual test items.

These five questions were not scored. The subject was instructed to respond to each item according to how he generally felt at the time of competition. Every student had three possible responses i.e., • Hardly • Sometimes • Often.

The 10 test items, which were taken for scoring purpose, were 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15. The remaining items i.e., spurious items, which were not scored out, were 1, 4, 7, 10 and 13. The researcher to ensure that the subjects responded to every item and there was no question left unanswered scrutinized the completed questionnaire. The items 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15 were worded in such a manner that they scored accordingly to the following key:

Score	Response
1.	Hardly ever
2.	Sometimes
3.	Often

In case of items 6 and 11 scoring was carried according to the following key:

Score	Response
1.	Often
2.	Sometimes
3.	Hardly ever

However spurious questions i.e., 1, 4, 7, 10 and 13 were not scored out as suggested by Rainer Martens. To examine the pre-competition anxiety between male and female badminton players, the pre-competition anxiety

questionnaire (SCAT) developed by Rainer Marten was used. It is consisted of 15 statements related to competitive situations. Scores obtained by each subjects on each statement were added up which represented one's total score on pre-competition anxiety. Scores obtained on anxiety questionnaire by subjects of various inter universities were added separately and score sheets evaluated in accordance with the instruction laid down in the manual of the test. The data collected was analyzed by using raw scores and ANOVA test at 0.05 level of significance.

**Table 1:** Significance Difference Between Male and Female of Inter of C.C.S. University Badminton Players on Pre-Competition Anxiety

**Table 1:** Shows the results of the "t test" for the calculated SCAT Score.

Group	Mean	S.D.	D.M.	S.E.	Obtained 't' Value
Male	17.94	3.05	3.48	1.09	4.46*
Female	21.42	2.33			

N - 40,

\* Level of Significance = 0.05 Tab0.05 't' = 2.025

From the Table 1 it is evident that the obtained t value is 4.46, which is significant at 0.05 level as the value is greater than tabulated t-value 2.025. It may, therefore, be concluded that the pre-competition anxiety between male and female differs significantly. However, female badminton players possesses more anxiety (21.42) than male badminton players.

### Conclusion

Within the limitation of the present study and on the basis of the results, the following conclusion is found:

- The study revealed that male and female differ significantly in pre-competition anxiety from each other.
- Female are found to be more anxious than male in this study.

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