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Effect of Pre- and Post-Competitive State Anxiety among the Athletes

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Abstract

This study explore investigates and evaluates pre- and post-competitive anxiety, self-confidence, and performance of the athletes. The Cognitive State Anxiety Inventory-2 was administered to collect data from 100 athletes, both men and women, before and after the competition, who participated in annual sports tournament of Subharti University Meerut. The paired t-test was used to find the significant difference between the pre- and post-competition. Results showed that the levels of cognitive state anxiety before the competition were low as compared after the competition and the levels of somatic state anxiety before the competition were high as compared after the competition, whereas the levels of self-confidence before the competition were high as compared after the competition. This study concludes that the levels of cognitive state anxiety increase after the competition as athletes could not perform according to the performance expectations; on the contrary, the levels of somatic anxiety decrease as there was no pressure of performance on the athletes after the competition and the levels of self-confidence decrease after the competition as athletes could not reach their desired performance levels.

Keywords: Anxiety, Athletes, Competitive state anxiety inventory-2, Performance, Pre and post, Self-confidence

1. Introduction

Anxiety is a perspective in which the individual reacts with distress to some occasion that has happened or is doing to happen. The individual's stress over occasions, their events and outcome, when all is said in done are the wellsprings of uneasiness. Be that as it may, tension can be either physical or intellectual in nature. The side effects of substantial tension involve mental concerns and fears (Hann, 2000) [6]. In basic words, it is a kind of passionate aggravation. The sports men like different competitors are nervousness inclined while taking part in competitions. Anxiety is one of the most widely recognized obstacles to overall performance. Even under the least favourable conditions the impact of the anxiety gets the competitor so tangled up that he is solidified in dread. Best case scenario nervousness unpretentiously debilitates execution by diverting the consideration (Greenberg, 1999). Psycho - physical functioning of the organism is disturbed by anxiety various perspectives. As an example, anxious people are said to have diminished deliberate core interest. During uplifted action (anxiety comprehensive) consideration can't stay one - pointed. It shows deadening impact on the person's judgment. Anxiety frequently brings about narrowing of the field of consideration as pertinent signals are avoided (Kamlesh, 2006) [1].

Anxiety is a character normal for reacting to specific circumstances with a pressure disorder of reactions. Anxiety states are then capacity of the circumstances that bring out them and the individual character that is inclined to stress (Simpson, 1980).

Cognitive and somatic Anxiety The relationship between somatic and cognitive anxiety was explained best in Multidimensional Anxiety Theory. This theory explains that both cognitive and somatic anxiety effect performance. The basic premise of multidimensional conceptualizations of anxiety is that the two components of anxiety are independent because they have different antecedents and consequences, particularly that they differently influence behaviour (Martens, 1990) [3]. If an athlete worried about competition (cognitive anxiety), his or her performance will be poor. The relationship between somatic anxiety, where an athlete experiences physiological changes, such as, increases in the levels of muscle tension, nervousness, sweating and heartbeat and performance is however, similar to the inverted-U

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Theory Bull (2000) [2]. When increases in somatic anxiety are recorded in an athlete, it can result in arousal at an optimal level that results in the best performance results. However, an increase in arousal beyond or below the optimal level of arousal will lead to a decrease in athletic performance.

The concept of self-confidence is commonly used as self-assurance in one's personal judgment, ability, power, etc. One's self confidence increases from experiences of having satisfactorily completed particular activities. It is a positive belief that in the future one can generally accomplish what one wishes to do. Self-confidence is not the same as self-esteem, which is an evaluation of one's own worth, whereas self-confidence is more specifically trust in one's ability to achieve some goal, which one meta-analysis suggested is similar to generalization of self-efficacy (Zellner, 1970) [7]. Abraham Maslow and many others after him have emphasized the need to distinguish between self-confidence as a generalized personality characteristic, and self-confidence with respect to a specific task, ability or challenge (i.e. self-efficacy). Self-confidence typically refers to general self-confidence. This is different from self-efficacy, which psychologist Albert Bandura has defined as a "belief in one's ability to succeed in specific situations or accomplish a task" (Luszczynska, and Schwarzer, 2005) [8] and therefore is the term that more accurately refers to specific self-confidence. Psychologists have long noted that a person can possess self-confidence that he or she can complete a specific task (self-efficacy) (e.g., cook a good meal or write a good novel) even though they may lack general self-confidence, or conversely be self-confident though they lack the self-efficacy to achieve a particular task (e.g. write a novel). These two types of self-confidence are, however, correlated with each other, and for this reason can be easily conflated (Bauer, Raymond, 1964) [9].

Purpose of the Study This study was to measure and evaluate the cognitive and somatic anxiety, self-confidence of the athletes and also to measure the effects of cognitive and somatic anxiety, self-confidence on their performance.

Methodology

The Competitive State Anxiety Inventory-2 (CSAI-2) was administered to collect the data from 73 athletes, both men and women, the subjects were randomly selected for the study. An assessment of anxiety and self-confidence 24 h before a competition may not yield the same information about one's state as when administered just 30–60 min prior before the competition and after the completion of the competition and the subjects were also told to write about their feelings before the competition, during the competition and after the competition, held at annual sports tournament of Subharti University Meerut.

Results and Discussion

Table 1: Paired samples correlations

		n	Correlation	Sig
Pair 1	Pre-test and post-test total	100	0.653	0.05

Table 2: Paired samples statistics

				Standard deviation	Standard error mean
Pair 1	Pre- test total	73.42 67	100	8.7684	1.0987
	Post-test total	71.54 67	100	11.4356	1.1453

Results showed that the levels of cognitive state anxiety before the competition were low as compared after the competition, and the levels of somatic state anxiety before the competition were high as compared after the competition, whereas the levels of self-confidence before the competition were high as compared after the competition. The mean in the pre-test is higher as compare to post-test. Most athletes have a high level of anxiety and the level of self-confidence was also high. The levels of cognitive and somatic anxiety are almost the same, whereas their self-confidence is very high.

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