



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 8.4  
IJAR 2021; 7(4): 05-07  
[www.allresearchjournal.com](http://www.allresearchjournal.com)  
Received: 05-02-2021  
Accepted: 09-03-2021

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## Comparison of the competition anxiety among the university level female players from different games in Kerala

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### Abstract

The purpose of the study was to compare the Sport Competition Anxiety of University level female athletes from different games in Kerala, India. 180 University level female athletes from different games were selected as the subjects for the study. The subjects under the study were equally assigned to six groups. The six Groups are given below: Group A - Throw ball; Group B- Table Tennis; Group C- Volleyball; Group D- Badminton; Group E- - Basketball; Group F- Kho Kho. Wet Spirometer was used to measure the Sport Competition Anxiety of the subjects under the study. ANCOVA & Scheffe's Post Hoc test were used to determine the difference between the different groups under the study. The findings of the study indicated that the Players of Kho Kho, Basketball & Badminton showed better Sport Competition Anxiety than the Players of Throw ball, Table Tennis & Volleyball.

**Keywords:** sport competition anxiety & female athletes

### Introduction

Anxiety can have a devastating effect on the performance of an athlete. No matter how much talent or skill one may have, he will never perform at his or her best if he or she lives in fear before every event. The precise impact of anxiety on sporting performance depends on how you interpret your world. In the world today, nearly every concern of human endeavour is thought to be affected by anxiety<sup>[3]</sup>. A number of theories exist concerning the effect of anxiety on performance, and while there seems to be an interaction effect between the amounts of anxiety necessary to maximally perform certain specific task, all theories seems to agree that maximum performance is reduced by too much anxiety. Competitive anxiety should be viewed in two dimensions; trait and state anxiety<sup>[1]</sup>. State anxiety may be conceptualized as a transitory emotional state or condition of human organism that varies in intensity and fluctuates overtime. This condition is characterized by subjective, consciously perceived feeling of tension, apprehension and activation of the autonomic nervous systems. It is an immediate or "right now" emotional response that can change from moment or situation to the next. Trait anxiety is ingrained in a person's personality and the individual with this disorder tend to view the world as a dangerous and threatening place<sup>[7]</sup>. The purpose of the study was to compare the Sport Competition Anxiety of university level Female Athletes from different games in Kerala, India. 180 University level female athletes from six different games were selected as the subjects for the study. The subjects under the study were equally assigned to six groups. The six Groups are given below: Group A - Throw ball; Group B- Table Tennis; Group C- Volleyball; Group D- Badminton; Group E- - Basketball; Group F- Kho Kho. Wet Spirometer was used to measure the Sport Competition Anxiety of the subjects under the study. ANCOVA & Scheffe's Post Hoc test were used to determine the difference between the different groups under the study.

### Methodology

#### Subjects

Kerala was taken as the universe for the present study. 180 University level female athletes from six different games were selected as the subjects for the study. The subjects under the study were equally assigned to six groups.

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The six Groups are given below: Group A - Basketball; Group B Kho Kho -; Group C- Volleyball; Group D- Badminton; Group E-Athletics; Group F- Chess.

### Tool

#### Sport Competition Anxiety Test (SCAT) Questionnaire

**Purpose:** To measure the Sports Competition Anxiety of the subject

### Procedure

Martens Sport Competition Anxiety Test Questionnaire has 15 questions, and scores range from 10 to 30. Higher scores represent higher anxiety. Martens obtained the main reliability coefficient of this test as 0.77<sup>[8]</sup>

Scoring: The score was recorded to the nearest millilitre unit.

### Procedure

180 University level female athletes from six different games were selected as the subjects for the study. The subjects under the study were equally assigned to six groups. The six Groups are given below: Group A - Basketball; Group B- Kho Kho; Group C- Volleyball;

Group D- Badminton; Group E- Athletics and Group F- Chess. Prior to the test, a meeting of all the selected subjects were held and they were explained regarding the objectives of the study, test procedure and effort they had to put in. The necessary data will be collected by administering the test for the chosen variable.

### Statistical Analysis of Data

ANCOVA& Scheffe's Post Hoc test were used to determine the difference between the different Groups under the study.

### Results

The data pertaining to the Sport Competition Anxiety of university level Female Athletes from six different games in Kerala were analyzed by ANCOVA& Scheffe's Post Hoc test with the help of SPSS version 17. Findings pertaining to the Sport Competition Anxiety of university level Female Athletes from six different games which were subjected to analysis of covariance have been presented in the table1. The mean difference of the Sport Competition Anxiety of the subjects under the study for the selected variable is presented in figure1.

**Table 1:** Difference in Means of the university level Female Athletes from six different games in Kerala in Sport Competition Anxiety

Variable	Sources of Variance	df	Sum of Square	Mean Square	'F' Value
Sport Competition Anxiety	Within group	173	4.57	0.026	47.35 *
	Between groups	5	6.249	1.250	

\* Significant at 0.05 level of confidence

F 0.05 (5,173) = 2.21

As the 'F' value was found to be significant in the case of the selected variable, the Scheffe's Post Hoc test was applied to test the significance of the difference between the

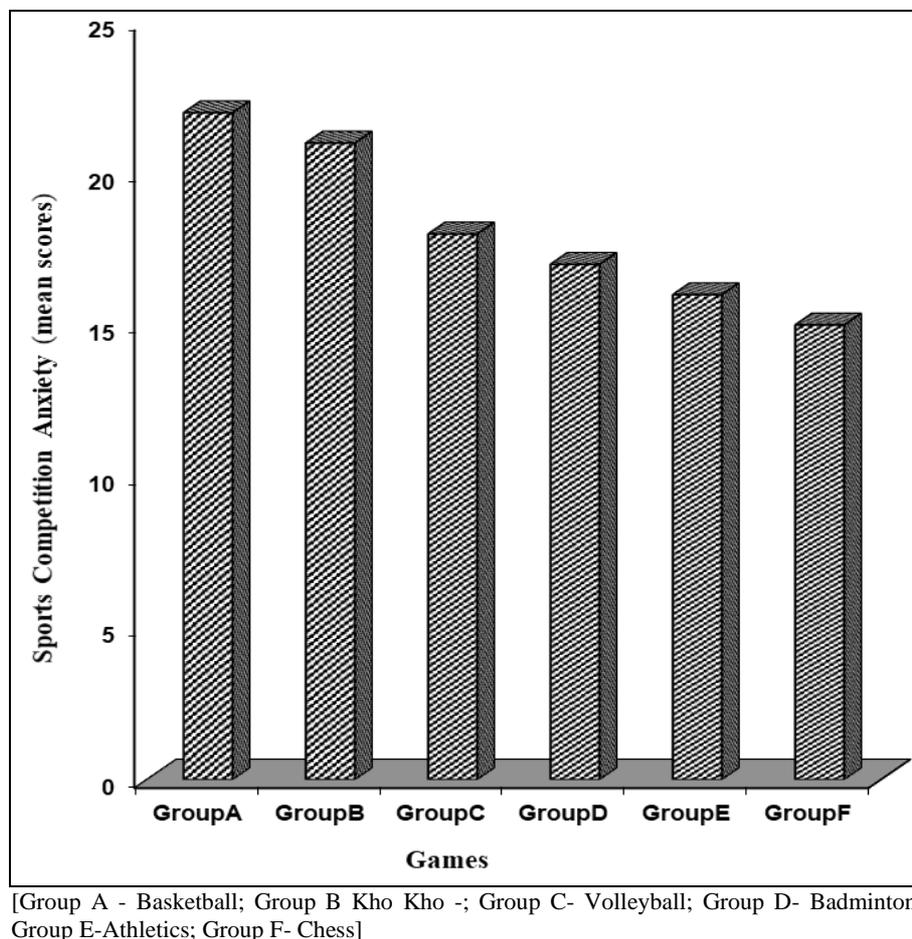
paired means separately for the Sport Competition Anxiety of university level female athletes from six different games in Kerala which was presented in table2.

**Table 2:** Difference between the paired means separately for the Sport Competition Anxiety of the university level Female Athletes from six different games in Kerala

Group A	Group B	Group C	Group D	Group E	Group F	Mean Difference
22	21					2
22		18				4 *
22			17			5 *
22				16		6 *
22					15	7 *
	21	18				3*
	21		17			4 *
	21			16		5 *
	21				15	6 *
		18	17			1 *
		18		16		2
		18			15	3 *
			17	16		1
			17		15	2
				16	15	1

\* Significant at 0.05 level of confidence. The computed value of critical difference at 0.05 level is 2.5.

[Group A - Basketball; Group B Kho Kho -; Group C- Volleyball; Group D- Badminton; Group E-Athletics; Group F- Chess]



**Fig 1:** Sport Competition Anxiety of the university level Female Athletes from six different games in Kerala (means in numbers) are presented in figure1.

## Discussion

The analysis of the results revealed that Basketball, Kho Kho and Volleyball Players have higher Sport Competition Anxiety than Badminton, Athletics, and Chess Players. Sport Competition Anxiety occurs when the demands of the sport are greater than that player's perceived abilities. While a bit of anxiety before a game gives us the push we need to tackle challenges, uncontrolled anxiety can wreak havoc on the performance [6]. Factors such as fear of failure and lack of confidence induce feeling of anxiety in Basketball, Kho Kho and Volleyball Players than Badminton, Athletics, and Chess Players. Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they are faced with challenges. Coaches feel that mental ability is important in achieving success and developing champion athletes. Anxiety in sports is such a huge issue for many athletes that, the better you become, the higher the level of competition, the more anxiety you experience. Breathing exercises can effectively enable a sportsman to relax and prepare for competition [6]. For it to be effective, deep breathing needs to be practiced over time. Goal setting is a simple but useful technique that is important in the reduction of cognitive symptoms. Giving athletes a meaningful direction allows them to focus on achieving their goals. Goals must be agreed with by the athlete and be process related goals and not solely outcome goals [5]. The process of goal setting must be used as a method through which performers develop a route in order to achieve their goals. Positive self-talk is a simple yet effective method to reduce anxiety, and like breathing techniques requires practice on a regular basis [4]. A positive

mind will provide a more balanced approach to competition and therefore provides an improved chance of success.

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