



ORIGINAL RESEARCH PAPER

Physical Education

A STUDY OF SPORTS COMPETITION ANXIETY ON INTER UNIVERSITY FOOTBALL PLAYERS OF VIDYASAGAR UNIVERSITY.

KEY WORDS: Soccer, Anxiety, male & female football players.

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ABSTRACT

Sports Competition Anxiety test (SCAT) constructed and standardized by Martins was administrated on 30 inter university (15 male & 15 female) players of Vidyasagar University. The age of subjects ranged between 19 to 25 years. The purpose of the study was to compare the level of Anxiety between male and female inter university football players of Vidyasagar University, Midnapur, West Bengal. Statistical analysis has been done by T- test and the significance of the result was seen on 0.05 level. The T- test showed that there was no significant difference was found in mean difference among the male and the female Inter university football players in relation to Sports Competition Anxiety.

INTRODUCTION:

One of the most popular issues in sports psychology concern the relationship between male and female players an sports competition Anxiety. Certain components of Anxiety are most important to achieve success in sports. Anxiety is a physiological and psychological state characterized by somatic, emotional, cognitive and behavioral components. The root meaning of the word Anxiety is "to vex or trouble" in either the absence or presence of psychological stress, anxiety can create feeling of fear, worry, uneasiness and dread. Anxiety is considered to be normal reaction to stressor. It may help a person to deal with a difficult situation by promoting one to cope with it.

Soccer is the most popular sports in the world at present. Too many people, too many countries, too many teams played it and of course, too many people watch it. It is apparently one of the ancient sports. Football is known as the king of sports, mainly because it is the game which, is played in one form or the other of all the nations of the world, soccer is the most popular form of Football. Football is the most popular sport on the planet. Football is a game of physical and mental challenges. You must execute skilled movements under game related conditions of restricted space, limited time, physical and mental fatigue, and opposing players. You must be able to run several miles during a game, mostly at sprint like speed, and respond quickly to a variety of rapidly changing situations during play. Finally, you need a thorough understanding of individual, group and team tactics. Today games and sports have become highly competitive. Success in competitive sports places high psycho physical demands on the participants. Most professional and elite amateur athletes will agree that their psychology has a large influence on their sports performance. Most will concede that they could benefit from the services of a sport psychologist. Despite this, the significant majorities underutilize these services (Carmen, Zerman and Blaine, 1968; Brewer and Petrie, 1996). It is well known by all who play sports that defeat often stems from the inability to manage anxiety, fear, anger and aggression (Brewer and Petrie, 1996). Coaches who are ill equipped to handle such matters will attempt to provide a common sense approach to these complex problems and will frequently fail the athlete. Anxiety is considered as a block to an activity. A person who suffers from anxiety may not be able to devote his full energy in the performance of sports. It is therefore, considered by many that anxiety interferes in sports performance. This notion is however, based on an erroneous understanding of the role of anxiety. In fact anxiety might deter learning or performance or might also stimulate it. A great deal of research has been devoted to the effect of anxiety on sports performance. Previous research of sports indicated that the ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes (Hardy, Jones and Gould 1996; Olrick and partington 1988) that is why the researcher is interested to analysis of anxiety of football players in relation to their different playing levels.

The study would helps to prepare and modify psychological training programmers to competition level of players. Also it may help to promotion of sports coaching and educational efforts.

Statement of the Problem:

A study of Sports Competition Anxiety on Inter University football players of Vidyasagar University.

Objective:

the objectives of the study were to find difference in sports competition Anxiety among men and female inter university football players of Vidyasagar University of Midnapur District, West Bengal.

Methodology:

The data was collected from 15 male & female inter university football players of Vidyasagar University of Midnapur District of west Bengal. The questionnaire constructed and developed by Marten (1977) was employed to collect the data from the subjects. All the necessary instructions were given to the subject before the subjects was requested to respond the statement in the questionnaire. The questionnaire was administered on the subjects during the pre- inter university coaching. Camp held at Vidyasagar University, Midnapur, West Bengal.

Data Analysis And Discussion:

The collected data were analyzed statistically computing Mean, S.D and t- ratio to find out significant difference if any between two experienced groups on the psychological parameter considered for the study. The results have been depicted in the following table:

Table: 1 Significance Difference Of Mean Score At Completion Anxiety Among Male And Female Inter University Football Players Of Vidyasagar University Of Midnapur, West Bengal.

Variable	Group Compared	Mean	Standard Deviation	Tabulated "t"	Calculated 't' Ratio
Sports Competition Anxiety	Male	16.4	2.74	2.04	0.24
	Female	18.1	4.12		

Significant at 0.05 level

The t- test showed that there were no significant difference in the "t" value exists between male and female football players on their level of competition Anxiety. As the calculated "t" (0.22) value is much lower than the tabulated "t" value (2.04) at 0.05 level.

Discussion Of Finding And Conclusions:

Within the limitation of the study the following conclusions may be drawn.

- 1) The t- test showed that there were no significance difference in the "t" value exists between male and female football players on their level of competition.
- 2) As per the scoring manual the subjects who scores less than 17 indicates lower level of Anxiety whereas scores lies in between 17 to 24. It indicates average level of Anxiety and the score more than 24 predicts high level of Anxiety.
- 3) On the basis of result, it may be concluded that Inter University male and female football players of Vidyasagar University, Midnapur did not significantly differ on their level of competition anxiety.
- 4) The findings also suggest that the level of completion anxiety of these male and female football players seemed to be necessary for being assertive to excel at the highest level of the competitive sporting spirit.

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