

Descriptive Study of Pre Competitive Anxiety of Shilong Lajung Football Club on different Level of Competition in Durand Cup 2011

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Abstract

Background: The purpose of the study was to describe of Pre Competitive Anxiety of Shilong Lajung Football Club on different Level of Competition in Durand Cup 2011.

Methods: In order to solve the purpose the study the sample was collected from Durand cup held in Ambedker stadium New Delhi. The players from Shilong Lajung Football Club of the competitions were selected as sample for the present study. To assess the pre competitive anxiety level of the player “Sports Competitive Anxiety Test” (SCAT) questionnaire produced by Rainer Martens, as used.

Results: No significance has been seen in the mean score of the three matches of Shilong Lajung Football Club on pre competitive anxiety. Further it may be said that Shilong Lajung Football Club have almost same level of pre competitive anxiety in all the three matches. No significant difference has been seen in the mean score of semifinal and quarterfinal2 and quarterfinal1 and quarterfinal2, on pre competitive anxiety.

INTRODUCTION

Human beings are competitive and ambitious for the excellence in all athletic performances. Not only every sportsman but every nation wants to show their supremacy by challenging the other nation in sports. Thus these challenges stimulate inspiration and motivation as every sportsperson puts his best efforts to excel in present competitive sports world. This can only be possible through scientific, systematic and planned sports training as well as channeling them into appropriate games and sports by finding out their potentialities. Pre competitive anxiety is a very influencing variable for player’s performance. According to Endler (1978) there are five specific antecedents, on factors that lead to an increase in anxiety in anticipating of an achievement situation. These five factors are as follows.

1. Fear of performance failure: fear of getting defeated by a weaker opponent could pose a threat to an athlete ego.
2. Fear to negative social evaluation: fear of being evaluated negatively by thousands of spectators could pose a threat to self esteem.
3. Fear of physical harm: fear of being hit in the head by a 90 mph fastball could pose a serious threat.
4. Situation ambiguity: not knowing if he is going to start a match is something stressful to an athlete.
5. Disruption of well-learned routine: being asked to change the way he dose thing with practice and warming up.

“A tendency to perceive competitive situation as threatening and to respond to these situation with feeling of apprehension or tension in sports competition anxiety.” (martin’s et al.1982)

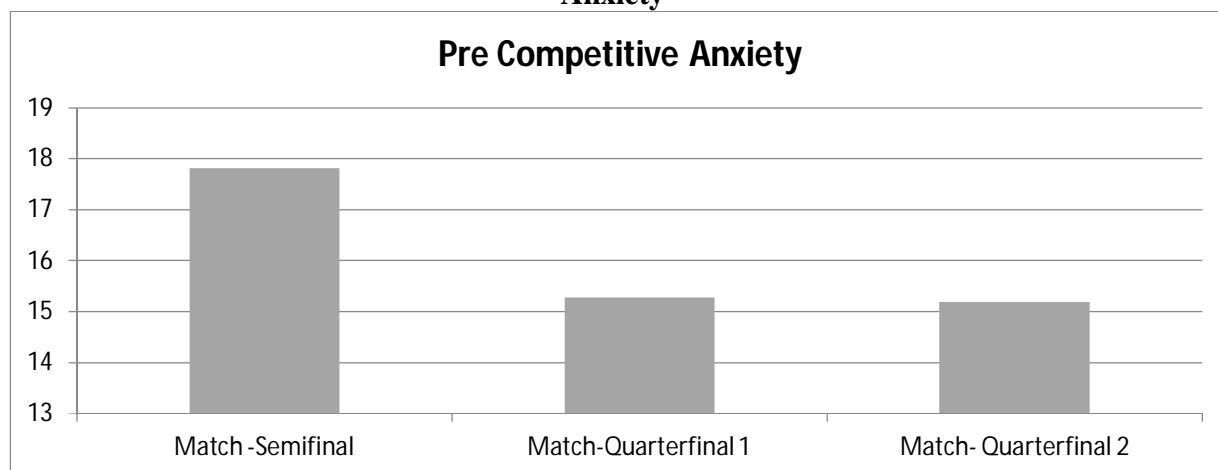
DESIGN OF THE STUDY

In order to solve the purpose the study the sample was collected from Durand cup held in Ambedker stadium New Delhi. The players from Shilong Lajung Football Club of the competitions were selected as sample for the present study. To assess the pre competitive anxiety level of the player "Sports Competitive Anxiety Test" (SCAT) questionnaire produced by Rainer Martens, as used.

Descriptive Analysis of the Three Matches of Shilong Lajung Football Club on Pre Competitive Anxiety

Group	N	Mean	SD	SEM
Match -Semifinal	11	17.81	3.219	0.970
Match-Quarterfinal 1	11	15.27	3.608	1.087
Match- Quarterfinal 2	11	15.18	1.721	0519

Mean Values of the Three Matches of Shilong Lajung Football Club on Pre Competitive Anxiety



Summary of ANOVA of Three Matches of Shilong Lajung Football Club on Pre Competitive Anxiety

	Sum of Squares	df	Mean Square	F
Three matches of Shilong Lajung Football Club Between Groups	49.273	2	24.636	2.805
Within Groups	263.455	30	8.782	
Total	312.727	32		

*0.05> (df 2, 30)

From table 2 it can be seen that the F value is 2.085 which is not significant at 0.05 level of significant with the degree of freedom (2, 30). This shows that the mean score of the three matches of Shilong Lajung Football Club on pre competitive anxiety do not different. It may therefore be said that Shilong Lajung Football Club have almost same level of anxiety in all the three matches.

CONCLUSION

No significance has been seen in the mean score of the three matches of Shilong Lajung Football Club on pre competitive anxiety. Further it may be said that Shilong Lajung Football Club have almost same level of pre competitive anxiety in all the three matches. No significant difference has been seen in the mean score of semifinal and quarterfinal2 and quarterfinal1 and quarterfinal2, on pre competitive anxiety.

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