

Pre-competitive Anxiety of ONGC Soccer Players in two Quarters final Matches of Durand Cup – 2011

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Abstract

Background: The purpose the study was to compare the Pre-competitive Anxiety of ONGC Soccer Players in two Quarters final Matches of 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 BSF were selected as sample for the present study. The variable selected for present study is, “Pre Competitive Anxiety” To assess the pre competitive anxiety level of the player “Sports Competitive Anxiety Test” (SCAT) questionnaire produced by Rainer Martens, as used. For compare the study mean, SD, SEM, & ‘t’ test was used.

Results: The significant difference has been seen in the mean score of the two matches of Border Security Force (BSF) Football Club on pre competitive anxiety. The mean score of Quaterfinal1 match of Border Security Force Football Club on pre competitive anxiety is significantly lower than that of Quaterfinal2 of Border Security Force Football Club. It may therefore be said that the Border Security Force Football Club have significantly different level of pre competitive anxiety in both the matches.

INTRODUCTION

Since the turn of the century, more specifically after the World War II, sport has become a highly competitive phenomenon. Amateur and professional sport stand on the same plain as far as the competition is concerned. Competition is the life- line of modern sport, without competitive spirit working at the heart of sports no standards in performance can be set. Neither participants would put in harder efforts nor spectators will show any enthusiasm, and there will not be any thrill in play. In sports, competition can be direct or indirect. The direct competition is seen amongst two individuals such as in boxing, wrestling, judo, badminton, tennis etc. or between groups such as in hockey, cricket, football etc. Indirect competition is one in which the individual or sometime a group may compete against the standards set by those who compete with them side by side such as swimming, track and field, archery, so forth and so on. 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.

Our ability to obtain independent measure of cognitive and somatic state anxiety has greatly enhanced our knowledge about the athletic situation. One of the factors that is believed to significantly influence the qualities of the athletic experience is the level of state anxiety during the time leading up to competition. We have already referred to this as pre competitive anxiety. Pre competitive anxiety starts relatively high and remains high and stable as the time of the event approaches.(Richard H. Cox -2007)

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 BSF were selected as sample for the present study. The variable selected for present study is, “Pre Competitive Anxiety” To assess the pre competitive anxiety level of the player “Sports Competitive Anxiety Test” (SCAT) questionnaire produced by Rainer Martens, as used.

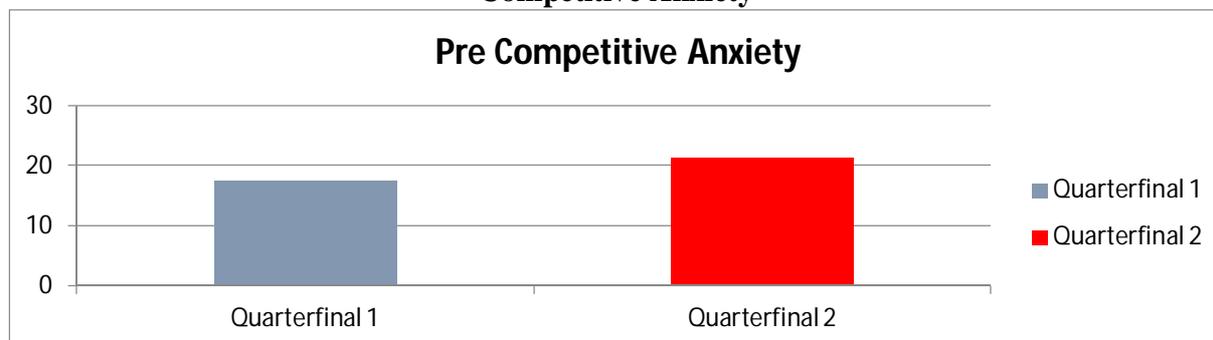
Match wise N, Mean, SD and t Value of Matches of Border Security Force Football Club

Match	N	Mean	SD	Statistical Analysis	SEM	t - value
Quarterfinal 1	11	17.54	3.445		3.445	2.846 *
Quarterfinal 2	11	21.45	2.978		2.978	

*0.05> (df 20)

From table, it can be seen that the t value is 2.846 which is significant at 0.05 level of significance with degree of freedom 20. This shows that the mean score of the two matches of Border Security Force (BSF) Football Club on pre competitive anxiety differ significantly, in this context the null hypothesis that there is no significant deference in the mean score of the two matches of Border Security Force Football Club on pre competitive anxiety is rejected. Further the mean score of Quaterfinal1 match of Border Security Force Football Club on pre competitive anxiety is 17.54 which is significantly lower than that of Quaterfinal2 of Border Security Force Football Club whose mean score on pre competitive anxiety is 21.45. It may therefore be said that the Border Security Force Football Club have significantly different level of pre competitive anxiety in both the matches.

Mean Values of the two Matches of Border Security Force Football Club on Pre-Competitive Anxiety



CONCLUSION

The significant difference has been seen in the mean score of the two matches of Border Security Force (BSF) Football Club on pre competitive anxiety. The mean score of Quarterfinal1 match of Border Security Force Football Club on pre competitive anxiety is significantly lower than that of Quarterfinal2 of Border Security Force Football Club. It may therefore be said that the Border Security Force Football Club have significantly different level of pre competitive anxiety in both the matches.

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