A Comparative Study of Sports Competitive Anxiety between Interuniversity Basketball and Football Players

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Abstract

This study aims to compare the sports competition anxiety between Basketball and Football players, sixty (60) male subjects (30 basketball players and 30 football intervarsity players) were selected as subjects for the study. Their age ranged was from 18 to 25 years. Sports competitive anxiety questionnaire developed by Martin (1990) was used to measure anxiety level of players. The independent t-test was used to analyze data. Results indicated that there is no significant difference was found between basketball and football players in their sports competition anxiety level.

Keywords: Anxiety, sports competitive anxiety, basketball players, football players.

INTRODUCTION:

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination. All sports involve physical and mental activities that are pursued for more than simply useful reasons. For instance, running, when done as a sport, occurs for reasons beyond simply moving from one place to another. Value is gained from this activity when it is conducted simply for its own sake. Sports make people mentally strong. Achievement Furthermore disappointment need aid both parts of sports and additionally existence. A sports person knows how to handle thrashing Also thus, treats prosperity and disappointment just as this is a critical Lessing too, which sports could show an individual. Also this, another fact that sports for no youngsters alternately to mature people is that it shows them how with handle rival.

Psychology is increasingly involved with athletes, coaches, and trainers to enhance athletic performance through improved physical and mental training. In order to facilitate peak performance by athletes, sport psychologists must consider the three different facts of anxiety: cognitive anxiety, somatic anxiety and self confidence. In many sports athletes are expected to deliver perfect performance outcomes, perfectionism in athletes has been shown to be related to characteristics that may undermine performance. "Competition is a social process that occurs when reward are given to people on the basis of how their performance compare with the performance of other doing the same task or participating on the same event" (Coakley, 1994).State anxiety on be considered to be more situational in nature and is often associated with arousal of the autonomic nervous system that anxiety can be thought of as a world view that an individual uses when coping with situation in his or her environment (Spielberger, 1966).

Studied the anxiety and performance in selected non professional athletes and result suggest that there was a significantly negative correlation between anxiety scores and performance on the irritability, depression & anxiety questionnaire Hannon, B. & Fitzgerald, P. (2006). There are some signs of anxiety which are often seen before the competition like cold, clammy hands, constant need to urine, profuse sweating, negative self-talk, ill feeling, headache, dry mouth, increase muscles tension, butterflies in stomach, inability to concentrate which affect

the performance. 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 are believed to significantly influence the qualities of the athletic experience is the level of state anxiety during the time leading up to competition. Pre competitive anxiety starts relatively high and remains high and stable as the time of the event approaches. (Richard H. Cox -2007)

Sometimes, anxiety may be helpful and may be harmful. Several researchers including Singer (1972) & Tutko (1977) have found supporting evidence for the inverted 'U' hypothesis, measuring the effect of anxiety on the performance of athletes. The inverted 'U' hypothesis states that an athlete will perform best when anxiety is moderate. Performance tends to deteriorate when anxiety is either too low or too high (Burton, 1988. Weinberg & Genuchi, 1980 as cited in Caruso et al, 1990).

METHODOLOGY

For the present study 30 Basketball players and 30 Football players were randomly selected as subjects. Those who had participate in intervarsity (East zone) competition 2017-18. Age of the subjects ranged between 18-25 years. In this study Sports Competition Anxiety Test (SCAT Martens et al., 1990) was applied to measure sports Competition anxiety.

Administration of Test

Sports competitive anxiety test (SCAT) by Martens et al., 1990 might have been utilized. The subjects were guideline with respond to each thing as stated by how he will fill the questionnaire.

Every player had three responses:

a) Hardly ever   b) Sometimes   c) Often

The ten test items which were taken for scoring purpose were 2,3,5,6,8,9,11,12,14,15, the remaining items which was not scored out were, 1,4,7,10,13.

Scoring of SCAT

Sports Competition Anxiety Test (SCAT) by Martens, et.at., 1990 consists of total 15 statements. Scores obtained for each statement was added up which represent an individual's total score on Sports Competition Anxiety (SCAT Score). Then the SCAT score was analyzed.

Statistical Analysis

Descriptive Statistic, Mean and Independent t-test was applied to compare the level of Sports competitive Anxiety between Basketball and Football players. The level of Significance was set at 0.05.

RESUTLS

The score were obtained by using the key as suggested by Marten, et.al. 1990. All the individual SCAT score was used to judge the level of anxiety.

Table 1: Comparative and Descriptive Table of Competitive Sports Anxiety Score of Intervarsity Male Basketball and Football Players

Games	N	M	SD	Std. Error of Mean	t-Value	p-Value
BASKETBALL	30	19.12	3.007	.54913	1.794	.941
FOOTBALL	30	17.75	2.928	.53471		

*Significant at 0.05 level

Above table revels that the calculated t-value (1.794) was less than the tabulated t-value (2.00), and the P-value is more than 0.05, so there was no significant difference between the competitive anxiety level of these two groups of inter university basketball and football players.

Fig. 1: Graphical Representation of Mean Scores of Intervarsity level Basketball and Football Players in relation to Competitive Sports Anxiety
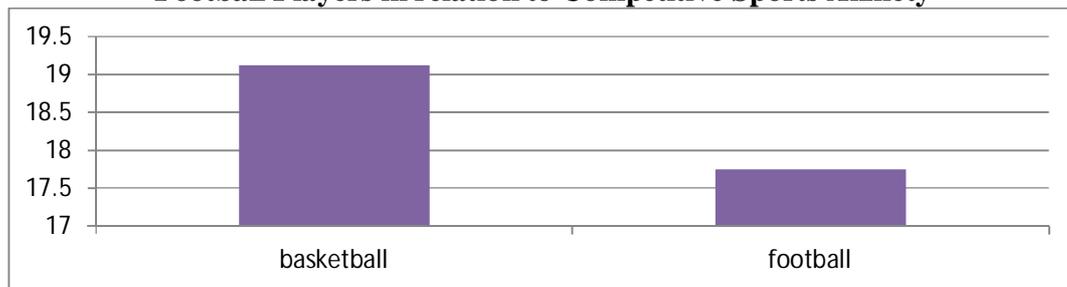
As shown in fig.1, the mean score of basketball players (19.12) was greater than the mean score of football players (17.75).

CONCLUSIONS

On the basis of analysis of data, calculated t-value (1.794) is less then tabulated t-value (2.00) and the p-value is more than 0.05, the conclusion is about sports competition anxiety, there was no significant difference found between the intervarsity basketball and football players. It may be due to both games are fast and aggressive in nature, popular in youth.

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