
A Comprehensive Study of Pre Competition Anxiety among Team Games and Individual Games Players of Inter-College Level

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ABSTRACT

The purpose of the study to find out the anxiety level of pre competition between team games and individual games of inter-college level players. The (N-40) subjects (Male) young Handball and Hockey players of team game and Boxers and wrestler of individual game are purposive randomly selected belonging to age group of 18-25 years further divided into two groups. Group-A (Handball & Hockey) and Group-B (Boxing & Wrestling). The Martens, R (1977) sports competition anxiety test (SCAT) was performed for measurers pre competitive anxiety level of team games players (Handball, Hockey) and individual games players (Boxing, Wrestling). The results of Group-A and Group-B with regard to the variable Pre-competitive Anxiety. The descriptive statistics shows the Mean and SD value of Group-A on the variable Anxiety as 20.65 and 2.66 respectively. However, Group-B had Mean and SD value as 19.10 and 1.77 respectively. The Mean deference and Standard Error Difference of Mean were 1.55 and .71 respectively. The t-value 2.16 as shown in the table above was found statistically significant ($P < .05$). But while comparing the mean value of both groups, it has been observed that Group-B have demonstrated less pre competitive Anxiety than Group-A. In the study to see Group-B was found better than the Group-A on the Pre-Competitive Anxiety.

Keywords: Anxiety, Team Games, Individual Games.

INTRODUCTION:

Psychology plays an important role in the field of sports and games. World has huge number of nations those have been creating various inventions and discoveries related to psychology. Every developed country knows the value of psychology. Every sportsmen/players are continuously under the influence of psychological traits. Our performance has been totally dependent upon the psychological traits. Participation in any competition although formal or informal, it gives pressure on sportsmen or players. This pressure sometimes improve the performance and sometimes influence the performance negatively. Pressure accumulated due to the upcoming competition may result in psychological traits which influence the performance in sports and games in both ways.

Psychological traits are Aggression, Frustration, Fear, Stress, Motivations, Depression and Anxiety. Anxiety means a disturbed state of mind, emotional reactivity, arousal, nervousness and unpleasant state of mind. Anxiety is a concept that is widely discussed by performers and coaches. Participants and practitioners involved in sports performance need to be aware of anxiety related symptoms. Actually without certain level of anxiety we cannot give competitive performance. The level of anxiety on our body is neither too

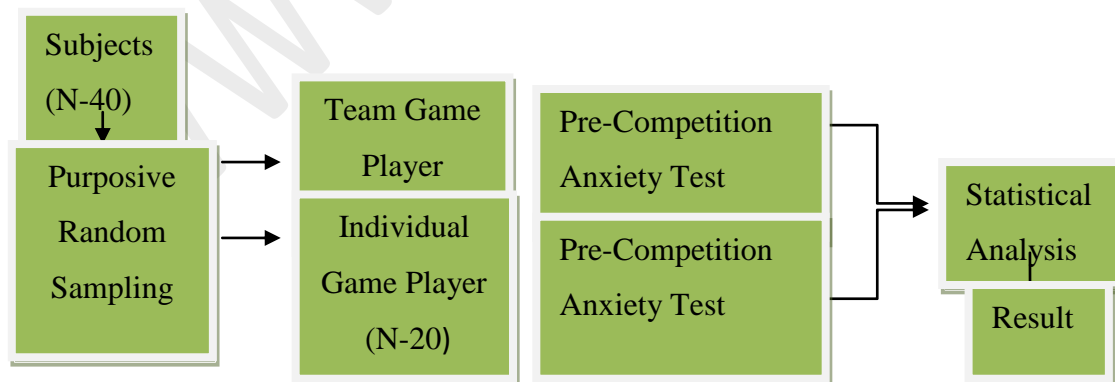
high nor too low for competitive performance. Adequate level of anxiety and optimum level of anxiety produces best results. The percentage of anxiety high or low depends upon the nature of games, nature of events and individual deference. If we want to enhance our performance and achieve top form in a competition then we must assume or bear percentage of optimum level in these traits before the competition. When we assume or bear high level of anxiety on our body before the competition and during competition then we cannot achieve top form in a competition.

MATERIAL & METHODS

The (N-40) subjects (Male) are purposive randomly selected in team games players (Handball & Hockey) and individual game players (Boxing and Wrestling) of inter-college level players and further divided in two groups. Subjects (N-20) Team games players (Male) belonging to age group of 18-25 years were selected as Group-A and The subject (N-20) individual games players (Male) belonging to age group of 18-25 were selected as Group-B in this study. The Martens, R (1977) sports competition anxiety test (SCAT) was performed for measurers pre competitive anxiety level of team games players (Handball, Hockey) and individual games players (Boxing, Wrestling). The statistical package for the social science (SPSS) Version 16.0 was used for all analyses. The difference in the mean of each group for selected variable were tested for the significance of difference by t-test. In all the analyses, the 5% critical level ($P < 0.05$) was considered to indicate statistical significance. The present study reveals that psychologically parameters were found to be within the expected range of normal in both Group-A and Group-B subjects of Guru Nanak Dev University, Amritsar which reflects the adequate nutrition, socioeconomic status and normal life style of these individuals.

DESIGN OF THE STUDY

This is an exploratory study that has employed method of data collection and analysis quantitatively. The purpose of the study was to find out the difference of psychological variable Anxiety between Individual games players and Team games players. The purposive random selection technique was use to attain the objectives of the study.



RESULTS

STASTICAL ANALYSIS

Table:- Mean Value (\pm SD), Standard Error of the Mean and Test Statistical t of Resting Pulse Rate in Group-A (N-20) and Group-B (N-20).

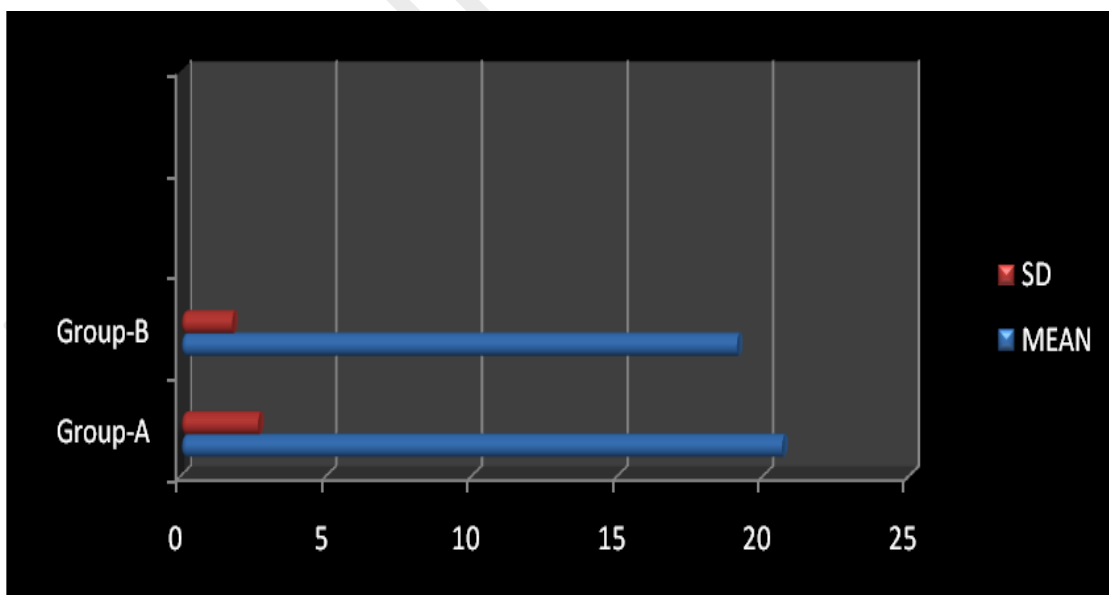
Variable	Group- A		Group- B		Mean Difference	SEDM	t-Value	Sig.
	Mean	SD	Mean	SD				
Anxiety	20.65	2.66	19.10	1.77	1.55	.71	2.16	0.03

*significant at 0.05 level

degree of freedom= 38

Table – Present the result of Group-A and Group-B with regard to the variable Pre competition Anxiety. The descriptive statistics shows the Mean and SD value of Group-A on the variable Pre competition Anxiety as 20.65 and 2.66 respectively. However, Group-B had Mean and SD value as 19.10 and 1.77 respectively. The Mean deference and Standard Error Difference of Mean were 1.55 and .71 respectively. The t-value 2.16 as shown in the table above was found statistically significant ($P < .05$). But while comparing the mean value of both groups, it has been observed that Group-B have demonstrated less pre competitive Anxiety than Group-A. The comparison of mean score of both the Groups has been presented graphically in figure.

Figure: 1



CONCLUSION:

The following conclusions have been drawn in the view of data analysis of present study. The collected data showed significant difference the subject belonging to Group-A (Team Games Players) and Group-B (Individual Games Players). Group-B was found better than the Group-A on the Pre-Competitive Anxiety. In the study to see those players who are related to individual games assume less pre competitive anxiety as compare to team games players.

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