

## COMPRATATIVE STUDY ON PRE-COMPETITION ANXIETY BETWEEN STATE LEVEL MALE AND FEMALE ATHLETES

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### Abstract

Sports performance has been constantly improving with new technology, ideas and theories for improved training and new techniques and fresh drills have been developed to benefit the athlete and their performance ability. The purpose of the study was to find out pre-competition anxiety between state level male and female athletes. Due to the fact that during competition athletes' mental state greatly affects their stamina explosion, which finally influence the result of final competition. Anxiety in sports is considered as an important issue for many athletes. It refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self-confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles at the right time. For the purpose of the study the subjects were selected randomly from 64rd State Athletic Championships of West Bengal to measure the pre-competition anxiety by a questionnaire Sport Competition Anxiety Test (SCAT) developed by Rainer Marten. 45 male and 45 female athletes,(15 Sprinter, 15 Jumpers, 15 Throwers in each sex) selected randomly from the said Athletic Championships. To find out pre-competition anxiety state level male and female athletes. The age of the subjects were ranged between 16 to 20 years. Two way ANOVA tests at 0.05 level of significance were applied to calculate the collected data. The result showed that there was significant difference between Male and Female athletes, Sprinters and Jumpers in sex, Jumpers and Throwers in sex, Male and Female Sprinters but No Significant difference between Throwers and Sprinters in both sex, Male and Female Jumpers, Male and Female Throwers.

**Keywords:** Pre-competition anxiety, Sprinter, Jumpers, Throwers, Male athletes, Female athletes.

### Introduction

Modern sports are based on physical, technical, tactical and psychological preparations. In Modern era of competition no one can afford to neglect any aspect of game/ sports such as mastery of skills, techniques involved, physical fitness components and psychological abilities. All these aspects are developed on the scientific lines. Now days the teams do not participate just for the sake of participation but to win the competition. There are many wonderful sports which provide enjoyment and recreation for mankind. Some sports have become international in character; others have remained within a country or state. Sports is littered with broken dreams of those whose performance has been collapsed when that

was most needed to be in control of themselves and focus on the task at hand. It is not uncommon to see athletes "freeze" in big games or moments or commit unexplainable error in the course of their performance. When athletes do not perform well in relation to their abilities, nervousness in anticipation of the sporting challenges could be the root cause of anxiety. Track and field competition has always been regarded as "mother of sports", for it is the foundation for the other sporting events (John and Paul, 1993). What's more, sprint is a fundamental event in track and field sports, with very significant meaning and role to the training of other sporting events (Mangan, 2009) Sprint is one of the oldest sporting competition events. Anxiety refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self-confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles (Akbar et al., 2011). Anxiety can have a devastating effect on the performance of an athlete. No matter, how much talent or skill one may have, he will never perform at his or her best if he or she lives in fear before every event. The problem of pre-competitive anxiety is one of the most pressing problems in modern sports psychology. It has been recognized for many years that psychological factors, in particular anxiety, play an important role in competition and in competitive sports, every athlete experiences fear before, during and after events (Lizuka, 2005). Anxiety could make even the world most successful athlete feel nervous. According to Moran (2004), factors such as fear of failure and lack of confidence induce feeling of anxiety in athletes. Competitive anxiety is one of the factors to decrease athletes' performance (Esfahani & Soflu., 2010). Feelings of tension, thinking of upcoming events in their mind, nervousness, worry and involved in physiological changes such as increased in heart rate response are common response for the athletes prior to the competition (Hackfort & Spielberger, 1989). Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they go to face with challenges.

### Methodology

For the purpose of the study to compare pre-competition Anxiety, 45 male and 45 female athletes,(15 Sprinter, 15 Jumpers, 15 Throwers in each sex) those who have participated in state level track and field competition as a representative of their districts were selected randomly from 64<sup>th</sup> West Bengal state Athletic Championship. The age of the subjects were ranged between 16 to 20 years.

To compare the pre-competition anxiety between male and female state level athletes the data were collected by using Sport Competition Anxiety Test (SCAT) questionnaire, developed by Rainer Marten.

Two way ANOVA test at 0.05 level of significance was applied to calculate the collected data.

**Finding**

To find out whether there was any significant difference among mean values of pre-competition anxiety between male female athletes,(15 Sprinter, 15 Jumpers, 15 Throwers in each sex) two way analysis of variance technique was employed. 'F' –ratio of pre-competition anxiety for different groups has been presented.

TABLE-1  
TWO-WAY ANOVA TO COMPARE DIFFERENT GROUPS ON SEX AND SPORTS.

Source of Variance	Sum of Squares	Mean Square variance	df	'F' ratio	Tab 'F <sub>0.05</sub>
Sex	14.4	14.4	1,84	6.82*	3.94
Sports	14.59	7.29	2,84	3.45*	3.09
Interaction	3.25	1.62	2,84	0.76	3.09

\*= Significant, NS= Not significant

It was understood from table-1 values that the calculated 'F' was statistically significant at 0.05 level of significance, confirming the significant difference among the Sprinter, Jumpers and Throwers in Pre-Competition Anxiety in both sex. In order to find out the exact location of the differences among the means critical difference was used as a Post-hoc test and presented in Table- 2.

TABLE - 2  
ANALYSIS OF CRITICAL DIFFERENCE OF GROUPS ON BETWEEN MALE AND FEMALE ATHLETES IN PRE-COMPETITION ANXIETY

GROUP COMPARED	PRE-COMPETITION ANXIETY		
	MEAN	MEAN DIFFERENCE	CD AT 5% LEVEL
Male Vs Female Athletes	18.53	.80*	.606
	19.33		
Sprinters Vs Jumpers	19.26	0.90*	.742
	18.36		
Jumpers Vs Throwers	18.36	0.80*	.742
	19.16		
Throwers Vs Sprinters	19.16	0.10	.742
	19.26		
Male and Female Sprinters	18.60	1.33*	1.049
	19.93		
Male and Female Jumpers	18.06	.60	1.049
	18.66		
Male and Female Throwers	18.93	.47	1.049
	19.40		

**Discussion of Finding**

From the above findings we came to know that female athletes possess more pre-competition Anxiety rather than male athletes due to Feelings of tension, thinking of upcoming events in their mind, nervousness, worry and involved in physiological changes such as increased in heart rate response are common response for the athletes prior to the competition. From table-4 we know that pre-competition

Anxiety significantly difference between sprinters and jumpers also in jumpers and throwers but no significant different was found between throwers and sprinters. Sprinters have higher anxiety than throwers and jumpers due to rules of athletic in fouls start. If a player can take one fouls stat he or she out from competition but those types of rules are not treated in throwing and jumping. Throwers have higher pre-competition Anxiety than the Jumpers because the events have more elements involved with moving the body weight at the right time with the right force. The optimum track and field performance anxiety levels vary depending upon the events' requirement for physical power and muscle mass increase.

**Conclusion**

- Significant difference was found between male and female athletes.
- Similarly, significant difference between Sprinters and Jumpers in both sex. Significant difference between Male and Female Sprinters.
- Also, significant difference between Jumpers and Throwers in both sex.
- No Significant difference between Throwers and Sprinters in both sex.
- No Significant difference between Male and Female Jumpers and Throwers.

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