

Comparative Study of Anxiety of Players at Different Levels of Competition

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ABSTRACT

The purpose of the current study was to compare the Anxiety of Players at different levels of Competition. For the current study players from different sports aged 20 to 27 were considered as sample. To identify the Anxiety Competitive State Anxiety Inventory Revised version (CSAI-2R) consisting of 17 statements was used. The revised version has 4 point Likert scale and measures Somatic Anxiety, Cognitive Anxiety and Self-Confidence of the Players. Descriptive statistics and ANOVA was employed on the derived data to compare the scores of the players who have played at different levels of competition. From the descriptive analysis it is clear that the school and inter-university players show high level of somatic and cognitive anxiety as compared to players of other levels. Whereas National and State Players show low level of somatic anxiety and International and inter-collegiate players show low levels of cognitive anxiety as compared to players of other levels. The self-confidence of State and International players are more as compared to players of other levels, whereas School and Inter-collegiate players show low scores on self-confidence. From the comparative analysis it can be concluded that there is no significant difference in the somatic and cognitive anxiety and self-confidence scores of the players at different levels of competition. At school level the players are new to the competition and so they might be facing somatic and cognitive anxiety more than players of other levels. As the levels increase there is increase in age and experience which might be the reason for decreased levels than school level. The reason for high self-confidence of state and international level players might be as these players have reached at this level after going through different levels of competition and they have been well prepared and trained before the competition.

Keywords : *Somatic Anxiety, Cognitive Anxiety, Self-Confidence, Competition Levels*

Introduction

Sports and Games have made their marks in the lives of humans since long and documents to at least 3,000 years. These activities which initially took form as recreation or preparation to war or hunting. Many early games involved the throwing of spears,

stakes, and rocks, and sparring one-on-one with opponents. Slowly during the Greek and Roman age it shifted to a more professional and competitive nature. With the first Olympic Games in 776 BC—which included events such as foot and chariot races, wrestling, jumping, and discus and javelin throwing—the Ancient Greeks introduced formal sports to the world. Along with the competitiveness came changes in attitudes of participants. Performing for fun or enjoyment changed to more professional and winning or higher performance became more important. The main goal for all players was achieving high performance during each competition. But this is not always possible due to the various affecting factors like training, physical & mental capacity, spectators, officials, social support, etc.

The players started using all possible means to achieve higher performance. Some achieved it for long while some failed and this failure resulted in Anxiety, Tension, Worry, Stress and many other similar ailments. It started affecting the players more mentally than other aspects. This brought more problems for players and coaches. Many studies were conducted to resolve this issues and scholars came up with training, techniques and relaxation procedures that help players to keep Anxiety, Tension, Worry, Stress and many other similar ailments away. Even though there have been such advancements in training and techniques still players face problems which result in decreased performances.

Anxiety is one such aspect which has been most regularly studied in the field of sport. These studies have proved that pre-competition anxiety and sports performances are related (Craft, Magyar, Becker, & Feltz, 2003; Klein, 1990). Most of the studies have been done at elite level. Psychologists and researchers have come up with many tests to identify anxiety. Competitive State Anxiety Inventory (CSAI) which was developed by Martens Burton, Rivkin and Simon (1990). The CSAI was continuously upgraded by many and CSAI-2R was developed (Cox, etal , 2003). Through their study it is suggested that the CSAI-2R should be used instead of the CSAI-2 for measuring competitive state anxiety in players.

The elite players frequently get themselves assessed and if they find that Anxiety is affecting their performances then they undergo therapies or use techniques to overcome Anxiety and its ill-effects. Players facing anxiety at grassroots levels are not assessed due to which they face major issues which affect their performances. The players get depressed and fail to overcome it. The Pre-Competition anxiety affects the result of competition even though the player has trained well. The players in grassroots fail to understand the real cause and always are under the influence of Anxiety. This becomes so prevalent that each time they face anxiety and it becomes integral part of their lives. Coming out of this stage becomes difficult and the Anxiety goes so deep that it takes longer time and effort to release players from the clutches of Anxiety. It might be their

luck to reach higher levels of competition or are assessed well in time and treatment is done.

Hence the researcher decided to test players at different levels of competition to identify players of which level are the most affected by Anxiety. Although similar studies have been done on foreign players the grassroots players in India have still not been assessed in this aspect.

Purpose

To identify competitive state Anxiety of players at different competition levels.

Method

The researcher performed this survey to identify the competitive state Anxiety of players from Maharashtra at different competitive levels.

Population and Sample

The population for the current study was all the players who have played at different levels of competition for minimum of one year. From the total population total of 86 samples were selected using random sampling technique.

Tools of the Study

To identify Pre-Competitive State Anxiety of Players at Different Competition Levels the researcher employed the Competitive State Anxiety Inventory - 2R consisting of 17 items. The scores range from 10 to 40. Higher the score shows high level of somatic and cognitive anxiety and self-confidence and lower scores show low level of somatic and cognitive anxiety and self-confidence.

Analysis and Interpretation

The derived scores were analysed using descriptive analysis and ANOVA. The descriptive analysis is presented below in table 1 whereas the comparative analysis done through ANOVA is presented in table 2.

Table 1 : Analysis of Competitive State Anxiety of Players at Different Competition Levels

Somatic Anxiety						
Statistics	N	Mean	SE	Median	Std. Dev.	Sample Variance
School	6	20.95	2.52	20.71	6.17	38.10
Intercollegiate	12	16.55	1.40	15.71	4.85	23.55
Zonal	17	17.82	1.27	17.14	5.23	27.33
State	8	16.25	2.21	15.00	6.25	39.03
Inter-University	13	19.23	1.68	18.57	6.05	36.60
National	24	15.95	1.32	14.29	6.47	41.82
International	6	16.43	2.63	15.00	6.44	41.43
Cognitive Anxiety						
Statistics	N	Mean	SE	Median	Std. Dev.	Sample Variance
School	6	19.67	2.09	20	5.13	26.27
Intercollegiate	12	16.33	1.32	16	4.58	20.97
Zonal	17	17.29	1.46	18	6.04	36.47
State	8	17.25	1.92	16	5.44	29.64
Inter-University	13	18.46	1.52	16	5.49	30.10
National	24	16.75	1.41	15	6.90	47.59
International	6	14.67	1.23	14	3.01	9.07
Self-Confidence						
Statistics	N	Mean	SE	Median	Std. Dev.	Sample Variance
School	6	24.67	2.23	26	5.47	29.87
Intercollegiate	12	27.17	2.83	29	9.81	96.33
Zonal	17	31.53	2.29	34	9.42	88.76
State	8	35.25	1.77	38	5.01	25.07
Inter-University	13	33.38	2.25	36	8.10	65.59
National	24	31.58	1.76	34	8.61	74.08
International	6	34.67	2.17	35	5.32	28.27

- From the mean scores of the players at different competitive levels it can be concluded that players from all the competitive levels have shown low levels of anxiety and average levels in Self-confidence.
- From the descriptive analysis it is clear that the school and inter-university players show high level of somatic anxiety as compared to players of other levels. Whereas National and State Players show low level of somatic anxiety.
- From the descriptive analysis it is clear that the school and inter-university players show high level of cognitive anxiety as compared to players of other levels. Whereas International and inter-collegiate players show low levels of cognitive anxiety as compared to players of other levels.
- The self-confidence of State and International players are more as compared to players of other levels. Whereas School and Inter-collegiate players show low scores on self-confidence.

Table 2: Comparative Analysis of Competitive State Anxiety of Players at Different Competition Levels

Somatic Anxiety					
Source of Variation	df	Mean Score	F	P-value	F crit
Between Groups	6	32.79	0.94	0.47	2.22
Within Groups	79	35.04			
Cognitive Anxiety					
Source of Variation	df	MS	F	P-value	F crit
Between Groups	6	18.27	0.54	0.77	2.22
Within Groups	79	33.60			
Self-Confidence					
Source of Variation	df	MS	F	P-value	F crit
Between Groups	6	120.19	1.75	0.12	2.22
Within Groups	79	68.82			

From the comparative analysis it can be concluded that there is no significant difference in the somatic and cognitive anxiety and self-confidence scores of the players at different levels of competition.

Discussion and Conclusions

At school level the players are new to the competition and so they might be facing somatic and cognitive anxiety more than players of other levels. As the levels increase there is increase in age and experience which might be the reason for decreased levels than school level. The reason for high self-confidence of state and international level players might be as these players have reached at this level after going through different levels of competition and they have been well prepared and trained before the competition. The researcher suggests similar studies on different categories of sports i.e. individual, team, combative, etc. to exactly identify the levels of anxiety faced by players in different categories of sport.

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