

A Comparison of the Competitive Anxiety Experienced by Cricketer

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Abstract

The aim of this study was to compare the competition anxiety among batsmen and wicketkeepers who participated in the 2012 Buck Cricket Tournament. The study was conducted by YMCA College of Physical Education, Chennai. The study was administered on 20 batsmen and 20 wicketkeepers in the age group of 18 to 25 and completed the sport competition anxiety test questionnaire. The value of calculated t ratio was compared with the tabulated significant value at 0.05 level of confidence with 95 degree of freedom. The obtained T ratio value on the score of competition anxiety 3.33 was higher than the required table value of 2.023, which proved that there was significant difference on competition anxiety among batsmen and wicketkeepers in cricket.

Key Word: Batsmen, Wicketkeeper and Competition anxiety

Introduction

Elite batsmen and wicketkeepers are regularly put under extreme stress to perform. While a level of nervousness is always present when batting it is vastly heightened when the batsman is not making runs or is perceived to be out of form, wicketkeeper missing the catch and stumping. Given these obstacles and the competitive nature of test match, one day match and T20 cricket this will produce a great deal of anxiety which will generate an adverse effect on performance. It is in this situation where anxiety has the highest relevance to batsmen and wicketkeepers. Establishing the correlation between anxiety and sports performance has been challenging and still remains indefinable (**Jones & Swain 1992**). However there can be no doubt that anxiety plays a critical role in determining if cricketer performs to their maximum capability.

In a study conducted (**Thelwell & Maynard, 1998**) semi-professional batsmen undertook a study to determine the correlation between anxiety and performance. The test was measured using a subjective criteria from elite cricket coaches. Results indicated a significant decrease in performance in both cognitive and physiological areas.

studies to date have attempted to explain anxiety and have formed models that may be employed to measure anxiety and its relationship to performance (Thelwell & Maynard, 1998). These models will be discussed in subsequent blogs to depict how well anxiety is understood in relation to the performance of test match batsmen. Due to the imperfect understanding of cognitive processes future research is required to ascertain any specific method that can explain anxieties role in batting performance.

Methodology

Selection of the subjects:

The purpose of the study was to find out the comparative analysis on Competition anxiety among batsmen and wicketkeepers in cricket. To achieve the purpose of the study 20 batsmen and 20 wicketkeepers (age 18 to 25) were selected from the 2012 Buck Cricket Tournament was conducted by YMCA College of physical education, Chennai. More specifically, the matches according to the Inter College level Cricket tournament. The cricketers completed the questionnaire voluntarily.

Questionnaire

In SCAT questionnaire there are 15 questions. In the entire question have three options Rarely, Sometime, Often and players should fill the form, questions 1, 4,7,10 and 13 score zero regardless of the response.

Statistical Analysis

The data analyzed and compared with the help of statistical procedure in which arithmetic mean, standard deviation and t-test used to compare the data.

Result

The value of calculated t-test was compared with the tabulated significant value at 0.05 level of confidence with 95 degree of freedom. The details for comparative mean value and SD values on competition anxiety were tabulated and presented below:

Table 1
Sport Competition Anxiety Test

Batsmen (N=20)			Wicketkeepers (N=20)			T Ratio
Mean	S.D	S.E	Mean	S.D	S.E	
18.80	1.82	0.41	20.70	1.78	0.40	3.33*

***Significant at 39 df at 0.05 level 2.023**

Table I reveals that the mean values on competition anxiety of the batsmen were 18.80 and wicketkeepers were 20.70 respectively. This shows that the wicketkeepers have more competition anxiety than the batsmen. The obtained T ratio value on the score of competition anxiety 3.33 was higher than the required table value of 2.023, which proved that there was a significant difference in competition anxiety among batsmen and wicketkeepers in cricket.

Discussion on Finding

In the case of competition anxiety, batsmen and wicketkeepers have an average level of anxiety. But the Table I showed that the wicketkeepers have more competition anxiety than the batsmen.

The results of the study were well supported by (Balaji, P. 2011) that the constructed game-specific competitive anxiety questionnaire for Tamil Nadu state cricketers had a significant relationship with the expert rating and with SCAT questionnaire.

Conclusion

There was a significant difference in competition anxiety between batsmen and wicketkeepers in cricket. Wicketkeepers have more competition anxiety than the batsmen. But both of them have an average level of anxiety.

Recommendations

In the light of the conclusion drawn, the following recommendations are made.

A. Recommendations for Government

1. It is recommended that coaches and physical education teachers shall maintain a data bank of cricket players under their charge and work out profile to be used for cricket players for talent identification and also for training.

2. It is recommended that physical director and coaches should be appointed in all colleges according to the student teacher ratio.

B. Recommendations for Society

1. The colleges must give an opportunity to their students to play.
2. Parents should motivate the students to involve in sports
3. The coaches and physical director should play a vital role in bringing a good sports person among the students with the help of the organization and parents.

Suggestions for Further Research

1. It was suggested that a similar study may be repeated by selecting subjects belonging to lower age groups.
2. It was suggested to carry out similar study with national/international players.
3. It was suggested that a similar study may be repeated selecting other variables namely sociological, biochemical and bio-mechanical variables.
4. Intensive research study of this nature may be done in other games and sports where criterion used for measuring success will be performance in game / sport.

References:

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