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A COMPARATIVE STUDY OF ANXIETY LEVEL PRE COMPETITION OF DELHI STATE MALE AND FEMALE FOOTBALL PLAYERS

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An Abstract

The purpose of the study was to compare anxiety status pre competition of Delhi state Level male and female Football players. The anxiety related test was conducted on one hundred twenty Delhi State Level Football players, (60male and 60 female). The subjects were classified into two groups. The classification was based on random basis such as those who had participated in Delhi State Level Football male and female players. Both male and female went through the Anxiety Test. The age of the subjects was ranged between 19 to 25 years. To analyse the scores of both groups Anxiety status't' test was employed. Anxiety test variables showed that almost all the variables or items were indicating significance at 0.05 level other than self-confidence. All these findings indicate that there was significant difference among Delhi State Level Football male and female players.It may attribute the fact that subjects were of almost similar level but they differ in their mental state and self confidence level.

Key Word: Anxiety Level, Football players, physical activities, Sports,

Introduction

Sport can be characterized as an environment where physical activities can be developed. Participation in athletic activities is accompanied with an increasing anxiety. This leads to young or beginner players not performing according to their potentialities (Hardy, Jones, & Gould, 1996; Orlick & Partington, 1988). The anxiety refers to situations of emotional arousal and intensity. Sports are accepted as a part of society and culture throughout the world. In modern context physical education has been recognized as an integral part of general education. It gets attention and

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involvement from the people to the extent of capturing newspaper headlines, media attention and revenue for entrepreneurs. The concept of physical education today stems from our understanding of man as an integrated human being or organisms unit. Physical education today reflects our ideas and beliefs concerning the nature of a democratic society and what we believe to be the characteristics of a democratic individual. (O.P. Sharma, 1997) Psychology as a behavioural science has made its contributions for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators. A rapidly growing area of interest in sports psychology concerns the use of stress management, procedures such as bio-feedback and relaxation training to endurance athletes improves performance by reducing anxiety. Participation in games and sports in contemporary times has become more competing with the developed scientific knowledge, skill and methods along with the equipments and applied research in the field, discipline, envisaging vital alterations to our secondary life style. Human being by nature, competitive and aspire for excellence in all athletic performance. Not only every man but every nation wants to show his supremacy by challenging the other nations. Thus, this challenge stimulates, inspires and motivates all the nations to sweat and strive, to run faster, jump higher, throw further and exhibit greater strength, endurance, and skill in the present competitive world of sports. This is only possible by channelizing their potentials, energy into appropriate games and sports according to their potentialities and through scientific, systematic and planned sports training. Anxiety The multi-dimensional nature of anxiety requires distinguishing its measurement, cognitively, physiologically and behaviourally. The anxiety in primary is a manifestation of psychological process such as cognitive and expectancies. These researches also have recognized the importance of somatic anxiety in affecting sports performance. On the other hand anxiety also significantly affects the performance capacity of a player as it is a state of mind of which the individual responses with discomfort to some event that has occurred as is going to occur. The persons worry about the event their occupancies and the consequences in several are source of anxiety. Anxiety is made up of a mental (cognitive) component and a physiological (somatic) component. Prior research has indicated that the relationship between somatic anxiety and performance is curvilinear (i.e., as anxiety increases, performance increases to a point then begins to decrease as anxiety continues to increase). However, prior research has also indicated that the

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relationship between cognitive anxiety and performance is negatively linear (i.e., as anxiety increases, performance decreases). This study investigates whether these findings are able to predict athletic performance. Twenty three starting collegiate athletes from Division III football, women's basketball and men's basketball teams were tested for somatic anxiety (measured blood pressure and heart rates) and cognitive anxiety (self-report questionnaire) during leisure time and 10 to 45 minutes prior to a collegiate competition. Athletic performance was assessed by the appropriate coaching staff. Linear regression analysis was used to determine that there is actually a significant positive linear relationship between cognitive anxiety and performance for basket ballplayers, while no other significant findings were determined across sport or type of anxiety. This research may benefit the field of sport psychology, contributing both to players and coaches, by suggesting effective stress management strategies. Somatic Anxiety Another type of anxiety, known as somatic anxiety, is the physiological Component of anxiety. It is caused directly by stimulation or arousal of the autonomic systems. Another words, somatic anxiety is the component that reflects the perceptions of the psychological stress to the physiological response (Craft et al., 2003)4. Somatic anxiety is generally best measured using blood pressure and heart rate measures. It is important to note however, that the systolic reading of blood pressure is the more reactive measure. It is the measure that responds to situations, while the diastolic reading of blood pressure is a "health" reading. It is the measure that responds to how well blood is moving through the arteries during the heart's relaxation period (American Heart Association, 2004). Therefore, for this study, systolic readings will be the only measure used in addition to heart rate due to both measures being immediately reactive to situations. Cognitive Anxiety this form of anxiety, also known as cognitive anxiety, is defined as the mental component of anxiety. It is caused by negative expectations about success or by negative self-evaluation (Craft, Magyar, Becker, & Feltz, 2003). In other words, cognitive anxiety is the fear from anticipated consequences of failure (Hardy & Parfitt, 1991). This cognitive anxiety is generally measured with self-report questionnaires; however, there is one main critique that should be considered5.Martens (1995) warned that by using self-report the subject may answer according towhat is socially desirable. That is for example, a football defensive lineman may not want tell a female experimenter that he is extremely nervous or that he is extremely excited. Rather, he is more likely to say that he is "average" feeling on every question. Competitive Anxiety Competitive anxiety

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has been recognized as a key sports psychology issue for some time. Sports competitive creates some anxiety in nearly all participants, and for some individuals the anxiety is so intense that successful performance and enjoyment of the activity are impossible (Gill,1986). To an extent, all human behaviour is influenced by anxiety. Anxiety is a fundamental human emotion that evolved over countless generation as an adaptive mechanism for coping with change (Spielberger,1989). Due to the uncertain nature of sports, each athlete must learn to cope with anxiety associated with competition. An individual's performance is directly affected by the perception of his/her capabilities to meet the situational demands (Spielberger,1976).Self-Confidence In sports, imagery and self-confidence are well-known factors that may enhance or improve athletes 'skills. Most sporting programs consist of mental practice, which has been found to help the basic development of athletes at lower skill levels. The use of imagery for success is not a clearly understood method because its processes, including effective techniques, are not defined. Athletes need to mentally practice both imagery and self-confidence. Imagery is influenced by many factors including somatic anxiety, motivation, emotions, and confidence. It has been found that a factor like self-confidence is one that athletes and coaches consider as relevant for good performance. Some studies found that many people and athletes use imagery to increase exercise and physical fitness as the imagery helps the success of their exercise (Hall 2001). An athlete's enactment of performance imagery is the normal procedure in training programs. This method is used more heavily by elite athletes with higher self-confidence than non-athletes. Somatic and Cognitive Anxiety The Role of Somatic and Cognitive Anxiety in Athletic Performance Each person reacts to sports in a different way. Bobby Knight throws chairs and turns fire engine red after a bad call. Michael Jordan cries after a great victory, blessing everything and everyone in his life. With multimillion dollar sporting events such as the Super bowl, the World Cup or the Olympics, it is obvious as to why the discipline of sports science is a rapidly growing field, leading to increased responsibility being placed upon the shoulders of the sports psychologist (Gowan,1979; Bakker, Whiting & van der Brug, 1990)6.Young (2001)2, examined the impact that psychological factors have on the performance of the NCAA Division I Golfer. The study also sought to determine if there were sex differences in the psychological factors affecting performance. There were 110golfers, 6 males, and 44 females, who participated on the study. The golfers were administered a 65 item self-report questionnaire titled the Golf Performance

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Survey. The nine sub-scales of the Golf Performance Survey (Negative Emotions and Cognitions, Mental Preparation, Conservation Approach Concentration. Striving for maximum Distance, Automatically, putting. Terry and Young's (1996)3 indicated that the ability to predict performance from the multidimensional approach was stronger for "open" sports, which deal with greater interaction between opponents and less environmental control (e.g., football, basketball), than it is for "closed" sports which are more individualized (e.g., golf, archery). Findings have also shown that the less experienced and non-elite performers will experience a steady increase in anxiety right up to and even during performance, whereas, experienced and elite performers demonstrate a similar pre-event increase, but then a reduction just prior to and during performance. Wang, Merchant, Merchant, Morris and Gibbs (2004)1, conducted the present study to examine dispositional self-consciousness and trait anxiety as predictors of choking in sports. Sixty-six basketball players completed the Self-Consciousness Scale and the Sport Anxiety Scale prior to completing 20 free throws in low-pressure and high-pressure conditions. A manipulation check showed that participants experienced significantly higher levels of state anxiety in high-pressure condition. A series of hierarchical multiple regression analyses supported the hypothesis that self-conscious athletes were more susceptible to choking under pressure. The best predictors of choking were private self-consciousness and somatic trait anxiety that together accounted for 35% of the explanations regarding the discrepancy between the present results and previous studies mainly relating to task characteristics, skill level of participants and manipulations of pressure.

METHOD

For the purpose of the study was to compare anxiety status pre competition of Delhi state Level male and female Football players. The anxiety related test was conducted on one hundred twenty Delhi State Level Football players, (60male and 60 female). The subjects were classified into two groups. The classification was based on random basis such as those who had participated in Delhi State Level Football male and female players. Both male and female went through the Anxiety Test. The age of the subjects was ranged between 19 to 25 years. To analyse the scores of both groups Anxiety status 't' test was employed. Anxiety test variables showed that almost all the variables or items were indicating significance at 0.05 levels other than self confidence. To

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Determine the significance difference between mean scores of Delhi State Level Football male and female players, The level of significance chosen was 0.05.The Results had been shown in table no. I.

Table I: Significance difference of mean between Delhi State Level Football male and female players

Group Statistics

Variables	Gender	N	Mean	Std. Deviation	Std. Error Mean
Somatic	FEMALE	60	20.80	3.883	0.501
	MALE	60	18.83	3.076	0.397
Cognitive	FEMALE	60	21.08	4.996	0.645
	MALE	60	17.58	3.055	0.394
Self-Confidence	FEMALE	60	22.37	4.978	0.643
	MALE	60	23.57	3.387	0.437
Total	FEMALE	60	64.25	7.496	0.968
	MALE	60	59.98	5.271	0.680

Independent Samples Test

		t-test for Equality of Means				
		t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Somatic	Equal variances assumed	3.075	118	0.003	1.967	0.640
	Equal variances not assumed	3.075	112.131	0.003	1.967	0.640
Cognitive	Equal variances assumed	4.630	118	0.000	3.500	0.756
	Equal variances not assumed	4.630	97.708	0.000	3.500	0.756
Self-Confidence	Equal variances assumed	-1.544	118	0.125	-1.200	0.777
	Equal variances not assumed	-1.544	103.984	0.126	-1.200	0.777
Total	Equal variances assumed	3.607	118	0.000	4.267	1.183
	Equal variances not assumed	3.607	105.879	0.000	4.267	1.183

Significant at 0.05 level and the required't' value is 1.980

Shows

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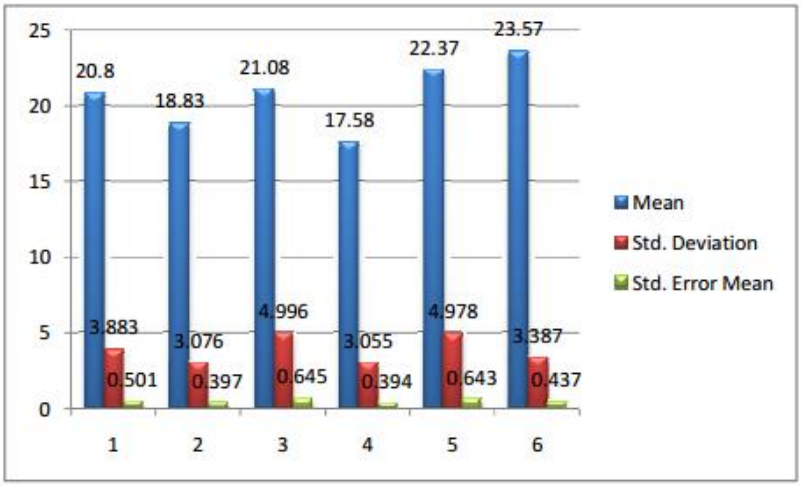
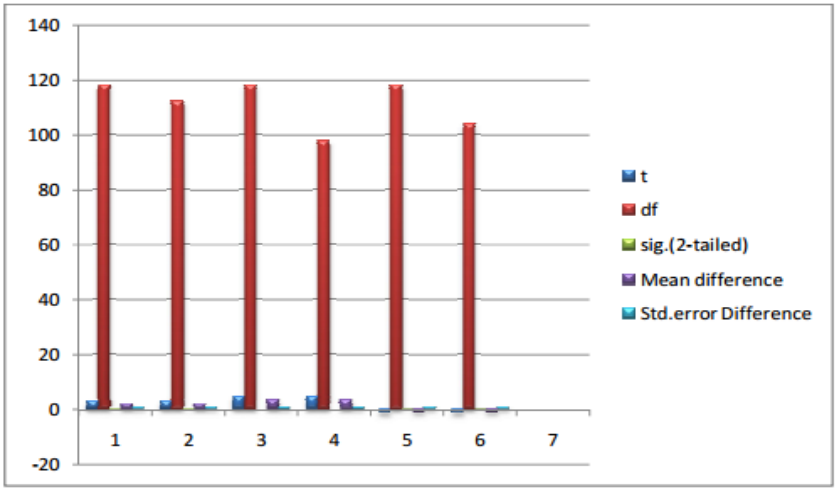
that the Somatic mean difference was 1.97 and calculated 't' value was 0.003, which was significant at 0.05 level because required 't' value was 1.980. It also shows that the Cognitive mean difference was 3.50 and calculate 't' value was 0.000, which was significant at 0.05 level. It shows the mean difference of self confidence was 1.20 and calculated 't' value was 0.125 and 0.126, which was not significant at 0.05 level. It finally also shows the mean difference was 4.27 and calculated 't' value was 0.000, which was significant at 0.05 level. Hence the calculated 't' value was greater than the required 't' value. It means Delhi State Level male Football players were better in pre competition anxiety level status as compare to Delhi State Level female Football players.



Graphical description of the mean of anxiety of Delhi state level football male and female players.



Graphical Description Of Independent Sample Test Of Anxiety Of Delhi State Level Football Male And Female Players

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CONCLUSION

From the analysis of the data it was very much evident that male and female players do differ on anxiety related components. They may be attributed to the fact that those who have more Self confidence and experience founded with low anxiety and those with less experience and beginners having more anxiety level. This might be considered as one of the reason that significant difference was observed among Delhi State Level Football male and female players. It may also attribute the fact that subjects were of almost similar level but they differ in their mental state and self confidence level. While concluding the study that is "A COMPARATIVE STUDYOFANXIETY LEVEL PRE COMPETITION OF DELHI STATE MALE ANDFEMALE FOOTBALL PLAYERS". It can be stated that Anxiety status level among these two categories significantly differs. Delhi State Level Football male players were found to be low anxiety level before competition as compared to Delhi State Level female players.

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