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COMPARISON OF ANXIETY AMONG DIFFERENT LEVELS OF SOCCER PLAYERS

Comparison of Anxiety among Different Levels of Soccer Players

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Abstract – The purpose of this study was to assess the anxiety in different levels of Soccer players. For the purpose of the study, two groups namely higher and lower performance group were created. The higher performance group was composed of those players who had participated in senior state championship. Where as lower performance group was composed of those players who had participated in open district championship but could not be selected to represent the district team. competitive state anxiety inventory-2, Questionnaire tests were selected to collect the data. The C.S.A.I. questionnaires were administered to each player prior to the competition. To find the significance difference between high and low performance Soccer players on anxiety, the 't' ratio was applied. The level of significance was set at .05. The result revealed that there is no significant difference between high and low level performance ability Soccer players in the dimension of anxiety.

INTRODUCTION:-

Proficiency in any sport and game requires the ideal combination and interaction of numerous abilities developed to an ideal degree. However performance measures of this ability vary from activity to activity.

Anxiety is related to emotional stability, tough-mindedness and confidence, a person who possesses the above qualities is equipped to handle anxiety and convert it into something very productive.

Anxiety may be motivating force or it may interfere with successful athletic performance. As a positive motivating force it can be instrumental in motivating the athlete to work harder to find new and better ways to improve performance and to help set goals. The athlete who uses his anxiety in this well seek out ways to improve himself, not only reduces anxiety but also help him to increase his athletic skills and his self confidence.

METHOD

Sixty male Soccer players of different levels were selected as subjects for this study. Players who had participated in U.P. State Football Championship were formed higher performance group and those who had participated in open district championship but could not be selected to represent the District team formed the "low performance" group, each group consisted of 30 players and their age range from 17 to 25 years.

In order to find out the competitive sport Anxiety of Soccer players C.S.A.I-2 form was applied. The Questionnaire consists of 27 statements which had an evaluation range from 1 = not at all to 4 = very much

so. The Questionnaire assesses the following two components and third factor – (A). Cognitive Anxiety (B). Somatic Anxiety. (c) Self Confidence. In order to find the competition Anxiety of the subjects, the scores on the above mentioned factors were added up.

In order to assess the significant difference between high performance and low performance Soccer players on Competition Anxiety, the t-ratio was applied. The level of significance was set at .05.

FINDINGS

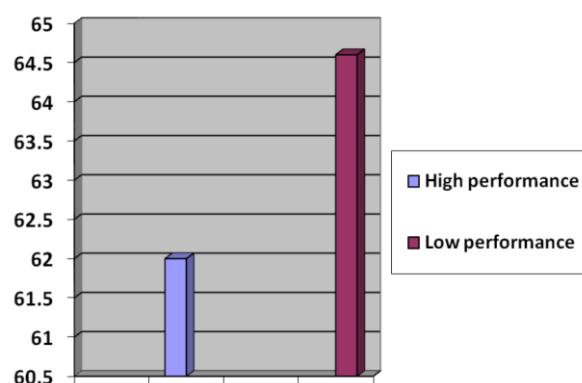


Figure 1 Mean value on anxiety of the soccer players

To determine the significance of mean difference between low and high performance Soccer players with regard to their psychological dimensions Anxiety status is presented in table-1

TABLE-1

SIGNIFICANCE OF DIFFERENCE OF MEANS OF HIGH AND LOW PERFORMANCE SOCCER L PLAYERS

S.No	Group	Mean	S.D	Mean Difference	Std. Error Of the Mean	t-ratio
1	High Perf	62.0	5.69			
				2.60	1.09	1.36
2	Low Perf	64.6	8.75			

* Significant at 0.05 level of confidence.

't' value required to be significant at 0.05 level with 58 degree of freedom is 2.0

The analysis of data in table -1 shows that there is no significant difference between high and low level performance ability Soccer players in the dimension of Anxiety as the obtained 't' value of 1.36 is lower than the required 't' value of 2.0 at 0.05 level of confidence.

DISCUSSIONS OF FINDINGS

Insignificant difference between the high and low performance Soccer players in the dimension of anxiety may be attributed to the fact that regular participation in game of Soccer by both category of players might have produced in them the quality of emotional stability, tough-mindedness and self confidence and these qualities equip the person to handle anxiety appropriately by keeping it at optimum level.

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