

A Comparative Study of Sports Competition Anxiety Level between Gujarat and Rajasthan Female Players in Kabaddi

Dr. Sheetal Sheth*

Assistant Director, Physical Education Department, The Maharaja Sayajirao University of Baroda, Vadodara, Gujarat

Abstract – The aim of study was that Comparison of Sports competition anxiety level between Gujarat and Rajasthan female players in Kabaddi. The research conducted in West Zone Inter University Kabaddi Women Tournament which was organized by Mumbai University, Mumbai in Mahad-Maharashtra. The total number of 24 female players as subjects is selected from (12) Gujarat and (12) Rajasthan zone as randomly method belonging from West Zone Kabaddi Inter University Women Tournament which was organized by Mumbai University, Mumbai in Mahad-Maharashtra. Sport Competitive Fear was the predictor chosen for the current analysis. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 used to calculate parameters. For comparing Sports Competitive Anxiety between Gujarat and Rajasthan female players in Kabaddi, descriptive analysis and independents “t” test was applied at 0.05 level of significance. Result was indicated that there was significant difference found in competitive anxiety level between Gujarat and Rajasthan female players in Kabaddi game who participated in West Zone Inter University Kabaddi Women Tournament which was organized by Mumbai University, Mumbai in Mahad-Maharashtra. On the basis of mean scores it can be seen the female kabaddi players of Gujarat were having more Sports Competitive Anxiety level than female kabaddi players of Rajasthan.

Key Words: Competitive Anxiety, Kabaddi, Women Players

INTRODUCTION

Competition is a collective phenomenon that takes place as individuals earn rewards on the grounds of how they equate their results with the performance of those who accomplish the same role or experience the same function. Anxiety is an emotional negative disorder in which nervousness, concern, and anxiety are correlated with body activation or enthusiasm. Anxiety is regarded more situational of nature and is frequently correlated with an excitement of the autonomic nervous system, and can be seen as an individual's vision of the future while confronting the condition of his setting. Researchers find that student players in individual sports are more nervous regarding competitiveness than squad athletes. Competitive state anxiety. Studied anxiety and success in chosen athletes and the findings indicate that anxiety scores and irritability, depression and anxiety are strongly negatively associated. We are very much more comfortable with the sporting scenario, as our desire to attain an individual indicator of cognitive and somatic distress. The level of state anxiety in the timeframe prior to the match is one of the influences which are assumed to affect the qualities of athletic experience significantly. Pre-competitive

anxiety begins reasonably strong and stays manageable when the time arrives. Anxiety may be beneficial in activities involving courage or strength, but a strong degree of apprehension may be dangerous in certain other cases. Several scholars, including Singer, find data supporting the inverted U theory, which tests anxiety impact on sportsmen's success. The reverse 'U' theory suggests that while anxiety is moderate, an athlete can do well. Output continues to deteriorate whether there is too little or too much anxiety. Pressure on athletes is imposed when competing in some kind of competition whether formal or informal. This strain increases efficiency often and has a detrimental effect on performance. The accumulation of pressure related to the next match will contribute to fear, affecting sport's success in both directions. Anxiety has perceptual, somatic, emotional and behavioural features and is a neurological and physiological state. These components generate a disagreeable sensation usually related to frustration, apprehension, concern or worry. Anxiety is a widespread mood that may always happen without a noticeable stimulus. As such, it varies from apprehension in the face of an observed hazard. In comparison, fear is associated with unique escape and evasion behaviour, whereas apprehension is

the product of uncontrollable or imminent risks. Many experiments have shown the effect on athlete success of psychological influences. In games and athletics, the success quality plays an important part in psychological and physiological influences. Anxiety is a state marked by somatic, mental, cognitive as well as components of behaviour, psychological and physiological. In the absence or existence of psychological tension, fear may produce feelings of fear, concern, discomfort and despair. The basic sense of this term is 'to vex or distress.' Anxiety is known as a natural stress response. The dilemma may be handled by urging an individual to cope with a tough circumstance. Anxiety may be defined as an anxiety condition when anxiety becomes excessive. The symptoms of anxiety may involve heart palpitation, stress and weakening of the body, tiredness, fatigue, chest discomfort, breathlessness, headache of your stomach and immune functioning and digestive function (the fight or flight response). External symptoms may include pale skin, sweating, weeping and dilution of the papillary skin. Someone who has anxiety can often get a sensation of terror or panic. Competitive fear triggers loss in results. The sporting individual should function at an optimum degree of anxiety, before, after and after the competition. Too much fear triggers body pain, nervousness, the ability to decide about a person's success, wheeled emotions, feeling out of balance, shaking, bite of nails, increasing sweating, etc. Many high performing athletes will develop a fear of competition throughout the game day during preparation or practise. whether the athletic results conflict with nervousness, anxiety or paranoia.

OBJECTIVE OF THE STUDY

The purpose of this study was to compare the Sports Competitive Anxiety between Gujarat and Rajasthan female players in Kabaddi.

SUBJECTS FOR THE STUDY

For the present study 12 female Kabaddi players from Gujarat and 12 female Kabaddi players from Rajasthan were taken. Age ranged of the female players between 18-25 years. These sports persons were participating in West Zone Inter University Kabaddi Women Tournament which was organized by Mumbai University, Mumbai in Mahad-Maharashtra.

CRITERION MEASURES

For the purpose of the study Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used. In SCAT questionnaire total 15 questions were there in which 5 lie questions were present. Each question has 3 options like rarely, sometimes and often. For the scoring of each subject we applied the answer key of R. Martin, Sports Competitive Anxiety Test (SCAT) 1990.

STATISTICAL ANALYSIS

For comparing Sports Competitive Anxiety between Gujarat and Rajasthan female players in Kabaddi, descriptive analysis and independent "t" test were applied at 0.05 level of significance. Data analysis was performed using SPSS 14.0 software version.

Table – 1

Comparative and Descriptive Table of Gujarat and Rajasthan female Kabaddi Players in Relation to Competitive Anxiety

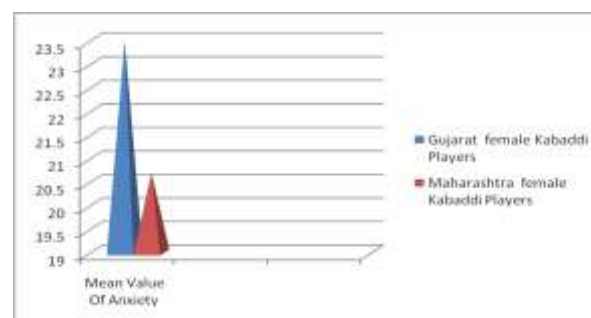
Groups	Number of Subjects	Mean	SD	't' Value
Gujarat female Kabaddi Players	12	23.5	8.64	2.24
Rajasthan female Kabaddi Players	12	20.7	9.48	

Significant level at 0.05 (22) =

From Table-1, mean value of Gujarat female Kabaddi Players was 23.5, mean value of Rajasthan female Kabaddi Players was 20.7, SD of Gujarat female Kabaddi Players was 8.64, SD of Rajasthan female Kabaddi Players was 9.48, and calculated t-value is 2.24, the p-value is .035, the result is significant at $p < .05$, that mean there was significant difference found in Sports Competitive Anxiety between Gujarat and Rajasthan female players in Kabaddi, Who participated in West Zone Inter University Kabaddi Women Tournament which was organized by Mumbai University, Mumbai in Mahad- Maharashtra.

Graph 1

Graphical Representation of mean value of Competitive Anxiety level of Gujarat and Rajasthan female players in Kabaddi Game



Norm of SCAT Questionnaire

Sr. No.	SCAT Score	Analysis
1	Less than 17	You have a low level of anxiety
2	17 to 24	You have an average level of anxiety
3	More than 24	You have a high level of anxiety

RESULT OF THE STUDY

Result indicated that there was significant difference found in competitive anxiety level between Gujarat and Rajasthan female players in Kabaddi game who participated in West Zone Inter University Kabaddi Women Tournament which was organized by Mumbai University, Mumbai in Mahad-Maharashtra. On the basis of mean scores it can be seen the female kabaddi players of Gujarat were having more Sports Competitive Anxiety level than female kabaddi players of Rajasthan. According to Norm of SCAT Questionnaire results of the research were indicated that both University female players of Kabaddi game from Gujarat and Rajasthan who were participated in West Zone Inter University Kabaddi Women Tournament which was organized by Mumbai University, Mumbai in Mahad-Maharashtra, have an average level of anxiety.

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Corresponding Author

Dr. Sheetal Sheth*

Assistant Director, Physical Education Department,
 The Maharaja Sayajirao University of Baroda,
 Vadodara, Gujarat