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A COMPARATIVE STUDY ON LEVEL OF COMPETITION ANXIETY BETWEEN INDIVIDUAL AND TEAM SPORT ATHLETES

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ABSTRACT:-

The purpose of the study was to compare the level of competition anxiety between individual and team sport athletes. During the competition players' mental state greatly affects their stamina explosion, which finally influences the result of final competition. Anxiety in



sports is considered as an important issue for many players. It is generally defined as a negative emotion characterized by feelings of apprehension and tension. For the purpose of the study thirty (n=30) Inter collegiate level athletes from individual and thirty (n=30) Inter collegiate level athletes from group events were

selected. The simple random technique was used to select the subjects. The competitive anxiety was measured by using a questionnaire called Sport Competition Anxiety Test (SCAT) introduced by Martens et al., in the year 1990. Statistical technique 't' test was used to analyze the data.

KEYWORDS: Anxiety, competition anxiety.

INTRODUCTION :

Anxiety is a psychological variable which plays a paramount role in sports. It is very challenge for athletes in participating in sports event which produces anxiety. The athlete would be become successful if he handles the anxiety. Anxiety might be the positive motivating action or it may interfere with successful performance in competition. Depend upon the different conditions the degree of anxiety also varies. The level of anxiety will be the greater in competitive sports compare to non-competitive sports, because the demands are more to the participants and they expected to win in competitive sports.

Anxiety refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self-confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles (Akbar et al., 2011). Anxiety can have a devastating effect on the performance of an athlete. Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they are faced with challenges.

METHODS:

The purpose of the study was to compare the level of competition anxiety between individual and team sports athletes. To achieve the purpose of the study thirty (n=30) female inter-collegiate athletes were selected from each category as subjects. The age range between 19-23. The competitive anxiety was measured by using a questionnaire called Sport Competition Anxiety Test (SCAT) introduced by Martens et al., in the year 1990. Before

one hour of the competition the questionnaires were distributed and gave proper instructions for filling the questionnaire.

ANALYSIS AND INTERPRETATION OF DATA:

Apart from descriptive statistics like mean, standard deviation; 't' test was performed on collected data.

RESULTS:

The data collected to achieve the objective of the study was analyzed and results are presented in the following table.

Table shows that mean value, standard deviation and t value of sports competition anxiety of individual and team sport athletes.

	N	Mean	Std. Deviation	t
Individual event athletes	30	22.3000	4.33232	3.79
Team sport athletes	30	19.2667	3.39303	

* Significance at 0.05 level

It is clear from the above table that 't' value of sports competition anxiety was 3.79 which is greater than the table value. And hence it was found that significance difference between individual and team sport athletes at 0.05 level of confidence.

CONCLUSIONS:

On the basis of the findings, the following conclusions have been drawn

1. There is significant difference was observed in competition anxiety between individual and team sport athletes. According to this particular study the athletes of individual events has more competition anxiety than the team sport athletes.
2. To participate in sports one must have balanced emotional factor. Anxiety is one among them. Participation in sports develops anxiety among players. The developed anxiety may have positive or negative affect on performance of the players. Hence the scholar made an attempt to find out the level of competition anxiety between individual and team sport athletes.

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