

## AN ASSESSMENT OF SPORTS ANXIETY OF DIFFERENT SPORTS DISCIPLINES

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### ABSTRACT

The purpose of the study was assessment of total Anxiety of different Sports Disciplines. For the purpose of the study, both male and female college level students of the age group 18 to 28 years of Delhi University were selected as the subjects for the study. 30 subjects from team sports and 30 subjects from individual sports (Kho-Kho, Athletics, Football and Judo) were selected for the study as subjects. The variables for the study were Cognitive Anxiety and Somatic Anxiety. The sub variables of cognitive Anxiety were: i) Freedom from worries and ii) concentration ability. It was hypothesized that there was no significant difference in total Sports Anxiety among the different competitive sports discipline. The Statistical technique used was Descriptive Statistics: Mean, Standard Deviation, Range, minimum and maximum of the raw scores. ANOVA was applied with the help of SPSS Software. The level of significance will be set at 0.05. The study concluded that Athletes and Kho-Kho Players have more worries in their respective sports as compared to the football and judo players who were found slightly less worried about their sports. It was further concluded that Judo players have high concentration level than Athletes and Kho-Kho players. The Study also revealed that football players were found to have more somatic anxiety than Athletes who were found more calm. The remaining mean difference was not found significant.

**Keywords:** Cognitive Anxiety, Somatic Anxiety, Sports Disciplines, Kho-Kho, Athletics, Football, Judo

### INTRODUCTION

Competitive sports demand a high level physical ability, and at the same time, they require a sharp mental focus. Sports psychologists work directly with athletes to help boost motivation and increase performance. This field of psychology deals with both the physiological and mental factors that affect sports performance. As a sports psychologist, you'll study athletes' behaviour and performance in the competitive arena to help them gain an edge and do their best. Participate in games and sports in the contemporary times has become more competing with the developed scientific knowledge, skill and method, along with the equipment and applied research in the field disciplines envisaging vital alternation to our sedentary lifestyles. Life and living here progressed in different field with technological innovations and one finds oneself living in society, facing challenges are faced particularly when a nation's performance in the field of sports needs more attention for a respectable position in international competition. The specialized field of sports psychology has developed rapidly in recent years. The importance of a sports psychologist as an integral member of the coaching and health care teams is widely recognized. Sports psychologists can teach skills to help athletes enhance their learning Process and motor skills, cope with competitive pressures, tune the level of awareness needed for optimal performance, and stay focused amid the many Distractions of team travel and in the competitive environment. Psychological training should be an integral part of an athlete's holistic training process, carried in conjunction with other training elements. This is best accomplished by a collaborative effort among the coach, the sport psychologist, and the athlete; However, a knowledgeable and interested coach can learn basic psychological skills and impart them to the athlete, especially during actual practice. Anxiety is one of the deferment's to good performance. At worst the effect of anxiety gets the athlete so tied up in knots that he is frozen in fear. In the best, anxiety subtly impairs performance by distracting the attention. That is not to say that one cannot produce superlative performance when nervous, one can. In fact, most athletes experience some anxiety before producing their top performances. However these superlative efforts come in spite of the anxiety, not because of it. By nature, anxiety tends to interfere with athletic performance. When one gets anxious the heart rate increases, the blood pressure becomes elevated, the breathing becomes more rapid, and oxygen consumption increases. The multi-dimensions nature of anxiety requires distinguishing its measurement cognitively, physiologically and behaviourally. The anxiety in primarily a manifestation of psychological process such as cognitive appraisal and expectancies. These researches also have recognized the important of somatic anxiety in affecting sports performance.

### OBJECTIVES OF THE STUDY

To Assess and interpret various competitive anxieties for players of various competitive sports Disciplines and Comparative interpretation of cognitive anxiety and somatic anxiety of Team games and individual games.



## RESEARCH METHODOLOGY

In the study the following research methodology is used:

For the purpose of the study, both male and female college level subjects will be selected with age ranging from 18 to 28 years. The subjects will be 30 subjects each from team sports and individual sports from the Kho-Kho, Athletics, football and judo.

### Variables

The following variables have been identified for the study:

- Somatic Anxiety
- Cognitive Anxiety
- Freedom from worries
- Concentration ability

### Data collection

The study entirely based on primary data. The primary data was collected through structured questionnaires duly filled by the subjects.

### Statistical techniques

For analyzing and discussing about the results of the study, Descriptive Statistics: Mean, Standard Deviation, range, minimum and maximum of the raw scores and ANOVA was applied. Data was analyzed, interpreted and evaluated with required statistical tools like tabulation and graphical presentation.

## RESULTS AND DISCUSSION

The analysis of data was computed on selected sixty (60) subjects of four different competitive sports namely- Kho-kho, athletics, football and judo consisting 15 subjects each. The raw data was calculated with the statistical techniques- descriptive statistics like mean, SD, range and one way analysis of variance plus LSD wherever necessary.

Furthermore, for each selected variables of the four groups of competitive sports, findings of result obtained, discussion and interpretation of the finding were given as under.

TABLE-1  
DESCRIPTIVE STATISTICS OF SOMATIC SCORE

S. No.	Variables	Mean	S.D.	Range =Maxi.-Min.
1.	Kho-Kho somatic	18.33	3.49	13.0-25.00=-12
2.	Judo somatic	19.46	4.95	10.00-29.00=19
3.	Football somatic	21.00	6.53	12.00-29.00=17
4	Athletic	16.46	3.71	11.00-25.00=14

As shown in the table-1 the result of the somatic anxiety score the means value calculated as 18.33, 19.46, 21.00, 16.46 and total 18.81 respectively. The standard deviation calculated 3.49, 4.95, 6.53, 3.71 and 4.99 respectively and the range of the r somatic anxiety shown 12,19,17,14 and 19 respectively for selected games Athletic, Judo, Kho-Kho and Football.

TABLE-2  
DESCRIPTIVE STATISTICS OF WORRY ANXIETY SCORE

S. No.	Variables	Mean	S.D.	Range =Maxi.-Min.
1.	Kho-Kho worry	14.80	2.59	12.00-23.00= -11
2.	Athletic worry	13.73	4.33	7.00-21.00=-14
3.	Judo worry	16.66	3.77	11.00-24.00=-13
4.	Football worry	15.46	3.09	10.00-21.00=-11
	Total	15.16	43.58	7.00-24.00=-16.9

As shown in the table-1 the result of the somatic anxiety score the means value calculated as 14.80, 13.73, 16.66, 15.46 and total 18.81 respectively. The standard deviation calculated 3.49, 4.95, 6.53, 3.71 and 4.99 respectively and the range of the r somatic anxiety shown 11, 14, 13, 11 and 16.9 respectively for selected games- Athletic, Judo, Kho-Kho and Football.



TABLE-3  
DESCRIPTIVE STATISTICS OF CONCENTRATION ANXIETY SCORE

S. No.	Variables	Mean	S.D.	Range =Maxi.-Min.
1.	Kho Kho concentration	9.8000	2.1119	7.00-15.00=-8
2.	Athletic concentration	9.7333	3.6147	3.00-15.00=-12
3.	Football concentration	11.2000	4.5071	5.00-23.00=-18
4.	Judo concentration	12.5333	2.53170	8.00-18.00=-10
5.	Total	10.8167	3.44197	3.00-23.00=-20

As shown in the table-3 the result of the somatic anxiety score the means value calculated as 9.8000, 9.7333, 11.2000, 12.5333 and total 10.8167 respectively. The standard deviation calculated 2.1119, 3.6147, 4.5071, 2.53170 and 3.44197 respectively and the range of the concentration anxiety shown 8, 12, 18, 10 and 20 respectively for selected games- Athletic, judo, Kho-Kho and football.

Descriptive

		Mean	Std. Dev.	Minimum	Maximum
Kksomatic	Kho-kho	18.3333	3.49830	13.00	25.00
	Athletics	16.4667	3.71996	11.00	25.00
	Football	21.0000	6.53562	12.00	29.00
	Judo	19.4667	4.95504	10.00	29.00
Kkworry	Kho-kho	14.8000	2.59670	12.00	23.00
	Athletics	13.7333	4.33370	07.00	21.00
	Football	15.4667	3.09069	10.00	21.00
	Judo	16.6667	3.77334	11.00	24.00
Kkconcentration	Kho-kho	9.8000	2.11119	07.00	15.00
	Athletics	9.7333	3.61478	03.00	15.00
	Football	11.2000	4.50714	05.00	23.00
	Judo	12.5333	2.53170	09.00	18.00
Kkttotal	Kho-kho	42.7333	7.10600	35.00	63.00
	Athletics	39.2667	10.47082	22.00	60.00
	Football	48.2667	9.05118	33.00	65.00
	Judo	48.1333	10.76281	27.00	69.00

TABLE-4  
ANALYSIS OF VARIANCE (ANOVA) FOR THE SOMATIC ANXIETY OF FOUR COMPETITIVE SPORTS

Variance in Groups	Sum of squares	Df	Mean Square	'F' Value	Significance
Between the groups	164.183	3	54.78	2.35	.083
Within the groups	1306.800	56	23.34	1.837	
Total	1470.983	59			

\*Significant tabulated value at 0.05 (df=2/57) = 3.16 and \*\*Significant tabulated value at 0.01 (df=2/57) = 5.01

TABLE-5  
ANALYSIS OF VARIANCE (ANOVA) FOR THE WORRY ANXIETY OF FOUR COMPETITIVE SPORTS

Variance in Groups	Sum of squares	Df	Mean Square	'F' Value	Significance
Between the groups	67.933	3	22.644	1.837	.151
With in the groups	690.400	56	12.329	1.837	
Total	1470.963	59			

\*Significant tabulated value at 0.05 (df=2/57) = 3.16 and \*\*Significant tabulated value at 0.01 (df=2/57) = 5.01



TABLE-6  
ANALYSIS OF VARIANCE (ANOVA) FOR THE KHO-KHO CONCENTRATION ANXIETY OF FOUR COMPETITIVE SPORTS

Variance in Groups	Sum of Squares	df	Mean Square	'F' Value	Significance
Between the groups	79.517	3	26.506	2.396	.078
With in the groups	619.467	56	11.062		
Total	698.983	59			

\*Significant tabulated value at 0.05 (df=2/57) = 3.16 and \*\*Significant tabulated value at 0.01 (df=2/57) = 5.01

TABLE-7  
ANALYSIS OF VARIANCE (ANOVA) FOR THE KHO-KHO TOTAL ANXIETY OF FOUR COMPETITIVE SPORTS

Variance in Groups	Sum of squares	Df	Mean Square	'F' Value	Significance
Between the groups	867.867	3	289.289	3.233	.078
With in the groups	5010.533	56	89.474		
Total	5878.40	59			

\*Significant tabulated value at 0.05 (df=2/57) = 3.16 and \*\*Significant tabulated value at 0.01 (df=2/57) = 5.01

TABLE - 8  
ANALYSIS OF VARIANCE AMONG DIFFERENT GROUPS

		Sum of Squares	Df	Mean Square	F	Sig.
KKsomatic	Between Groups	164.183	3	54.728	2.345	.083
	Within Groups	1306.800	56	23.336		
	Total	1470.983	59			
KKworry	Between Groups	67.933	3	22.644	1.837	.151
	Within Groups	690.400	56	12.329		
	Total	758.333	59			
KKconcentration	Between Groups	79.517	3	26.506	2.396	.078
	Within Groups	619.467	56	11.062		
	Total	698.983	59			
KKtotal	Between Groups	867.867	3	289.289	3.233	.029
	Within Groups	5010.533	56	89.474		
	Total	5878.400	59			

\*Significant tabulated value at 0.05 (df=2/57) = 3.16 and \*\*Significant tabulated value at 0.01 (df=2/57) = 5.01



Post Hoc Test LSD

Dependent Variable	(I) groups	(J) groups	Mean Difference (I-J)
Kksomatic	Kho-Kho	Athletics	1.86667
		Football	-2.66667
		Judo	-1.13333
	Athletics	Kho-Kho	-1.86667
		Football	-4.53333(*)
		Judo	-3.00000
	Football	Kho-Kho	2.66667
		Athletics	4.53333(*)
		Judo	1.53333
	Judo	Kho-Kho	1.13333
		Athletics	3.00000
		Football	-1.53333
Kkworry	Kho-Kho	Athletics	1.06667
		Football	-.66667
		Judo	-1.86667
	Athletics	Kho-Kho	-1.06667
		Football	-1.73333
		Judo	-2.93333(*)
	Football	Kho-Kho	.66667
		Athletics	1.73333
		Judo	-1.20000
	Judo	Kho-Kho	1.86667
		Athletics	2.93333(*)
		Football	1.20000
Kkconcentration	Kho-Kho	Athletics	.06667
		Football	-1.40000
		Judo	-2.73333(*)
	Athletics	Kho-Kho	-.06667
		Football	-1.46667
		Judo	-2.80000(*)
	Football	Kho-Kho	1.40000
		Athletics	1.46667
		Judo	-1.33333
	Judo	Kho-Kho	2.73333(*)
		Athletics	2.80000(*)
		Football	1.33333
Kktotal	Kho-Kho	Athletics	3.46667
		Football	-5.53333
		Judo	-5.40000
	Athletics	Kho-Kho	-3.46667
		Football	-9.00000(*)
		Judo	-8.86667(*)
	Football	Kho-Kho	5.53333
		Athletics	9.00000(*)
		Judo	.13333
	Judo	Kho-Kho	5.40000
		Athletics	8.86667(*)
		Football	-.13333

\* Significant mean difference at 0.05 level of significance.



## CONCLUSIONS

There was no significant difference of Somatic Anxiety among four different games. Football players were found to have more somatic anxiety than Athletes who were found to be more calm, compose and relax.

No significant difference was found in the sub variable; freedom from worries of cognitive anxiety. Athletics and Kho-Kho players were found highly worried about their sports than football and judo players.

There was significant difference found in concentration ability of different sports disciplines. Judo players were found to have better concentration ability than kho-kho players and Athletes.

Significant difference was found of total score of the sports Anxiety scale among various sports disciplines. Football and judo players were more stress and excited before and during the sports competition then the Athletics and Kho-Kho players.

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