A Comparative Study Of Sports Competitive Anxiety Among Collegiate Level Individual, Combative And Team Game Players

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ABSTRACT: The current study was conducted to compare sports competitive anxiety among collegiate level individual, combative and team game players. For the purpose of the study 120 male athletes (N=120) were purposively selected from Lakshmibai National Institute of Physical Education, Gwalior (M.P.). Further the subjects were divided into three groups, i.e. individual games, combative games and team games. The athletes from Badminton, Tennis and Table-Tennis sports were selected to 'Individual games' group; athletes from Judo, Wrestling and Boxing were selected to 'Combative games' group and athletes from Basketball, Football and Hockey were selected to 'Team games' group. Each group was comprised with 40 subjects each. Sports competition anxiety was selected as the variable for the study.Sports Competition Anxiety (SCAT) questionnaire was used as the tool to assess the sports competition anxiety level of the subjects.To compare and find the differences in sports competition anxiety level of three different groups, one-way analysis of variance (ANOVA) statistical test was used. For testing significance difference among means of different groups, LSD post-hoc test was applied. The results of the study revealed that there was significant difference between mean sports competitive anxiety scores of individual (15.4250) and combative (19.1250) players. The results also revealed that there was significant difference between mean sports competitive anxiety scores score of combative (19.1250) and team (16.2750) players. It was also found that the mean sports competitive anxiety scores of combative group (19.1250) was maximum followed by team group (16.2750) and individual group (15.4250).

KEYWORDS: Sports competitive anxiety, Individual games, Team games and Combative games.

1. INTRODUCTION:

Anxiety is the feeling of nervousness, worry and apprehension. It is triggered by fear of theanticipation of future events. In sports anxiety is common which influences the performance of athletes in competition. In order to achieve motor skills along with player performance, anxiety plays an essential role. High or low performance can be due to anxiety. Either positive or negative it depends on how the athlete perceives the situation. As well as high or low levels of anxiety generally prefer to diminish learning and performance. At every level, anxiety is a natural part of the competition. But the quality of young and unrefined sportsmen can be badly affected by anxiety. Anxiety is defined as feelings of nervousness and tension caused by the environment or surrounding expectation that is related

to 'arousal'.Such conditions are typically overwhelming to tell competitors that the expectation they seek is imbalanced and that they are able to meet the requirement (Gould, Krane, & Greenleaf, 2002).

Individual game consisting the sports and games in which athletes compete as an individual and have individual results. Individual sport athletes are more introverted, have more individual goals, are more independent and competition between the individual athletes is more common. And having higher responsibility over the result.

Team game is the games and sports in which the athletes combine to form a group and they compete with a team and the team shares the results (Lindwall, Johnson, & Rylander, 2016).

Individual and team sport athletes have different personal characteristics (Weinberg & Gould, 2003).

Combative sports are contact sports in which athlete fight or combat each other. Different combat sports involve different skills and moves and played with different scoring systems. It requires more agility, flexibility, concentration and strength.

Numerous studies were conducted on sports competitive anxiety levels among different sports player, but fewer studies were conducted on sports competitive anxiety levels between the different sports groups (individual games, combative games, and team games) at the collegiate level.Therefore, in the present study the researcher intends to compare sports competitive anxiety among collegiate level individual, combative and team games players.

2. METHODOLOGY:

Subjects:

For the purpose of the study 120 male athletes (N=120) were purposively selected from Lakshmibai National Institute of Physical Education, Gwalior (M.P.). The age of the subjects was ranged from 18 to 25 years. Further the subjects were divided into three experimental groups, i.e. individual games, combative games and team games. The athletes from Badminton, Tennis and Table-Tennis sports were selected to 'Individual games' group; athletes from Judo, Wrestling and Boxing were selected to 'Combative games' group and athletes from Basketball, Football and Hockey were selected to 'Team games' group. Each group was comprised with 40 subjects each.

Variables:

Sports competition anxiety was selected as the variable for the study.

Tools:

Since the purpose of the study was to find the differences in sports competition anxiety between three different groups of sports persons; Sports Competition Anxiety (SCAT) (Martens, Vealey, & Burton, 1977) questionnaire was used as the tool to assess the sports competition anxiety level of different sports persons.

Statistical procedure:

To examine the differences in sports competition anxiety level of three different groups, one-way analysis of variance (ANOVA) statistical test was used. For testing significance difference among means of different groups, LSD post-hoc test was applied. In order to find the statistical results, SPSS version 25 was employed and the level of significant was set at 0.05.

3. RESULTS-

The results of descriptive statistics and analysis of variance test among three groups i.e. individual, combative and team game, were presented in the following tables and figures.

The table 1 displays the descriptive statistics of three different groups.

Table 1 Descriptive statistics of three different groups

	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Individual	15.4250	2.80007	.44273	11.00	22.00
Combative	19.1250	2.01517	.31863	15.00	22.00
Team	16.2750	3.28155	.51886	11.00	24.00

The table 2 displays the ANOVA test result.

Table 2ANOVA table

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	300.467	2	150.233	19.881	.000
Within Groups	884.125	117	7.557		
Total	1184.592	119			

The table 3 displays the multiple comparison test results.

Table 3 Multiple comparison

(i) Different groups	(j) Different groups	Mean difference (i-j)	Std. Error	Sig.
Individual	Combative	-3.70000*	.61468	.000
	Team	-.85000	.61468	.169
Combative	Individual	3.70000*	.61468	.000
	Team	2.85000*	.61468	.000
Team	Individual	.85000	.61468	.169
	Combative	-2.85000*	.61468	.000
*. The mean difference is significant at the 0.05 level.				

The figure 1 displays the mean plot of sports competition anxiety of three different groups.
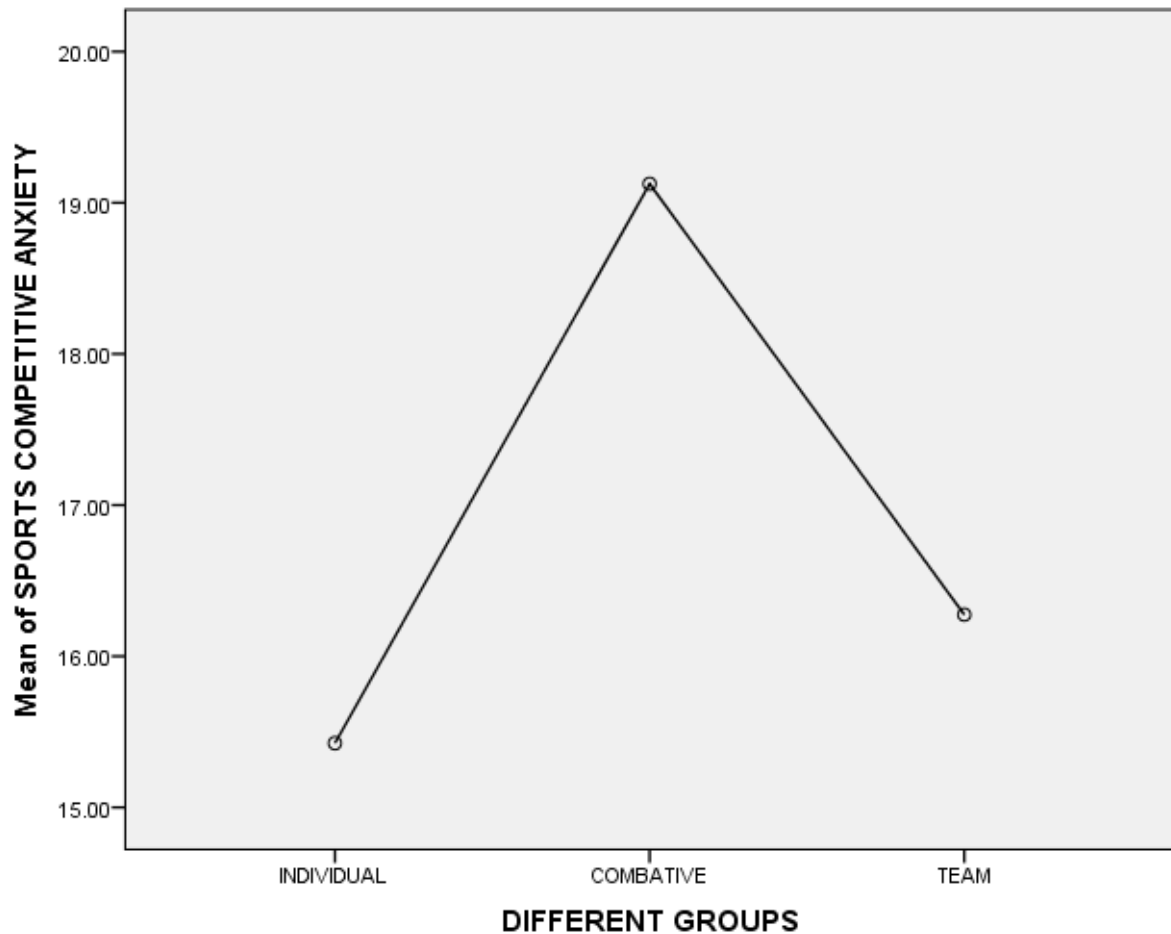
Figure 1 Mean of sports competitive anxiety

4. DISCUSSION& CONCLUSION:

The table 1 displays the descriptive statistics for the selected groups. It can be seen that; the individual group was having mean anxiety of 15.42 with standard deviation 2.80. It can also be seen that; the anxiety range of the individual group was 11 to 22. On the other hand, the combative group is displaying maximum mean anxiety (i.e. 19.12±2.01) and its range is 15 to 22. The team group is exhibiting mean anxiety of 16.27 with standard deviation of 3.28. the range of the team group is within 11 to 24. The table 2 exhibits the ANOVA result. The result displays, the F value (F=19.88) between groups is significant as $p<0.05$ (p=.000), which indicates that there was significant difference in mean anxiety of at least one pair of groups. The result from the table 2 displays that there was statistically significant difference between the groups. Therefore, it was necessary to apply a post hoc test to find out which groups are significantly different from each other. The table 3 displays there was statistically significant difference between individual group and combative group (p = 0.000), as well as combative group and team group (p = 0.000). However, there was no statistically significant difference between individual group and team group (p = 0.169).The figure 1 displays the mean plot of sports competitive anxiety for three different groups, that is individual, combative and team. From the figure 1 it can be clearly seen that the combative group was possessing maximum mean competitive sports anxiety (m=19.12) and the individual group was possessing the lowest mean competitive sports anxiety (m=15.42).

The results obtained in the current study is slightly different to other similar studies conducted before. Yadav & Kerketta (2017) had conducted a similar study to analyse sports

competitive anxiety level between different university level male team game players. The study found that mean sports competitive anxiety of football players were 22.9375 whereas mean sports competitive anxiety of cricket players were 24.6875 and mean sports competitive anxiety of hockey players were 23.8750. The result also revealed that the sports competitive anxiety level of football players were lower than hockey and cricket players.In another study, it was found that mean sports competitive anxiety of male karate fighters were 18.7 whereas mean sports competitive anxiety of male judokas were 18.1 (Thander, 2016). The result of this study also reveals that there was no any statistically significant difference between male karate and judoka.

In the current study, the following conclusions were drawn based on the results. They are as follows:

- There was significant difference between mean sports competitive anxiety scores of individual (15.4250) and combative (19.1250) players.
- There was significant difference between mean sports competitive anxiety scores score of combative (19.1250) and team (16.2750) players.
- The mean sports competitive anxiety scores of combative group (19.1250) was found to be maximum followed by team group (16.2750) and individual group (15.4250).

Various other studies have been done in this regard and significant findings have been achieved (Soni et al. 2016, Yousaf et al. 2015, Gupta and Yousaf, 2015, Khan and Devi R. 2019, Singh C. 2019, Singh K. and Gera B. 2016).

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