



Analysis of Anxiety of Football Players at the Different Levels of Competition

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Abstract

Sports psychology is a branch of psychology which not only studies the behavior of sportspersons but also reveals the impact of all the psychological variables which are directly or indirectly, positively or negatively related to sports performances. Many studies have been done to see the impact of psychological variables on sports performances. Preparation of the mind of players is as important as the preparation of their body, because under the stress of competition players react physically as well as mentally in such a way that it can adversely affect their performance. Players become highly tensed; they worry about their performance and also about the outcome of the competition and find it difficult to concentrate on the given task. In other words, their concentration goes down which leads to poor performance in sports. In the present times, coaches and physical educators have become more aware and concerned about the psychological and sociological aspects of sports rather than merely physiological fitness and skill in various activities. They realize that these characteristics of the participants contribute more towards their success than only physical fitness.

Keyword: Sports Psychology, Performance, character traits.

Introduction

Anxiety has been defined in a variety of ways such as "a disturbed state" of body¹ "emotional reactivity"²

Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth; somatic complaints and rumination³. Fear and anxiety differ in one important respect Therefore, it tends to be more pervasive and less in responses to the changes in the environment⁴, "A fear", says Rethlingsh after "is a quickly passing cloud that moves across the sun, anxiety is the cloud that lingers and truly beclouds the man"⁵.

In medical terminology, anxiety is defined as "apprehension of danger accompanied by restlessness and a feeling of oppression in the epigastrium"⁶.

Methodology

For the purpose of the study, 191 football players were selected as subjects (male) who had won first four positions in Punjabi University Inter-College Tournament, All India Intervarsity and National level football championship.

The present research work was designed to study Anxiety of football players at the different levels of participation. The following tools have been used by the investigators to collect data. State Trait Anxiety Scale (STAS) by Dr. Govind Tiwari and Roma Pal was used to assess the anxiety level of football players at the different levels of participation.

Results and Discussion

Findings of the Study: The data was analyzed by using descriptive statistics and one way analysis of variance method to find out differences between college, university and national level players in the Anxiety. Findings are presented below in tabular form:

Table-1
Descriptive statistics of Inter-college, nationals and intervarsity level competitions in relation to state anxiety

Competition Level	Mean	Standard Deviation
Inter-college	54.28	4.565
Nationals	54.51	6.763
Intervarsity	54.29	6.048

Table-1 revealed mean and standard deviation at three different levels of competitions i.e. Inter-college, nationals and intervarsity level in relation to state anxiety. The mean scores at Inter-college, Nationals and Intervarsity level competition in relation to state anxiety have been found 54.28, 54.51 and 54.51 respectively. The standard deviation scores in relation to state anxiety at Inter-college, nationals and intervarsity level competition have been found 4.565, 6.763 and 6.048 respectively.

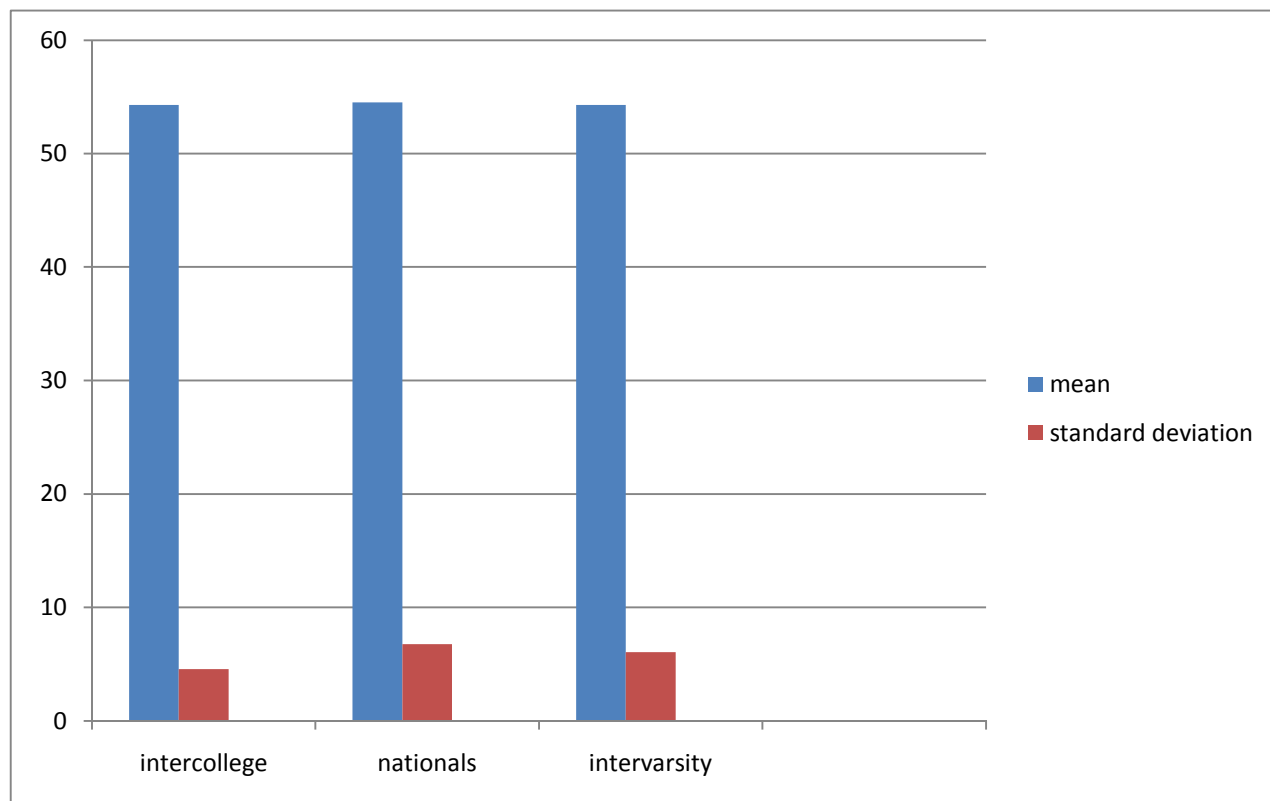


Figure-1
Comparison of state anxiety at different levels of competition

Table-2

Analysis of variance for the comparison at three different levels in relation to state anxiety

Variance	Type III sum of Squares	df	Mean Square	f*	Sig.
Between groups	2.173	2	1.068	0.031	.969

*Significant at 0.05 level. f- Value required to be significant at 189 df =2.99

Table-2 revealed that insignificant difference existed among the three groups at three different levels of competition in relation to state anxiety at 0.05 level since f-value of 0.031 was found lower than the required value 2.99 at 189df.

Table-3

LSD post hoc test for the comparison of paired means of three different levels in relation to state anxiety

Competition level	Std. error	Mean Difference*	Sig.
Inter-college – Nationals	1.074	-.23	.977
Inter-college – Intervarsity	1.048	-.01	1.000
National-Intervarsity	1.025	.22	.977

*Significant at 0.05 levels

Table-3 revealed that insignificant difference existed between the mean scores of Inter-college and Nationals, Inter-college and Intervarsity and National and Intervarsity level in relation to state anxiety.

Table-4

Descriptive statistics of Inter-college, Nationals and Intervarsity level competitions in relation to Trait anxiety

Competition level	Mean	Standard Deviation
Inter-college	59.57	5.691
Nationals	59.19	4.272
Intervarsity	56.40	5.157

Table-4 revealed mean and standard deviation at three different levels of competitions i.e. Inter-college, nationals and intervarsity level in relation to Trait anxiety. The mean scores at inter-college, nationals and intervarsity level competition in relation to trait anxiety have been found 59.57, 59.19 and 56.40 respectively. The standard deviation scores in relation to trait anxiety at Inter-college, nationals and intervarsity level competition have been found 5.691, 4.272 and 5.157 respectively.

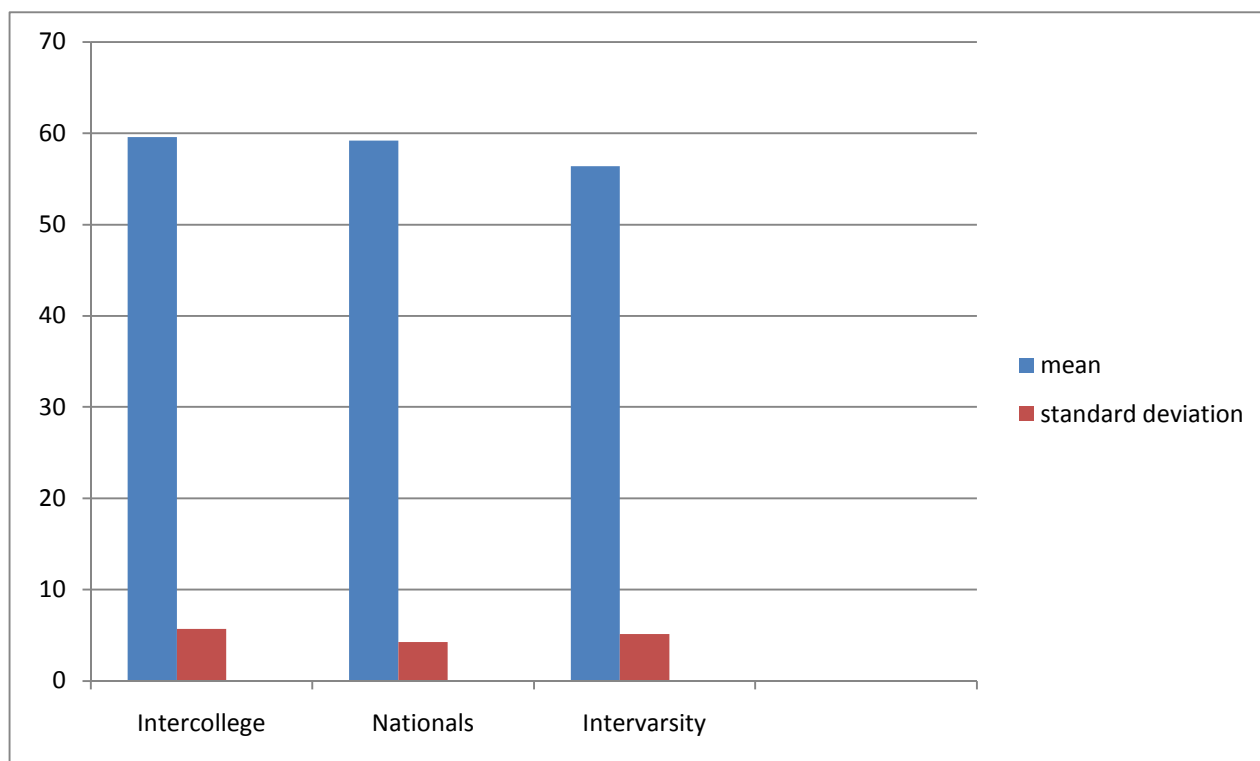


Figure-2
Comparison of trait anxiety at different levels of competition

Table-5

Analysis of variance for the comparison at three different levels in relation to Trait anxiety

Variance	Type III sum of Squares	df	Mean Square	f	Sig.
Between groups	396.995	2	197.997	7.734*	.001

*Significant at 0.05 level. f- Value required to be significant at 189 df =2.99

Table-5 revealed that significant difference existed among the three groups at three different levels of competition in relation to trait anxiety at 0.05 level since f-value of 7.734 was found more than the required value 2.99 at 189df.

Table-6

LSD Post Hoc test for the comparison of paired means of three different levels in relation to trait anxiety

Competition level	Std. error	Mean Difference	Sig.
Inter-college – Nationals	.921	.38	.919
Inter-college – Intervarsity	.898	3.17*	.002
National-Intervarsity	.879	2.79*	.007

*Significant at 0.05 level.

Table-6 revealed that insignificant difference existed between the mean scores of Inter-college and Nationals. The result found was significant between Inter College and intervarsity level in relation to trait anxiety.

Conclusion

On the basis of the finding of the study the following conclusions are drawn.

State Anxiety: i. Insignificant difference existed among the three groups at three different levels of competitions in relation to state anxiety. ii. Insignificant difference existed between the mean scores of Inter-college and Nationals, Inter-college and Intervarsity and National and Intervarsity level in relation to state anxiety.

Trait Anxiety: i. Significant differences existed among the three groups at three different levels of competition in relation to trait anxiety. ii. Insignificant difference existed between the mean scores of Inter-college and Nationals. iii. Result outcome was Significant, between the mean scores of Inter-college and Intervarsity. iv. Significant difference was found between the mean scores of National and Intervarsity level in relation to trait anxiety.

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