

Assessment of Anxiety in Sports Person Pre & Post Sports Performance A Study on: Levels of Anxiety in Individual Vs Group Sport

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ABSTRACT: This study aimed at analyzing the sports anxiety in player's pre and post a sports performance. 100 male (50 cricket & 50 karate) players were taken in the age group of 20-30 years playing at different levels. Method: To measure the competition related anxiety for which SPORTS COMPETITIVE ANXIETY TEST (SCAT) [21] was used. Forms were distributed 15 minutes prior to the competition and immediately after the completion of the competition. The player's composite score was analyzed according to the SCAT analysis format. Result: Higher anxiety scores were found in individual sport (karate) than in team sports (cricket), pre and post competition.

KEY WORDS: Level of anxiety, Cricket, karate, SCAT scale.

I INTRODUCTION

Psychology is a science of behavior of the organism. The word 'psychology' has come from the Greek word 'psyche' meaning 'soul' and the 'logos' meaning study. In ancient times psychology was not a separate discipline. Now it has developed into a scientific discipline [1].

Sports psychology is a science in which the principles of psychology are applied in a sport or exercise setting. These principles are often applied to enhance performance. The sport psychologist is interested in helping every sport participant reach his or her potential as an athlete. If helping a young athlete develop self-control and confidence results in superior athletic performance.

Anxiety has been a central concept for sport psychology and has received a huge amount of investigation because of its influence on performance. Anxiety plays an important role in the acquisition of motor skills as well as athletic performance. Anxiety can either increase or decrease performance [2]. Emotion characterized by feelings of apprehension and tension. Unlike arousal it is not emotionally neutral, but rather is at the unpleasant end of the affect continuum [3].

Trait anxiety is a relatively enduring disposition, i.e. it is a personality dimension that predisposes people at the high end of the continuum to view a wide range of non-dangerous circumstances as threatening. In contrast, state anxiety is the negative emotion of apprehensiveness and tension experienced in threatening situations.

Generally, there are two types of anxiety that are state anxiety and trait anxiety [4]. State anxiety involved feeling of apprehension, tension, fear, and increase in physiological arousal [4]. This is an immediate emotional state response to specific situation. State anxiety also consists of somatic and cognitive anxiety [4]. Somatic anxiety is closely related to physiological aspects of anxiety which involved physical symptoms such as rapid heartbeat, shortness of breath and muscular [5]. Another component of state anxiety is cognitive anxiety which refers to worry and emotional distress for upcoming events [6]. Trait anxiety, which is involved with an experience of anxiety over a long period of time towards the stressful environments [7].

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II. RELATED WORK

The study conducted by G. kirubalan and P.gopinathan et al[16] , Anil Kumar Research Scholar, Department of Physical Education, BHU, [15] , Esfahani and H. GhezeSoflu et al[14] , Malkeetkaur Assistant Professor CIE et al[20], Amritpreet Singh et al [18] , shows anxiety levels of different sports players. The study conducted by .Jamilah Ahmad Radzi Faculty of Sport Science and Recreation Universiti Teknologi Mara UiTM Shah Alam[20] , Nikhil Kumar Rastogia et al[17] , shows anxiety levels of players of individual Vs group sports. The study conducted by Anil Kumar Research Scholar, Department of Physical Education, BHU[15], Esfahani and H. GhezeSoflu et al[14] , Malkeetkaur Assistant Professor CIE et al[19] , Amritpreet Singh et al[18] , .Jamilah Ahmad Radzi, Mara uitm, Shah Alam[20] , Nikhil Kumar Rastogia et al[17] have done study on the level of anxiety in sports person by using the SCAT format questionnaire.

III. METHODOLOGY

STUDY DESIGN: Cross sectional study

STUDY SETTING:

- D.Y.Patil Spots Academy, Nerul, Navi Mumbai
- Zen Academy of Karate Vidhyavihar, Mumbai

SAMPLING TECHNIQUE: Convenient Sampling

SAMPLE SIZE: 100

INCLUSIVE CRITERIA:

Cricket and karate players between the age group 20-30 yrs.

EXCLUSIVE CRITERIA:

Cricket and karate players between the age group below 20 and above 30 yrs.

DURATION OF STUDY: 6 MONTHS

PROCEDURE: Permission has taken from the respective management, D. Y. Patil Spots Academy, Nerul, Navi Mumbai and Zen Academy of Karate Vidhyavihar, Mumbai to conduct study. From each subject, informed consent has been obtained prior to the study. The sports individuals were interviewed in person to get information. A validated SPORT COMPITRTIVE ANXIETY TEST (SCAT) SCALE was used. The scale was explained to each and every sports individual. And the responses were recorded pre and post sport event.

IV. RESULT & INTERPRETATION

This study has been conducted with a sample of 100 sport individual, 50 cricket players and 50 karate players.

GRAPH 1: AVERAGE AGE OF PLAYERS

PLAYERS	AVERAGE AGE IN YEARS
CRICKET	24.64
KARATE	23.64

The above graph shows the average age of 50 cricket players is 24.64 years and the average age of karate players is 23.64 years

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GRAPH 2: NUMBER OF PLAYERS ACCORDING TO LEVEL OF SPORT [CRICKETERS & KARATE]

Level	CRICKETERS	KARATE
Club	12	9
District	8	8
State	11	12
National	12	14
International	7	7

The above graph shows the number of players in cricket and karate at different levels which are:

Cricket: club-12, district-8, state-11, national-12, international -7

Karat: club-9, district-8, state-12, national-14, international-7.

GRAPH 3: ANXIETY LEVEL PRE AND POST SPORT EVENT

LEVELS	Pre cricket	Post Cricket	Pre karate	Post karate
CLUB	20.25	20.08	20.66	18
DISTRICT	19.87	19.5	22	18.28
STATE	17.09	16.72	19.91	16.66
NATIONAL	18.5	17	19.78	16.93
INTERNATIONAL	17.71	17.57	17.28	16.57

The above graph shows the total anxiety levels of cricket and karate player's pre and post sports performance at different levels which is as:

Pre cricket: club-20.25, district-19.8, state-17.09, national-18.5, international-17.71

Post cricket: club-20.08, district-19.5, state-16.72, national-17, international-17.57

Pre karate: club-20.66, district-22, state-19.91, national-19.78, international-17.28

Post karate: club-18, district-18.28, state-16.66, national-16.93, international-16.5

GRAPH 4: MEAN AND STANDARD DEVIATION OF TOTAL ANXIETY IN CRICKETERS AND KARATE PLAYERS:

	cricketers	Karate
Pre	18.72±4.4	19.96±4.7
Post	18.16±4.5	17.2±3.97

The above graph indicates the mean and standard deviation of the total anxiety of cricket and karate player's pre and post-performance which are:

Pre cricket: 18.72±4.4

Post cricket: 18.16±4.5

Pre karate: 19.96±4.7

Post karate: 17.2±3.97

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V. DISCUSSION

The purpose of this study is to determine the anxiety levels in cricket and karate sports person pre and post a sports performance. 100 male sports person were taken in the age group of 20-30 playing at different level out of which 50 were cricket players and 50 karate in Mumbai. The players were made to fill a pre validated questionnaire of SPORTS COMPETITIVE ANXIETY TEST (SCAT) at the beginning of a competitive sport and after the competition of it.

There is marked rise in the pre anxiety of cricketers compared to the post anxiety and also the pre anxiety of karate players is more compared to the post anxiety. The reason could be that in team sports, when a team plays at the venue of the opposition (known as an "away" game) anxiety levels tend to be higher than when playing at home place. Having greater fan support and more familiarity with the venue plays a role in anxiety levels during competition.

The reason why players tend to get uptight before competition could be related the pressure of being observed. Spectators of any sport are constantly evaluating the skills of the athletes they are watching and this can be extremely daunting to those who are not trained to deal effectively with this pressure. Not wanting to fail can heap more strain on a player when as they become more aware of being observed and so the stress continues to grow [8].

The pressure faced by the individual on getting shortlisted for selections of district and higher level game due to which they have experience high anxiety levels in both the games.

Athletes who participate in individual sports have also been found to experience more anxiety than those who play team sports. Being part of a team alleviates some of the pressure experienced by those who compete alone. Self-confidence was found lower in individual than team sport athletes. Lower self-confidence leads to higher anxiety before an match [9]. Pressure of being judged after each move made, tension of being selected or not for another level Pressure after seeing the opponent better than you.

The anxiety levels at state level. There is no marked change seen in the anxiety levels of both the sports players. The anxiety levels at national level .there is no marked changes seen in the anxiety levels. Reason could be- Elite athletes are often so focused on their behavior that they interpret arousal as excitement rather than anxiety. The anxiety level at international level ,there is no marked changes seen apart from post anxiety in question 3(after I compete I worry about not performing well) which is higher in cricketers and question 12(before I compete I'm nervous) is higher in cricketers in pre anxiety ,the reason could be :

The nervousness of being judged on every move by big authorities on such a high level and also the tension of being selected to play for further matches in the series based on the performance can cause post anxiety on not performing well. Huge audience can cause nervousness in young players having first experience at such a big level as the age group in my study is 20-30years.

In the total pre and post competition anxiety in cricket and karate players the result indicated that higher anxiety scores was found in individual sports then team sports athletes. However, the results are not statistically significant for the pre and post anxiety levels in cricket players(team sport) with a p value of 0.5340 and t value of 0.6241 but with difference in the mean for which the probable reasons could be the Cricket matches are held in different countries sometimes in home ground and sometimes in away ground so the fan support, pressure of winning at home ground can vary the anxiety levels .The experience of the player elite players tend to have less anxiety and have the experience of tackling with it.

The results are statically significant for pre and post anxiety levels in karate players (individual sport) with a p value of 0.0021 and t value of 3.154. However, the results supported the previous studies which reported that anxiety scores prior to competition was statistically significant difference between individual and team sports athletes with anxiety were found greater in individual sport compared to team sport athletes [10]. Individual sport athletes demonstrated a significant higher in trait anxiety scores compared to team sport athletes. The result in lined with previous study who did found similar results [10]. The findings of this present study, however, were contradicting disagreed with the

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findings of [11] which indicated that no significant differences was exists in trait anxiety scores between individual and team sport athletes. The author stated that the trait anxiety scores between individual and team sport in their study seemed to be similar.

The results are statically non-significant for the pre and post anxiety of cricket and karate players with a p value of 0.1815, t value of 1.346 and p value of 0.2613,t value of 1.130 respectively .These results are in lined with previous meta-analysis study by authors [12] who reported that no significant differences between individual and team sport for anxiety scores The difference findings could be at least partially attributed with the used of different type of sports. Most of previous literatures have not control the factor of contact and non-contact, as well as subjective and objective sport as in this present study.

VI. CONCLUSION

Based on the data analysis of pre and post sports competition anxiety in sports persons in cricket and karate playing at different levels the following conclusions can be made. Overall pre competition anxiety is more in players of both the sport and individual sport players having more anxiety levels than group sports.

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