

SPORT COMPETITION ANXIETY AMONG UNIVERSITY LEVEL CRICKET PLAYERS: A COMPARATIVE STUDY

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ABSTRACT

The purpose of this study was to compare the Sport Competition Anxiety among University level Cricket player. For the purpose of the study, 60 university male cricket players All India semifinalist team 2011-12, (15 From G.N.D.U Punjab, 15 From BHU Varanasi, 15 From University of Mumbai, and 15 from Jain University Bangalore) were purposively selected as the subjects for the study. For this study Sport Competition Anxiety measured by Sport Competition Anxiety Test (SCAT) questionnaire developed by Hypnosis works in the year of 2006. With the help of the questionnaire related to Sport Competition Anxiety necessary data were collected. Data were collected with regard to Sport Competition Anxiety variable from 60 male Cricket Players. The data was analyzed by applying Descriptive Statistic i.e. Mean, Standard Deviation, & Analysis of Variance (ANOVA). The level of significance was set at 0.05. The findings of the study in relation to Sport Competition Anxiety reveals that a no significant difference exists among G.N.D.U Punjab, BHU Varanasi, University of Mumbai and Jain University, Bangalore.

Keywords: Sports, Competition, Anxiety and Cricket.

INTRODUCTION:

Anxiety is multidimensional in two different ways. Like all other emotions, anxiety has both a trait component and a state component. The trait component is like a personality disposition, whereas the State component is a situation specific response. State anxiety is an immediate emotional state that is characterized by apprehension, fear, tension, and an increase in physiological arousal. Conversely, trait anxiety is a predisposition to perceive certain environmental situations as threatening and to respond to these situations with increased state anxiety (Spielberger, 1971). If an athlete has a high level of competitive trait anxiety, she is likely to respond to an actual competitive situation with a high level of competitive state anxiety.

Anxiety is also multidimensional in the sense that it is believed that there are both cognitive and somatic components to anxiety. Cognitive anxiety is the mental component of anxiety caused by such things as fear of negative social evaluation, fear of failure, and loss of self-esteem. Somatic anxiety is the physical component of anxiety and reflects the perception of such physiological responses as increased heart rate, respiration, and muscular tension. Both state and trait anxiety are believed to have cognitive and somatic components. In the sports psychology literature, the notion that anxiety has both cognitive and somatic components is referred as multidimensional anxiety theory (Martens. et. al., 1990). Anxiety before or during athletic competitions can hinder your performance as an athlete. The coordinated movement required by athletic events becomes increasingly difficult when your body is in a tense state. A certain level of physical arousal is helpful and prepares us for competition. But when the physical symptoms of anxiety are too great, they may seriously interfere with your ability to compete. Similarly, a certain amount of worry about how you perform can be helpful in competition, but severe cognitive symptoms of anxiety such as negative thought patterns and expectations of failure can bring about a self-fulfilling prophecy. If there is a substantial difference between how you perform during practice and how you do during competitions, anxiety may be affecting your performance.

Some types of athletes are more prone to feeling the effects of anxiety on performance. Amateur athletes are more likely than seasoned professionals to experience anxiety that interferes with their ability to perform in competition -- this makes sense due to their relative lack of experience both in competition and in managing arousal. Athletes who participate in individual sports have also been found to experience more anxiety than those who play team sports. Common sense suggests that being part of a team alleviates some of the pressure experienced by those who compete alone. Finally, there is evidence 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. Again, common sense would indicate that having greater fan support and more familiarity with the venue plays a role in anxiety levels during competition.

The cognitive anxiety component, "worry," is commonly recognized as a central construct in the competitive sport anxiety process (Martens, 1977; Martens et al., 1990; Smith, Smoll, &

Wiechman, 1998). Worry can be defined as “a chain of thoughts [that are] negatively affect laden [and] relatively uncontrollable” (Borkovec, Robinson, Pruzinsky, & DePree, 1983, p. 10), and is often experienced when an individual’s attention narrows on perceived sources of threat or danger in the environment (Mathews, 1990). In other words, people often worry when they perceive an upcoming event as being “aversive, likely, imminent, and resource demanding” (Schwarzer, 1996, p. 105). Thus, a central feature of worry is that it is generally future-oriented, implying that it is focused upon anticipated threat (Borkovec, 1994). Worry is frequently cited as a component of “cognitive interference,” which refers to a class of cognitions that are intrusive, unwanted, undesirable, and at times disturbing to the individual (Sarason, Pierce, & Sarason, 1996). Given the intrusive nature of worry, its impact upon performance has been studied extensively in a variety of settings (e.g., academic testing, sport performance). Empirical findings strongly suggest that worry has a debilitating effect upon performance in relation to cognitive tasks (e.g., Sarason & Sarason, 1987) and physical tasks (including sport settings where worry is often referred to as “cognitive anxiety” or “concern”; e.g., Burton, 1988).

Worry is also identified as a defining characteristic of trait anxiety (e.g., Eysenck & Van Berkum, 1992; Schwarzer, 1996). That is, people who are prone to experiencing anxiety have a tendency to worry because they have an attentional disposition to perceive situational threats (e.g., Mathews, 1990). For example, Eysenck and Van Berkum found that adults (M age = 32.3 years) who were classified as high trait anxious had a tendency to worry more frequently about a variety of concerns (i.e., threats) than individuals low in trait anxiety. A similar view on the relationship between worry and trait anxiety has been adopted by prominent sport anxiety theorists (e.g., Martens et al., 1990; Smith et al., 1998) who postulate that the degree to which athletes perceive threat (and subsequently experience worry) in competitive sport settings is largely influenced by competitive trait anxiety (CTA)—where CTA is defined as a personality disposition reflecting an individual’s “tendency to perceive competitive situations as threatening and to respond to these situations with A-state” (Martens et al., 1990, p. 11).

OBJECTIVE:

The purpose of this study to compare the sport competition anxiety among university level cricket players.

METHODOLOGY:

Sample: Total 60 university male cricket players, All India semifinalist team, (15 From G.N.D.U Punjab, 15 From BHU Varanasi, 15 From University of Mumbai, and 15 from Jain University Bangalore) organized by Banaras Hindu University, Varanasi in 2011-12, were selected as subject of the study. Their age ranged between 17-28. Purposive sampling was used for this study. **Criterion measure:** For this study Sport Competition Anxiety measured by Sport Competition Anxiety Test (SCAT) questionnaire developed by Hypnosisworks in the year of 2006. **Statistical Technique:** to compare the Sport Competition Anxiety among male university level all India semifinalist cricket players, descriptive statistics and Analysis of variance was used. The level of significance set as 0.05.

RESULT AND DISCUSSIONS OF THE FINDINGS:

The findings pertaining to descriptive statistics for sport competition anxiety among 60 university male cricket players All India semifinalist team, (15 from G.N.D.U Punjab, 15 from BHU Varanasi, 15 from University of Mumbai, and 15 from Jain University Bangalore) have been presented in table.

Table-1: Descriptive Statistics of Sport Competition Anxiety among G.N.D.U. Punjab, BHU Varanasi, University of Mumbai and Jain University Bangalore

Variable	Groups	Mean	Std. Deviation
Sport Competition Anxiety	G.N.D.U. Punjab	21.13	1.95
	BHU Varanasi	21.06	2.52
	University of Mumbai	21.40	2.66
	Jain University Bangalore	20.46	2.44

It is evident from table-1 the mean and standard deviation scores of G.N.D.U. Punjab, BHU Varanasi, University of Mumbai and Jain University Bangalore in relation to Sport Competition Anxiety are 21.13, 21.06, 21.40 & 20.46 and 1.95, 2.52, 2.66 & 2.44 respectively. The findings pertaining to one way analysis of variance (ANOVA) for Sport Competition Anxiety among 60 Cricket players (15 from each university, G.N.D.U. Punjab, BHU Varanasi, University of Mumbai and Jain University Bangalore) have been presented in table No.2.

Table-2: Analysis of Variance of Sport Competition Anxiety among G.N.D.U. Punjab, BHU Varanasi, University of Mumbai and Jain University Bangalore

Source of Variance	Sum of Squares	df	Mean Square	F
Between Groups	6.983	3	2.328	0.400
Within Groups	326.000	56	5.821	
Total	332.983	59		

*Significance at 0.05 level of confidence. Tab F (3, 56) = 2.76

Table-2 reveals that a no significant difference exists among G.N.D.U Punjab, BHU Varanasi, University of Mumbai and Jain University Bangalore in relation to Sport Competition Anxiety as obtained 'F' ratio of 0.400 is lesser than the tabulated value 2.76 required for significance at 0.05 level with (3,56) degree of freedom. As the F-ratio was found insignificant in the case of Sport Competition Anxiety the least significant difference (L.S.D.) test of post-hoc was not applied to test the significant difference between paired means. The sequence of performance among G.N.D.U Punjab, BHU Varanasi, University of Mumbai and Jain University Bangalore was University of Mumbai < G.N.D.U. Punjab < BHU Varanasi < Jain University Bangalore.

DISCUSSION AND FINDINGS:

The findings of the study in relation to Sport Completion Anxiety showed insignificant difference exists among G.N.D.U Punjab, BHU Varanasi, University of Mumbai and Jain University Bangalore. According to Onions (1996), the term anxiety is derived from the Latin word angere, meaning "to choke". This Latin root is interesting because choking under pressure is widespread in sport. In sport psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent feelings of apprehension and dread (Cashmore, 2002). A

similar view of this construct was provided by Buckworth and Dishman (2002) who defined anxiety as a state of “worry, apprehension, or tension that often occurs in the absence of real or obvious danger”. Typically, the tension felt by anxious people is accompanied by a heightened state of physiological arousal mediated by the autonomic nervous system. Dunn (1999) and Dunn and Syrotuik (2003) discovered four main themes in an analysis of cognitive anxiety in intercollegiate ice-hockey players. These themes were a fear of performance failure, apprehension about negative evaluation by others, concerns about physical injury or danger, and an unspecified fear of the unknown. On average, the players in this study were more concerned about performance failure and negative evaluation by others than about the other two worry domains. In general, cognitive anxiety has a debilitating effect on athletic performance (Cashmore, 2002). Somatic anxiety refers to the physical manifestation of anxiety and may be defined as “one’s perception of the physiological-affective elements of the anxiety experience, that is, indications of autonomic arousal and unpleasant feeling states such as nervousness and tension” (Morris et al., 1981). In sport, this component of anxiety is apparent when an athlete is afflicted by such physical symptoms as increased perspiration, a pounding heart, rapid shallow breathing, clammy hands and a feeling of “butterflies” in the stomach. Whereas cognitive anxiety is characterized by negative thoughts and worries, somatic anxiety is associated with signs of autonomic arousal. It should be noted, however, that some researchers (Kerr, 1997) have suggested that increases in physiological arousal may accompany emotions other than anxiety. In particular, excitement and anger appear to have physiological substrates similar to those of anxiety. The third component of anxiety is behavioral. In this domain, indices of anxiety include tense facial expressions, changes in communication patterns (unusually rapid speech delivery) and agitation and restlessness (Gould et al., 2002). In this study cricket players having same nature of activity and playing experience through condition. The players played much more high level tournament and competition in their past, in this study level of different university cricket players are better sport competition anxiety as well as equal level of anxiety. The study result also supported by the study of David Matsumoto (2000).

Conclusions:

Insignificant difference exists among G.N.D.U Punjab, BHU Varanasi, University of Mumbai and Jain University Bangalore in relation to Sport Competition Anxiety. The sequence of performance among G.N.D.U Punjab, BHU Varanasi, University of Mumbai and Jain University Bangalore was University of Mumbai < G.N.D.U. Punjab < BHU Varanasi < Jain University Bangalore.

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