

RELATIONSHIP BETWEEN STATE ANXIETY AND PERFORMANCE IN GYMNASTICS

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ABSTRACT

Performance in gymnastics not only depends on systematic training to develop physical, physiological and technical aspects but also demands on consideration of psychological characteristics like somatic and cognitive anxiety as well as self-confidence are the prerequisite of the sports. Therefore, an attempt was made to investigate the relationship between state anxiety and performance in gymnastics. Thirty male gymnasts were randomly selected from senior level gymnastics championship held at Allahabad, U.P. in 2006-07. Competitive State Anxiety Inventory-2 (CSAI-2) was used to collect the data. For assessing the relationship of somatic anxiety, cognitive anxiety and self-confidence with the performance of gymnasts the Pearson's Product Moment Correlation (r) was used with the level of significance was set at 0.05. The co-efficient correlation of somatic anxiety and gymnastics performance was 0.127, cognitive anxiety and gymnastics performance was 0.448, self-confidence and gymnastics performance was 0.405 and total competitive state anxiety and gymnastics performance was 0.512. On the basis of analysis the following statements are drawn: the somatic anxiety was insignificant, the cognitive anxiety was significant, the self-confidence was significant and the total competitive state anxiety was significant with the gymnastics performance.

Key words: Anxiety, Gymnastics and Performance.

INTRODUCTION:

To be competitive and get to be the top, the sportspersons and teams have to undergo years of gruelling training of physical, physiological and psychological aspects of sports. Pursuing this path strewn with umpteen impediments is a challenge for a determined gymnast to overcome.

To an extent, all human behaviour is influenced by anxiety. Anxiety affects psychological and physiological working of the organism in numerous ways. For instance, anxious individuals are said to have reduced intentional control. During heightened activity, the attention cannot remain

one's potential: it is distributed to various aspects of the organism activity which is chaotic and intense. Hence, the nature of sports competition makes it a powerful stressor, which consequently can increase sudden intense emotional stress responses among athletes. State anxiety is generally regarded as an unpleasant emotional reaction related to stressful situations in which the arousal component is one inherent element. Moreover, anxiety has been suggested as a better predictor of the performance outcome than arousal when the tasks are of a more complex nature and contain a higher cognitive load.

Anxiety plays a paramount role in sports. It is the challenge in sports participation, which produces anxiety. Gymnastics was known to the Egyptian as long as 2100 B.C. In fact the word "Gymnastics" has its origin from the Greek word "Gymnos means nude" reflecting the practice of the Greeks to participate unclothed. Today's gymnastics are more competitive in nature and lots of changes are occurred. Along with these changes, lots of pressure are created on the gymnasts and perform their best in intensive situation. To tackle the competition pressure in gymnastics, the gymnasts know each and every aspect related to gymnastics. To understand this intense situation the investigator are interested to see the relationship of competition state anxiety with national level gymnastics performance.

AIM OF THE STUDY:

The aim of the study was to determinethe relationship between state anxiety and performance in gymnastics.

HYPOTHESIS:

It is hypothesized that there might be significant and positive relationship between somatic anxiety, cognitive anxiety and self-confidence with the gymnastics performance.

METHODOLOGY:

Subjects-

For the purpose of the investigation thirty male gymnasts were randomly selected from senior level gymnastics championship held at Allahabad, 2006-07, who were participated in this championship.

Administration of questionnaire and collection of data-

The competitive state anxiety inventory-2 (CSAI-2) was designed by Rainer Marten and it was used to collect the data. The questionnaire was administrated 30 minutes prior to the competition. Further it assesses competitive anxiety on the basis of three dimensions of anxiety i.e. somatic anxiety, cognitive anxiety and self-confidence. The questionnaire consists of 27 items where the 9 items for somatic anxiety, 9 items for cognitive anxiety and 9 items for self-confidence. All the necessary instructions were given to all subjects before the administration of the questionnaire. Performance of gymnasts was considered as the total scores obtained by the selected gymnasts in competition no. 1 (qualifying competition).

RESULTS:

Table -1: relationship between somatic anxiety, cognitive anxiety and self-confidence with gymnastics performance

Variable correlated	Co-efficient correlation
Somatic anxiety with performance	0.127
Cognitive anxiety with performance	0.448*
Self-confidence with performance	0.405*
Total competitive state anxiety with performance	0.512*

* Significant difference at 0.5 level of significance, $r_{.05} (28) = 0.306$

Table-1 reveals that there was an insignificant relationship of somatic anxiety with the performance of gymnasts, a significant relationship of cognitive anxiety, self-confidence and total competitive state anxiety with the performance of gymnasts.

DISCUSSION OF FINDING:

On the basis of the analysis, the somatic anxiety is not having significant impact on performance of gymnasts probably due to these repeated exposures to competition situations. In case of cognitive anxiety having positive relationship with the performance of gymnasts that might be come up just prior to competition, which normally happens in all gymnasts when they are exposed to talented group of gymnasts all over the country. Self-confidence was having a positive impact on gymnastics performance because it is the basic prerequisite for giving his best in competition or situation. As far as competitive state anxiety concerned positive relationship were seen with the performance of gymnasts. Probably the positive impact of cognitive anxiety and self-confidence on performance of the gymnasts could very well to dilute the effect of somatic anxiety. The findings of this study are in consonance with the study conducted by Tara Edwards and Dave.

DISCUSSION OF HYPOTHESIS:

On the basis of finding, the hypothesis is accepted in relation to the cognitive anxiety, self-confidence and total competitive state anxiety with the performance of gymnasts whereas the hypothesis is rejected in between of somatic anxiety and gymnastics performance.

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