

COMPARATIVE STUDY OF ANXIETY LEVEL OF HIGH AND LOW PERFORMING CRICKET TEAMS

DR. WAZIR SINGH

Assistant Professor of Physical Education, Govt. College for women Bawani Khera, Haryana, India

ABSTRACT

The purpose of the present study was to compare the pre-competitive anxiety level of the high performing and low performing cricket teams. The test was administered on 96 cricket players of six school teams of Bhiwani district in Haryana. All the subjects were tested on sports competition anxiety test by Martens R. (English 1977) whose reliability is 0.77 and validity is 0.81. The statistical techniques used to obtain the data were mean, standard deviation and t-test. The findings show that there is a significant difference in the pre-competitive anxiety level of high and low performing cricket teams. It was also observed that there is no significant difference in pre-competitive anxiety level between the winner & looser teams of each match. The results of the study will be discussed in details during the presentation.

Keywords: Anxiety, Performance and Cricket.

INTRODUCTION:

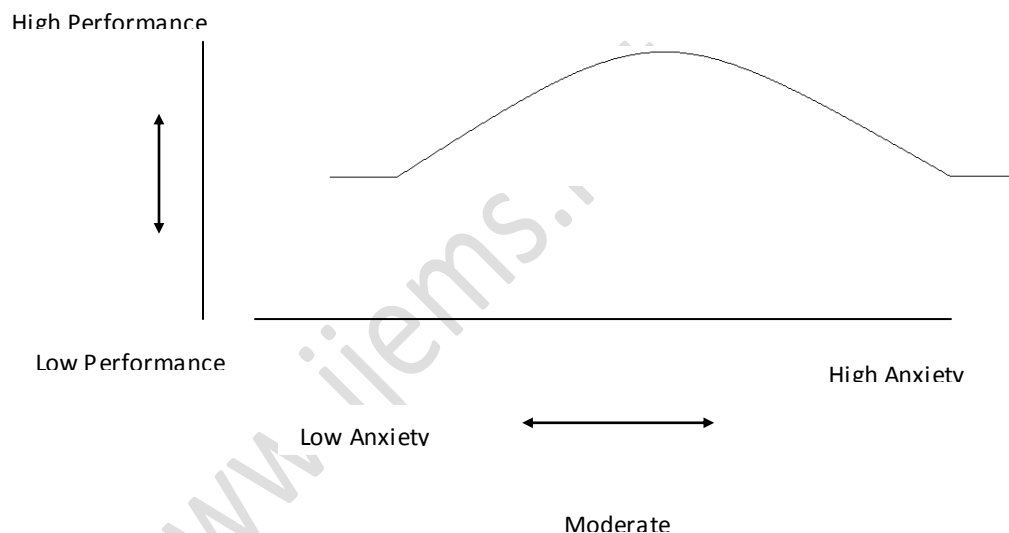
In the modern world sports is becoming a highly specialized competitive area of human activity. Sports perhaps may be viewed as the aspect of human activity which essentially strengthen the integration of body and mind. Sports and games are increasingly becoming a war like phenomenon requiring years and years of specialized training and practice with scientific and technological inputs. The rise of professionalism in sports, particularly in cricket and the human craze and quest for winning have transformed highly enjoyable sports into a complex behavioral conundrum.

Competitive trait anxiety is a concept, which denotes how anxious an individual typically becomes in competitive situations. It reflects an individual's tendency to perceive competitive situations as threatening (Martens, 1977). Martens developed the Sports Competition Anxiety

Test (SCAT) in order to provide a reliable and valid instrument which is a situation specific anxiety trait (A-trait) construct to measure competitive trait anxiety.

Cratty (1973) in one of his studies found that the highly anxious player who did care about his performance with high achievement needs tended to have his performance disrupted and thus lowered, because of the additional stress of competition.

The relationship between anxiety and performance has been shown in figure: - A



METHOD:

A survey/descriptive method was adopted for the present study.

SAMPLE:

The sample of the present study comprised of a total of 96 Cricket players (Boys) U-19 of bhiwani districts who were surveyed as subjects for the present study while participating at district level competition. The age of the subjects ranged from 14 to 19 yrs.

OBJECTIVES:

- To compare the pre-competitive anxiety level of very high & very low performing Cricket teams at district level.
- To compare the pre-competitive anxiety level of winner & loser of each match.

HYPOTHESES:

1. There will be significant difference among the high and low performing teams on pre-competitive anxiety level.
2. There exists a significant difference among the pre-competitive anxiety level of winner and loser.

TOOLS USED:

In the study Sports Competition Anxiety Test, (SCAT-A) by Rainer Martens (1977) was used to measure pre-competitive anxiety traits. This test consists of 15 statements which ask people to respond how they usually feel when competing in sports & games. The SCAT's reliability ranged from .57 to .93 with a mean of .77 for all samples combined. ANOVA reliability coefficient is .81 for the combined samples. The validity of this test reported by various researchers is satisfactorily high.

PROCEDURE:

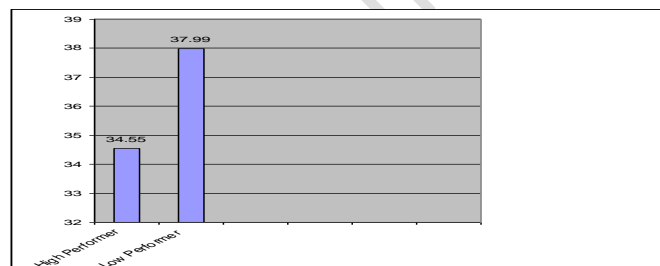
The SCAT (Martens, 1977) inventory was administered to all the players before each match. The data was collected 60 min. before start of each match after asking them to sit for 3 minutes to cool down. The test was administered in accordance with the procedure described in respective test.

RESULTS & DISCUSSION:

Table 1

Team	N	Mean	SD	SED	't' Value	Level of Significance
High performing (Vaish & Govt.) 1 st & 2 nd Position	32	34.55	2.27	.197	4.34	.05 and .01
Low performing (Chang & Golagarh) Fifth & Sixth	32	37.99	2.21			

Mean Comparison of High Performer V/S Low Performer



It can be observed from Table 1 that pre-competitive anxiety of the high and low performing cricket teams are found to have mean scores 34.55 and 37.99 with standard deviations 2.27 and 2.21 respectively. The 't' ratio between the mean scores of two teams come out to be 4.34. It is significant at .05 and .01 level.

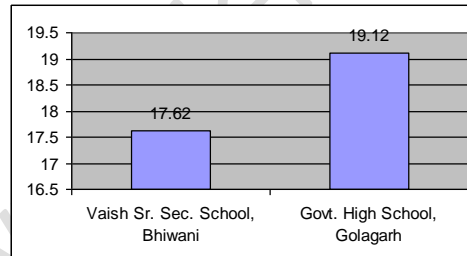
It indicates that high and low performing cricket teams differ in their pre-competitive anxiety. The results suggest that the high performing teams are found to be having more moderate level of anxiety in comparison to the low performing cricket teams.

Table 2

Significance of difference between mean pre-competitive anxiety scores of team 1st (Vaish Sr. Sec. School, Bhiwani) and team 6th (Govt. High School, Golagarh).

Team	N	Mean	SD	SED	't' Value	Level of Significance
Vaish Sr. Sec. School, Bhiwani	16	17.62	1.99	.622	2.41	.05
Govt. High School, Golagarh	16	19.12	1.50			

Mean Comparison of Vaish Sr. Sec. School and Govt. High School. Golagarh



It can be observed from Table 2 that the mean score for pre-competitive anxiety level of Vaish Sr. Sec. School, Bhiwani is 17.62 with SD of 1.99 and for Govt. High School, Golagarh it is 19.12 and 1.50. The 't' ratio between the mean scores of two teams comes out to be 2.41. It is significant at .05 level.

It indicates that Vaish Sr. Sec. School, Bhiwani and Govt. High School, Golagarh teams are found to differ in their pre-competitive anxiety level.

These results reveal that the team which has comparatively lower anxiety level has performed better (Vaish Sr. Sec. School, team won the tournament) and the team having comparatively

higher levels of the competitive anxiety has performed poorly (Govt. High School, Golagarh) team couldn't qualify even for quarterfinal.

Table 3

Significance of difference between mean pre-competitive anxiety scores of Vaish Sr. Sec. School (Winner) and Govt. Sr. Sec. School, Jui Khurd (Looser).

Team	N	Mean	SD	SED	't' Value	Level of Significance
Vaish Sr. Sec. School, Bhiwani	16	17.62	1.99	.866	.909	Non-Significant at .01 level
Govt. Sr. Sec. School Jui Khurd	16	18.38	3.07			

Mean Comparison of Vaish Sr. Sec. School Bhiwani V/S Govt. Sr. Sec. School, Jui Khurd

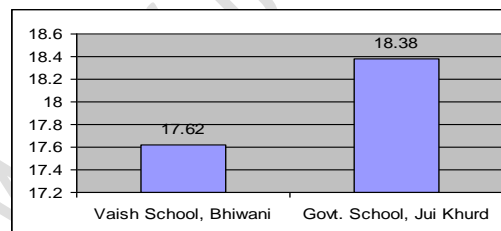


Table 3 shows that the mean scores on pre-competitive anxiety level of teams of Vaish Sr. Sec. School, Bhiwani and Govt. Sr. Sec. School, Jui Khurd are 17.62 and 18.38 with SD 1.99 and 3.07 respectively. The 't' ratio is .909, which is not significant at .01 level. Hence there is no significant difference in their pre-competitive anxiety level.

On the basis of above results, it can be concluded that there is no significant difference in pre-competitive anxiety level of winner and loser of each match.

CONCLUSION:

The results of present study indicate that better performance was achieved by that cricket team which has moderate pre-competitive anxiety level in comparison to other teams; This find support from study conducted by Nelson & Langer (1963) on Basketball players. They found that the performance of athletes who scored extremely low in anxiety did not perform well. All theories of anxiety seem to agree that maximum performance is reduced by too much anxiety (Duffy, 1962, Hull 1943 Wiener 1965). Read (1960) found that moderate level of anxiety created an ideal atmosphere for performance.

Athletes, cricketers and non sportsman have low level of anxiety, which is justified by a few studies conducted by Symond 1946, Byrne 1961, Kenyn 1968 and Tutko 1977). On the basis of findings of present study it can be concluded that there is no significant difference in pre-competitive anxiety level between the winners & loser of each match suggesting there by that only anxiety is not responsible for the outcome of the match and some other factors may play their role. However, a significant difference was found in the pre-competitive anxiety level of players belonging to very high and very low performing cricket teams. High performing teams were having more stable/moderate pre-competitive anxiety in comparison to low performing cricket teams as shown in Table no. 3.

It is, there for, suggested that knowing the anxiety level of players prior to the crucial game can help the coach in suggesting relaxation techniques to lower the anxiety level up to required level (optimum) and improve performance.

References

1. A.J. Singh (1991) Psychology of sports: The Indian perspective; Friends Publication (India).

2. Cratty B.J: Psychology in contemporary sports. Chapter 11, Anxiety Prentice-Hall in 1973.
3. Ford, R: Anxiety in noncompetitive and Pre-competitive situation involving inter-collegiate Football players, "Doctorate thesis, Springfield college, spring field, Massachusetts, 1968.
4. Hammer, W.M: "Anxiety and sports performance" proceedings, 2nd International congress of sports psychology, ed, Gerald S. Kenyan, athletic Institute 1969.
5. Martens R., (1977). Sport competition anxiety test. Champaign,IL: Human kinetics.

www.ijems.net