

A COMPARATIVE STUDY OF COMPETITIVE ANXIETY LEVEL BETWEEN FOOTBALLERS & HOCKEY PLAYER FROM G.H.G KHALSA COLLEGE GURUSAR SADHAR (LUDHIANA)

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ABSTRACT

Study examined the competitive anxiety between Footballers and Hockey players. Total forty (N=40) male subjects were selected for this study, twenty (N=20) Footballers and twenty (N=20) Hockey players, who are member of G.H.G Khalsa College Gurusar Sadhar football & hockey teams were examined during Inter college Competitions. Competitive anxiety was measured by applying Modified Competitive State Anxiety Inventory-2 (Modified CSAI-2) prepared by Jones & Swain, 1992, which includes sub-variables of cognitive anxiety, somatic anxiety, and self-confidence. The age of Footballers and Hockey players ranges from 17 to 28 years. The Mean, SD and 't'-value were calculated to find out the significance of difference and direction of difference between Footballers and Hockey players. The level of significance was set at 0.05. The results revealed significant difference with regard to sub-variables cognitive anxiety and somatic anxiety between Footballers and Hockey players. The results with regard to the sub-variable of self-confidence were found to be no significant between Footballers and Hockey players. However, the results with regard to the variable competitive anxiety (total) were found statistically no Significant.

Keywords: Football, Hockey and Anxiety.

INTRODUCTION:

Football & Hockey are traditional Sports played among all the colleges of Punjab. Sport competition has become so important in today's society that extremely lofty expectations by others are placed on competing athletes regardless of competitors' abilities, reasons for participation, and skill levels. The stressful nature of sport and the competitive environment place many demands on athletes (Jones, 1995). Sport psychology has been directed towards the

emotional responses to such stressors and in particular the study of competitive anxiety (Martens, Vealey, & Burton, 1990; Woodman & Hardy, 2001). Competitive state anxiety is conceptualized as a situation-specific multidimensional construct comprising cognitive and somatic components (Martens et al., 1990; Smith, Smoll, Cumming, & Grossbard, 2006). In the experience of competitive anxiety, three main dimensions have been differentiated: cognitive anxiety, somatic anxiety, and self-confidence (Martens et al., 1990). Cognitive anxiety involves cognitions about possible failure, while somatic anxiety involves the perception of bodily symptoms and heightened negative arousal. Self confidence, on the other hand, involves cognitions that one is up to the task and able to give one's best possible performance. Consequently, self-confidence prior to and during competitions usually indicates low competitive anxiety and is often associated with higher performance (Craft, Magyar, Becker, & Feltz, 2003). Spielberg (1966) told that anxiety is a palpable but transitory emotional state or condition characterized by feelings of tension and apprehension and heightened autonomic nervous activity. Scalan and Passer (1978) suggested that anxiety can be experienced, at any point, during the competition process that a person perceives, including prior to competition if the person anticipates an inadequate performance. During completions, if the person perceives the ongoing performance to be inadequate and therefore, anticipates future failure; this could account for the high anxiety. The purpose of the study was to assess the competitive anxiety between Footballers and Hockey players.

OBJECTIVE OF THE STUDY

1. To compare the competitive anxiety between Footballers and Hockey players.

MATERIALS AND METHODS

Sample: Total forty (N=40) male subjects were selected for this study, twenty five (N=25) Footballers and twenty (N=20) Hockey players, who had participated at inter-college competitions from various colleges of Panjab University, Chandigarh were examined. The age of Footballers and Hockey players ranges from 19 to 25 years. The Mean, SD and 't'-value were

calculated to find out the significance of difference and direction of difference between Footballers and Hockey players. The level of significance was set at 0.05.

Tool: Competitive anxiety was measured by applying Modified Competitive State Anxiety Inventory-2 (Modified CSAI-2) prepared by Jones & Swain, 1992, which includes sub-variables of cognitive anxiety, somatic anxiety, and self-confidence.

Statistical treatment: To find out the significant difference between Footballers and Hockey players, that independent samples t-test was used through statistical package for social sciences (SPSS).

RESULTS

The results of competitive anxiety between Footballers and Hockey players are presented in tables.

TABLE-1: Comparison of mean scores with regard to cognitive anxiety between Footballers and Hockey players

S. No	Variable	Footballers (N=20)		Hockey players (N=20)		MD	SED M	't' ratio
		Mean	SD	Mean	SD			
1.	Cognitive anxiety	24.68	4.70	20.56	5.81	4.12	1.494	2.75*

*Significant at .05 level $t > 2.00$ (df=48)

It has been observed from the Table-1 that mean values on the sub-variable cognitive anxiety between Footballers and Hockey players was 24.68 and 20.56 and standard deviation was 4.70

and 5.81 respectively. The “t” value 2.75 was found higher than the table value 2.00 and hence found significant at .05 level of confidence.

Figure 1: Graphical representation of mean scores with regard to the variables cognitive anxiety between Footballers and Hockey players.

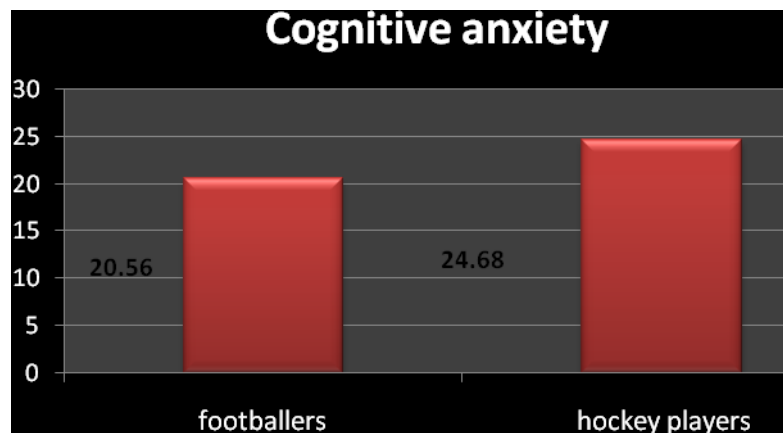


TABLE-2: Comparison of mean scores with regard to somatic anxiety between Footballers and Hockey players

S. No	Variable	Footballers (N=20)		Hockey play (N=20)		MD	SED M	‘t’ ratio
		Mean	SD	Mean	SD			
1.	Somatic anxiety	23.56	6.51	28.16	7.09	4.60	1.926	2.39*

*Significant at .05 level $t > 2.00$ (df=48)

Table-2 shows that mean values on the sub-variable somatic anxiety between Footballers and Hockey players was 23.56 and 28.16 and standard deviation was 6.51 and 7.09 respectively. The “t” value 2.39 was found higher than table value 2.00 and found significant at .05 level of confidence.

Figure 2: Graphical representation of mean scores with regard to the somatic anxiety between Footballers and Hockey players.

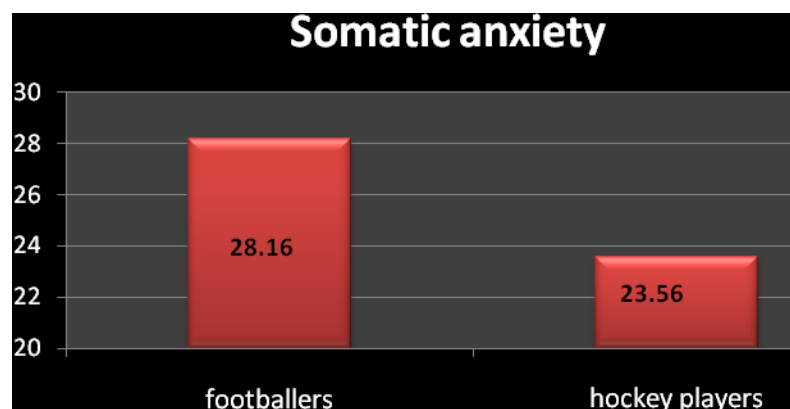


TABLE-3: Comparison of mean scores with regard to self-confidence between Footballers and Hockey players

S. No	Variable	Footballers (N=20)		Hockey play (N=20)		MD	SED M	‘t’ ratio
		Mean	SD	Mean	SD			
1.	Self-confidence	29.80	7.58	32.32	9.15	2.52	2.376	1.06

*Significant at .05 level $t > 2.00$ (df=48)

From the table-3 has been observed that mean values on the sub-variable self-confidence between Footballers and Hockey players was 29.80 and 32.32 and standard deviation was 7.58 and 9.15 respectively. The “t” value 1.06 was found lesser than table value 2.00 and found non-significant at .05 level of confidence.

Figure 3: Graphical representation of mean scores with regard to the self-confidence between Footballers and Hockey players.

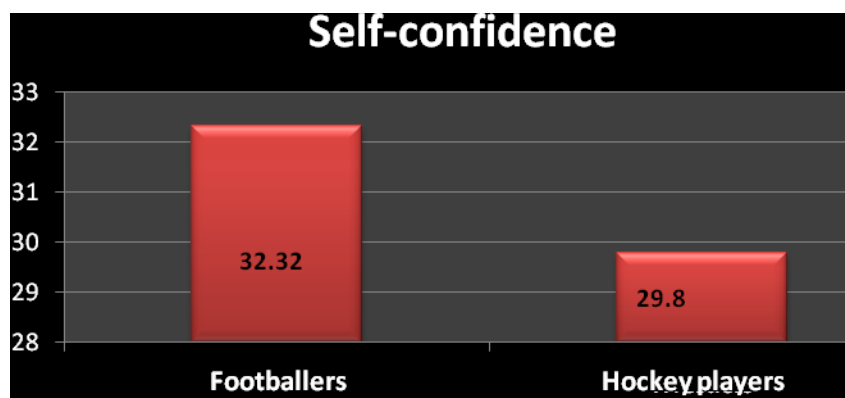


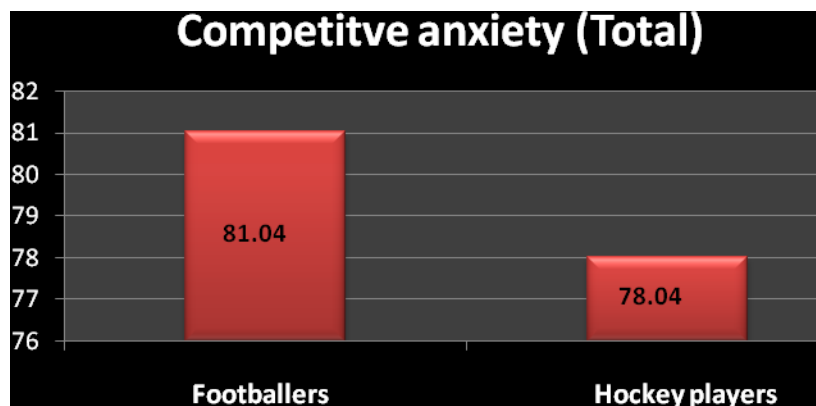
TABLE-4: Comparison of mean scores with regard to competitive anxiety (total) between Footballers and Hockey players

S. No	Variable	Footballers (N=20)		Hockey play (N=20)		MD	SED M	‘t’ ratio
		Mean	SD	Mean	SD			
1.	Competitive anxiety (Total)	78.04	18.79	81.04	22.05	3.00	5.794	0.51

*Significant at .05 level $t > 2.00$ (df=48)

The mean values in regard to variable competitive anxiety (total) between Footballers and Hockey players were 78.04 and 81.04 and standard deviation was 18.79 and 22.05 respectively. The “t” value 0.51 was lesser than table value 2.00 and hence found non-significant at .05 level of confidence.

Figure 4: Graphical representation of mean scores with regard to competitive anxiety (total) between Footballers and Hockey



players.

DISCUSSION

This study was conducted to find out the competitive anxiety between Footballers and Hockey players. It is evident from the results presented with regard to the sub-variable of cognitive anxiety that significant difference was observed between Footballers and Hockey players. footballers were found to be significantly better on the sub-variable of cognitive anxiety as compared Hockey players. The results on the sub-variable somatic anxiety revealed significant difference between Footballers and Hockey players. In somatic anxiety, Hockey players were found to be significantly better as compared to their counterpart Footballers. These results might be attributed to depend on their training environment etc. Fletcher and Hanton (2001) found that

athletes who use imagery technique were related to higher self-confidence in athletics, but that it did not influence cognitive or somatic anxiety. The results regarding sub-variable self-confidence revealed no significant difference between the Footballers and Hockey players. While comparing the mean values of both the groups, the Hockey players has edge over the Footballers and performed better but not significantly. Sharyn (2005) was examined that no differences were found between open and close skill athletes in terms of their interpretation of competitive anxiety and self-confidence.

The results on the variable competitive anxiety (Total) revealed no significant differences between Footballers and Hockey players. Footballers with significantly higher mean score were found to have higher competitive anxiety (Total) Hockey players. Martens et al. (1990) research has shown that athletes in individual sports such as wrestling, swimming, and track and field experience higher levels of competitive anxiety and lower levels of self-confidence as compared to team sport athletes. Singh (1992) found that with regard to inter-game differences on competitive anxiety, significant differences existed in competitive anxiety between the players of different games; both in the case of males as well as females. Singh et al (2007) concluded that significant differences were observed in competitive anxiety among judo and softball players and softball and basketball players.

CONCLUSION

The results revealed significant differences with regard to sub-variables cognitive anxiety and somatic anxiety between Footballers and Hockey players. The results with regard to the sub-variable of self-confidence were found to be no significant between Footballers and Hockey players. However, the results with regard to the variable competitive anxiety (total) were found statistically insignificant.

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