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## A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY BETWEEN THE ATHLETES OF TRACK AND FIELD EVENTS

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**Abstract:** The purpose of the study was to find out the difference of sports competition anxiety between the athletes of track and field events. The subjects for the present study were selected from B.H.U. The total number of subjects for the present study was 20 athletes (5 male & 5 female from track event and 5 male & 5 female from field events). The data was collected with the help of questionnaire for psychological variable i.e., Sports competition anxiety. The questionnaire developed was introduced for the collection of data. The level of significance chosen was 0.05 and degree of freedom was 8. There was no significant difference between athletes of track and field events in relation to sports competition anxiety.

**Key Words:** sports competition anxiety, Athletes, Track, Field

**Introduction:** Anxiety may be positive motivating force or it may interfere with successful athletic performances. As a positive motivating force it can be instrumental in motivating the athlete to work harder to find new and better ways to improve performances and to help set goals. The athlete who utilises his anxiety in this way will seek out ways to improve himself. This not only reduces his anxiety but helps him increase his athletic skills and self-confidence. <sup>[1]</sup> As a negative motivator anxiety may interfere with productive as well as constructive thinking. Athletes may attempt to handle anxiety by denying the need to work hard. <sup>[2]</sup> This can lead to the development of poor work habit or athletic techniques. These often lead to failure and, in turn, lack of confidence and increased anxiety. <sup>[3]</sup>

### Methodology

The subjects for the present study were selected from B.H.U. The total number of subjects for the present study was 20 athletes (5 male & 5 female from track event and 5 male & 5 female from field events).

**Selection of Tool:** The psychological variables were measured by (SCAT) as they are considered most reliable and valid for the purpose.

**Administration of Tool:** The sports competition anxiety test (SCAT) contains fifteen items. Subjects asked to indicate about their feelings

during sports and game and response to each item using a three point ordinal scale (hardly ever, sometimes, or often). Ten of the items (2,3,5,6,8,9,11,12,14,15) assess individual differences in competitive trait anxiety; five spurious items (1,4,7,10,13 are not scored) were also included to reduce possible bias responses. Total score might for the SCAT ranged from 10 (low competitive trait anxiety) to (30 highest competitive trait anxiety). <sup>[4]</sup>

### Result of the Study

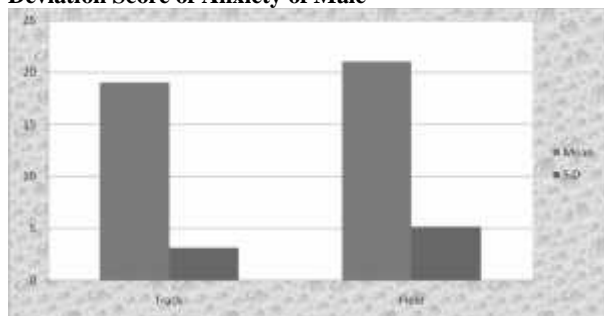
The results pertaining to analysis of data between pertaining to comparison of the Psychological variables <sup>[5]</sup> i.e. Sports competition anxiety between Track and Field events. Descriptive Statistics and Independent sample t – test was used. The data pertaining to the results of analysis of students have been presented through the table No.1-2. It is evident from Table-1 that the calculated t-value (2.111) is less than the tabulated t-value at d.f. (2.306) which means that there is no significant difference between the mean scores of Track and Field events in relation to Anxiety.

**Table-1: Comparison of Anxiety between male track and field events**

Event	N	Mean	S.D	t-value
Track	5	18.4000	2.88097	2.111
Field	5	21.4000	134164	

Significant at 0.05 level, Tabulated t-value required to be significant at d.f. (8) = 2.306

**Fig.1: Graphical Representation of Mean and Standard Deviation Score of Anxiety of Male**



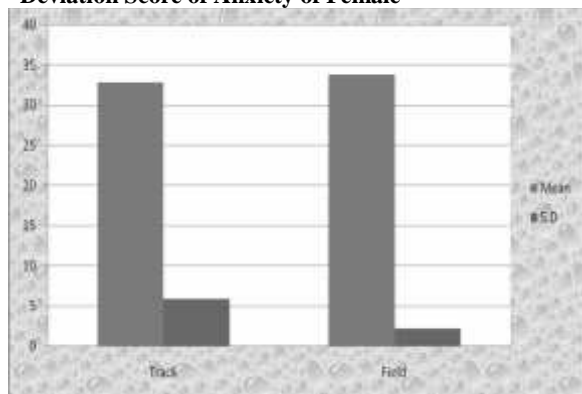
**Table-2: Comparison of Anxiety between female track and field events**

Event	N	Mean	S.D	t- value
Track	5	19.0000	3.08221	<b>0.745</b>
Field	5	21.0000	5.14782	

Significant at 0.05 levels, Tabulated t-value required to be significant at  $d.f.(8) = 2.306$

It is evident from Table-1 that the calculated t-value (0.745) is less than the tabulated t-value (2.306) which means there is no significant difference between the mean scores of Track and Field events in relation to Anxiety.

**Fig.2: Graphical Presentation of Mean and Standard Deviation Score of Anxiety of Female**



### Summary & Conclusion

**Summary:** The objective of the study was to compare the athletes from Track event in relation to their sports competition Anxiety. Further the second objective of the study was to compare the athletes from Field events in relation to their sports competition Anxiety.<sup>[6]</sup>

For the purpose of the study 20 Athletes (10 Track event and 10 Field events) were selected for this study. The age of the subjects ranged from 18 to 25 years and all were regular students of the university. The data pertaining to the psychological characteristics were collected from the subjects belonging to Banaras Hindu University.<sup>[7]</sup>

The data were collected by application of the questionnaire for psychological variables with the help of questionnaire.

The data collected were analyzed with the help of Mean, Standard Deviation and finally the mean for two groups were analyzed and compared with the help of another technique called independent sample t-test, which was evaluated and compared for the purpose of finding significance relationship. The level to find out significant relationship was set at 0.05 levels.

The result of the present study shows there is no significant difference between athletes of track and field events in relation to sports competition Anxiety. The present study was also supported by the following studies conducted in the past.<sup>[8]</sup>

**Conclusion:** From above observations of the study it is hereby concluded that: There is no significant difference between athletes of track and field events in relation to sports competition Anxiety.

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**ANNEXURE**

**Sport Competition Anxiety Test (SCAT)**

**Assessing Your Anxiety**

Read each statement below, decide if you "Rarely", "Sometimes" or "Often" feel this way when competing in your sport, tick the appropriate box to indicate your response.

Really    Sometimes    Often

1. Competing against others is socially enjoyable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Before I compete I feel uneasy			
3. Before I compete I worry about not performing well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am a good sportsman when I compete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When I compete, I worry about making mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Before I compete I am calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Setting a goal is important when competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Before I compete I get a queasy feeling in my stomach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Just before competing, I notice my heart beats faster than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I like to compete in games that demands a lot of physical energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Before I compete I feel relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Before I compete I am nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Team sports are more exciting than individual sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I get nervous wanting to start the game	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Before I compete I usually get uptight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Athlete's Name

SCAT Score

Less than 17 You have a low level of anxiety  
 17 to 24 You have an average level of anxiety  
 More than 24 You have a high level of anxiety