

# A Study of Competitive Anxiety among High And Low Achiever Female Football Players of Haryana, India

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**Abstract:** To accomplish the study, purposive sampling technique has been used to select the sample of eighty (80) university level female football players with the age group of 17 to 30 years. 15 players from each team which scored 1st, 2nd, 3rd and 4th position (20\*4=80) were taken as subjects for the study. The team who got the 1st and 2nd position in women football inter- university were considered as High achievers and 3rd and 4th position teams were considered as low achievers. Tool to measure competition related anxiety of the players sport competition Anxiety Test (SCAT, developed by Martens et al. (1990) was used. To find out the significance of mean differences between high and low achiever female football players 't' test was applied.

**Keywords:** Anxiety, Football, Competitive

## I. COMPETITIVE ANXIETY

The medical definition of anxiety describes it is state consisting of psychological and physical symptoms brought about by a sense of apprehension of a perceived threat. It is also goes on to state that anxiety can differ according to the situation and the individual. Psychologists generally differentiate between two types of anxiety. Trait anxiety relates to an aspect of personality in which nervousness is a stable personality trait in an individual. State Anxiety on the other hand refers to temporary feelings of anxiety in a particular situation. Therefore a person with an anxious personality may find many different everyday tasks stressful compared to someone who only gets nervous in extreme situations.

Psychology is the systematic study of behavior and mental processes as the study of humans is the primary focus of much of the field of psychology. Sports psychology is a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. Sport psychology is the scientific study of people and their behaviors in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, using rituals, attribution training, and periodization. It has been recognized for many years that psychological factors, in particular anxiety, play an important role in competition (C.A. Lizuka, at al 2005). Competitive sport can make even the world's most successful athlete feel nervous. Many factors such as expectations, perfectionism, fear of failure, lack of confidence, induce feelings of anxiety in athletes ( Moran, 2004). In sport psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent

feelings of apprehension and dread (E. Cashmore, 2002).

Anxiety consists of two subcomponents, namely cognitive and somatic anxiety, which influence performance before and during competition (Weinberg and Gould, 1999; Lazarus, 1991; Anshel, 2003; Martens et al., 1990; Jarvis, 2002). Meanwhile, cognitive is the mental component, which is characterized by negative expectations about success or self-evaluation, negative self-talk, worry about performance, images of failure, inability to concentrate, and disrupted attention (Martens et al., 1990; Jarvis, 2002). The somatic is the physiological element which is related to autonomic arousals, and negative symptoms such as feelings of nervousness, high blood pressure, dry throat, muscular tension, rapid heart rate, sweaty palms, and butterflies in the stomach (Martens et al., 1990; Jarvis, 2002). One approach is that increases in competition anxiety, and particularly cognitive symptoms, always have a detrimental effect on performance. At the same time as providing challenge and stimulation, sport also provides considerable uncertainty. At the precise moment the Olympic archer releases an arrow, or the rugby fly-half kicks for goal, the outcome is unknown.

Performing to the best of abilities has become more relevant in today's sports, because of the extensive media exposure. Sports are at the peak of their popularity all throughout the world, cutting across the barriers of richness or poverty, nationality, race or religion. In order to sustain the tremendous expectations of the fans and also to maintain a high ranking in the international arena, it is important to perform well. Anxiety is not a disease that a sports person can be rid of, once and for all. It has to be used as a booster to improve performance, to achieving sporting glory.

Provides therefore is inevitably linked with its inherent uncertainty. Sport is a cultural focal point because it is a theatre of unpredictability. While stress and uncertainty may motivate some athletes, they induce anxiety in others. There are some distinct factors that can increase athletes' level of anxiety. For example, the more important the contest the

greater the stress, and the more likely it is that a competitor will be prone to anxiety. Sport is littered with the broken dreams of those who wavered when they most needed to be in control of themselves and focused on the task at hand. When a competitor 'freezes' in the big moment or commits an inexplicable error, anxiety, in one of its many guises, is very often the root cause. The precise impact of anxiety on sporting performance depends on how you interpret your world. Unfortunately, far too many athletes accept high levels of anxiety as an inevitable part of the total sporting experience and fail to reach their potential.

Martens et al. (1990) saw that pre-competitive anxiety as an arousal that is unpleasant or negative and occurs prior to competition. According to them, it is negative emotional state that is characterized with feeling of worry, nervousness and apprehension associated with activation of the body.

Therefore, it is summarized from above discussions and definitions that an anxiety before or during competitions can hinder one's performance. The coordinated movement required by athletic events becomes increasingly difficult when one's 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 high, they may seriously interfere with athlete's ability to compete. Similarly, a certain amount of worry about how one can perform will 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 prediction. If there is a substantial difference between how one performs during practice and how an individual performs during competitions, anxiety may be affecting their performance.

## II. METHODOLOGY & PROCEDURE

To accomplish the study, purposive sampling technique has been used to select the sample of sixty (80) university level female football players (women) with the age group of 17 to 25 years. 20 players from each team which scored 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> position (20\*4=80) were taken as subjects for the study. The team who got the 1<sup>st</sup> and 2<sup>nd</sup> position in women football inter- university were considered as High achievers and 3<sup>rd</sup> and 4<sup>th</sup> position teams were considered as low achievers. Tool to measure competition related anxiety of the players sport competition Anxiety Test (SCAT, developed by Martens et al. (1990) was used. The data obtained from the subjects was scored after scoring the respective questionnaires. The data was then computed and analyzed by apply statistical values. To find out the significance of mean differences between high and low achiever football players 't' test was applied. The level of significance was set at 0.05 level.

## III. RESULTS AND DISCUSSION

Significance analysis of mean differences of competitive anxiety between high and low achievers female football players has been presented in table 1.1 and depicted in figure 1.1

**Table: 1.1 Significance of mean differences of competitive anxiety between high position holders and**

low position holder female football players							
Variable	Group	N	Mean	S. D.	M.D.	S.ED	't' value
Competitive Anxiety	High position	30	19.83	2.424	.800	.608	1.119
	Low position	30	19.03	1.728			

The table 1.1 depicts that the mean and S.D. value of high position holders were 19.83 and 2.424, whereas the low position holders were having the mean and S.D. value 19.03 and 1.728 respectively. The high position holders was found to have comparatively high mean score as compare to the low position holders which indicate that high position holder feels more anxiety as compare to low position holders during competition. Results in the above table shows that there is no significant difference observed between high position holders and low position holders in their competitive anxiety level.

## IV. DISCUSSION:

Results in table 1.1 did not indicate any significant difference between high position holder and low position holder female football players on the variable sports competitive anxiety. These two groups exhibited the mean scores of 19.83 and 19.03 respectively. This indicated that both these groups exhibited optimum sports competitive anxiety levels.

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