

## A comparative study of competitive sport anxiety among India and Bangladesh players

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### Abstract

The purpose of this study was a comparative study of Competitive Sport Anxiety among India and Bangladesh Kho Kho players. Thirty kho kho players (each 15 in a team) who had participated in the 2<sup>nd</sup> Asian Championships 2016 held at Indore, M.P. (India) were selected to serve as subjects for the study. Criterion measures was scores obtained in the Sports Competition Anxiety Test (SCAT) questionnaire developed by Rainer Marten. Significant difference was found between the India and Bangladesh players on Sports Competition Anxiety. Means, standard deviation and Independent t-test was used to analyse the data, and level of significant was set at .05.

**Keywords:** Kho Kho, Sports Competition Anxiety.

### Introduction

Psychology is a science of behavior of the organism. The word 'psychology' has come from the Greek word 'psyche' meaning 'soul' and the 'logos' meaning study. In ancient times psychology was not a separate discipline. Now it has developed into a scientific discipline [1]. Sports psychology is a science in which different components of psychology that plays a key role in a sport or exercise setting. These components make a difference in performance, and help every sport participant's performance to reach his or her potential as an athlete. The term anxiety is usually defined as a vague, diffuse, unpleasant feeling of fear and apprehension to loose or win. Anxiety is the displeasing feeling of fear and concern.

Anxiety has been a central concept for sport psychology and has received a huge amount of investigation because of its influence on performance. Anxiety plays an important role in the acquisition of motor skills as well as athletic performance. Anxiety can either increase or decrease performance. Generally, there are two types of anxiety that are state anxiety and trait anxiety. State anxiety involved feeling of apprehension, tension, fear, and increase in physiological arousal. This is an immediate emotional state response to specific situation [2]. Success and failure in competitive games and sports depend on series of emotions. Players may feel worried, tensed, stressed and fear prior to or during a competition. Uncertainty causes anxiety in players. The significance of the event, level of competition and crowd contribute to player's anxiety [3]. Competitive anxiety is the tendency to determine antagonistic situations and take action accordingly with feelings of stress, pressure and nervousness [4]. The competitive anxiety instantly accelerates just before the competition and suddenly decelerates after the competition [5].

### Methodology

The purpose of the study was a comparative study of Competitive Sport Anxiety among India and Bangladesh Kho Kho players.

**Selection of subjects:** For this study thirty male kho kho players were selected as subject, 15 from India and 15 from Bangladesh Kho Kho Teams. The age of the subject was ranged from 16 to 30 years.

**Tools and data collection:** Data was collected through standardized questionnaire Sports Competition Anxiety Test (SCAT) developed by Rainer Marten's. SCAT questionnaire consists 15 Multiple Choice Questions and out of five were spurious questions which are added to the questionnaire to diminish response bias towards the actual test items.

**Scoring of the questionnaire:** The answer of questionnaire was from three options- hardly ever, sometimes, and often that carry 1, 2, and 3 marks respectively. The ten test items which taken for the scoring purpose was 2, 3, 5,8,9,12,14, and 15. Question no. 6 & 11 scored reverse as 3, 2, 1. Spurious questions i.e. 1, 4, 7, 10, and 13 were not scored out as suggested by Rainer Marten.

### Collection of Data

Data was collected from Indias and Bangladesh teams' Asian khokho championship held at Indore (Madhya Pradesh) in the season 2015-16. All the subjects were instructed to respond independently. There was no time limit for the completion of the questionnaire were distributed one hour before the match and the subjects were instructed not to ponder too long over any statement and respond all the statements in the questionnaire independently.

### Findings

In order to analyze the data of the study descriptive statistics was applied and for comparing the Competitive Sport Anxiety Test Asian khokho championship players. Independent 't' - test was used. The level of significance for t' test was set at .05.

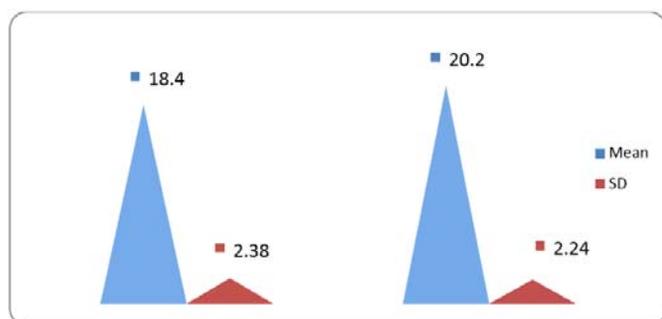
Data pertaining to Competitive Sports Anxiety of India and Bangladesh Kho Kho players are presented in Table 1

**Table 1:** Mean, standard deviation and t ratio of Competitive Sports Anxiety of India and Bangladesh Kho Kho players

Groups	Mean	Std. D	MD	't'-value
India	18.4	2.38	1.80	2.13*
Bangladesh	20.2	2.24		

Significant at .05 level Tab  $t_{0.05}(28) = 1.701$

Table-1 revealed that there was significant different between the India and Bangladesh Kho Kho players on Competitive Sport Anxiety, as obtained t value was 2.13 which is greater than tabulated  $t_{0.05}(28) = 1.701$ . The mean and standard deviation of India and Bangladesh Kho Kho players on Competitive Sport Anxiety; India Kho Kho players:  $18.4 \pm 2.38$  and Bangladesh Kho Kho players:  $20.2 \pm 2.24$ . Graphically representation of mean and standard deviation of India and Bangladesh Kho Kho players on Competitive Sport Anxiety.



**Fig 1:** Mean and standard deviation of India and Bangladesh Kho Kho players on Competitive Sport Anxiety.

### Discussion and Conclusion

In order to measure the level of competitive sport anxiety between India and Bangladesh khokho players. The result indicated that there was significant difference between India and Bangladesh players. The mean score of the Bangladesh khokho players was higher than the India players. It can be concluded that Bangladeshi players have higher anxiety level than India players. There are a number of inconsistencies between these findings. This could be the consequence of using different training programme and competition. It may be related to the situation that arouses level of anxiety. And the other reason for low level of anxiety of the Indian players may be advantage of home ground for the competition.

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