



A Comparative Study of State Competitive Anxiety Inventory between Football and Hockey National Level Player of Gujarat State

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Abstract

The study to compare the competitive anxiety Inventory (CSAI-2) for male football and hockey game. The statistical technique used in this study contained football and hockey national level male players of Gujarat State. Samples were male players who had participated in the national level competition. The total number of subjects was 100 male players (50 footballs & 50 hockeys). The age of the subjects ranged between 17-21 years. State Competitive Anxiety Inventory (CSAI-2) for football and hockey were administered to the subjects within 20 minutes prior to the start of the competition, each questionnaire took approximately 5 minutes to complete. To compare male Football and Hockey Game on their State Competitive Anxiety Inventory responses, one way analysis of variance Test was employed. DATA were analyzed by using S.P.S.S (Statistical package of Social Sciences). The selected variables between the football and hockey game players, which shows that there is a significant difference for the cognitive and somatic anxiety as the values are found to be 5.872 and 4.982 respectively, which are significant at 0.05 level, whereas no significant difference is found for the self-confidence.

Keywords: Public Health in India, Public Service Delivery, Human Resources for Health

Introduction

Multidimensional theory were developed by Martens and colleagues (1990a). The multidimensional theory proposed that anxiety three subscales cognitive anxiety, somatic anxiety and self-confidence. Cognitive anxiety is defined as "the mental component of anxiety and is caused by negative expectations about success or by negative self-evaluation" (Martens et al., 1990a, p. 5). Second element of anxiety is somatic anxiety, that defined by Martens et al. (1990a), "refers to the physiological and affective elements of the anxiety experience that develop directly from autonomic arousal" (p. 5). Martens et al. (1990b) have suggested that somatic anxiety should affect performance in a curvilinear fashion, with both lower and higher levels of somatic anxiety being detrimental to performance. Therefore, somatic anxiety, due to its time course, is thought to have less of an influence on performance than does cognitive anxiety (Martens et al., 1990b).

State anxiety is generally regarded as an unpleasant emotional reaction related to stressful situations, in which the arousal component is one inherent element (Woodman 2001). An important distinction between arousal and anxiety is that anxiety involves interpretation of the situation as threatening, whereas arousal is unrelated to any such interpretations ((Hammermeister, 2001) [2]. Moreover, anxiety has been suggested as a better predictor of the performance outcome than arousal when the tasks are of a more complex nature and load (Arent, 2002).

A third element of competitive state anxiety discussed by Martens et al. (1990b) is self-confidence. This encompasses the athlete's global perceptions of confidence. Although not originally proposed as a subcomponent of anxiety, Martens et al. have since included self-confidence in their study of the anxiety/performance relationship. They have proposed a

positive linear relationship between self-confidence and performance.

Competitive anxiety is one of the most thoroughly examined topics in sport psychology literature. This is mainly due to the perceived detrimental effects anxiety has on performance, creating the negative view most individuals hold of this concept. Anxiety is defined as feelings of nervousness and tension caused by the environment or surrounding expectation that is related to 'arousal'. These demands are usually stressful, indicating to the athletes a perception of imbalance between the demand given and their abilities to fulfill the demand (Gould, 2002) [1]. Dealing with competitive state anxiety is a main task for coaches because players and sport teams could not perform when they are under stress. Players could not perform at their best like they usually could because of anxiety. Consequently, their performance is affected during the competition and they seldom achieve victory (Patsiaouras, A. 2008).

The findings of various research works regarding competitive state anxiety in athletes have had contradictory results. Pigozzi (2008) showed the skill level of athletes is an important factor for control of competitive state anxiety. The research conducted by Soltani and et al (2012) confirmed that elite athletes have lower levels of competitive state anxiety than non-elite athletes. The study of Joel *et al.* (2009) and Cristina (2004) showed that the kind of sport, nature of sport (individual sport or team sport) and gender of athletes are affecting factors on their performance.

According to Hanton, Abriyon and Malaliyo anxiety levels before and during competition are not clear due to conflicting findings, various athletes have reported different levels of anxiety from much to low (Hanton, 2000 & Mellalieu, 2005). Behzadi (2012) & Adem Civan (2010) reported significant difference in levels of competitive state anxiety among team

sports and individual sports athletes. On contrast Passand (1997); Perry and Williams (1998) have not reported significant difference in high, moderate or low level of anxiety. It seems that the level of competitive state anxiety in team and individual sport athletes is not clear. With respect to the fact that every sport field has its own special nature, and also the results of most of the researches done are not in accordance with each other, therefore lack of a comprehensive theory in this field made the author to take action and compare competitive state anxiety among team sport and individual sport athletes in Iran.

Howard ZhenhaoZeng (2002) [3] compared the levels of cognitive State anxiety, Somatic state anxiety, and competitive trait anxiety for varsity athletes between team sports and individual sports. Results showed that Competitive State Anxiety scores for team sports was significantly higher than that of individual sport athletes. Mohsenpour (2002) studied state anxiety among male athletes of individual and team sports and concluded that there was no significant difference between somatic factor of group and individual examinable items but athletes of major group obtained lower cognitive grades than individual athletes (Mohsenpour, 2002).

Methodology

• **Objective of the Study:**

- i. To assess the competitive anxiety of male football and hockey game.
- ii. To compare the Cognitive anxiety between the male football and hockey game.
- iii. To compare the somatic anxiety between the male football and hockey game.
- iv. To compare the self confidence between the male football and hockey game.

• **Hypothesis:**

1. There would be no significant difference in the cognitive anxiety of male football and hockey game.
2. There would be no significant difference in the somatic anxiety of male football and hockey game.
3. There would be no significant difference in the self-confidence of male football and hockey game.

• **Subjects:**

The statistical technique used in this study contained football and hockey national level male players of Gujarat State. Samples were male players who had participated in the national level competition. The total number of subjects was 100 male players (50 footballs & 50 hockeys). The age of the subjects ranged between 17-21 years.

• **Questionnaire Used:**

State Competitive Anxiety Inventory (CSAI-2) for football and hockey were administered to the subjects within 20 minutes prior to the start of the competition, each questionnaire took approximately 5 minutes to complete.

• **Statistical Technique:**

To compare male Football and Hockey Game on their State Competitive Anxiety Inventory responses, one way analysis of variance was employed. DATA were analyzed by using S.P.S.S (Statistical package of Social Sciences).

Table 1: Comparison of Mean Score of State Competitive Anxiety Inventory responses between male Football and Hockey Game

S.N.	Variable	Group	N	Mean	Standard Deviation
1	Cognitive Anxiety	Football	50	15.98	4.01
		Hockey	50	15.08	2.88
2	Somatic Anxiety	Football	50	15.74	4.02
		Hockey	50	14.22	2.21
3	Self Confidence	Football	50	25.12	2.98
		Hockey	50	25.89	2.22

Table No. 1 clearly depicts the values for one way analysis of variance for the selected variables between the football and hockey game players, which shows that there is a significant difference for the cognitive and somatic anxiety as the values are found to be 5.872 and 4.982 respectively, which are significant at 0.05 level, whereas no significant difference is found for the self-confidence.

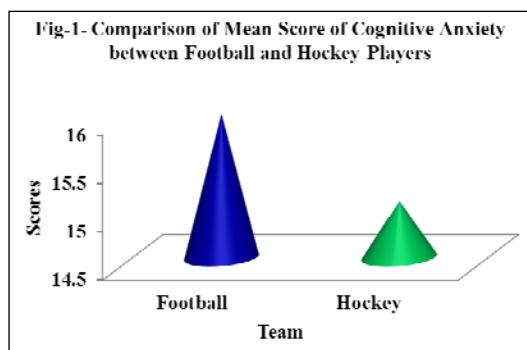


Fig 1: Comparison of Mean Score of Cognitive Anxiety between Football and Hockey Players

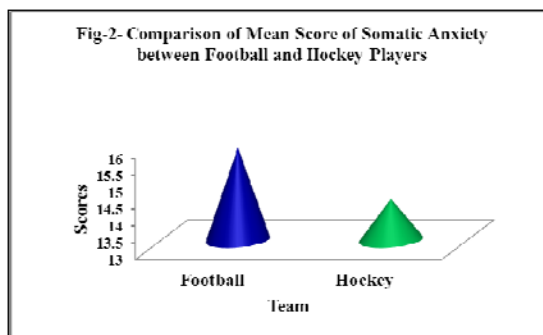


Fig-2- Comparison of Mean Score of Somatic Anxiety between Football and Hockey Players

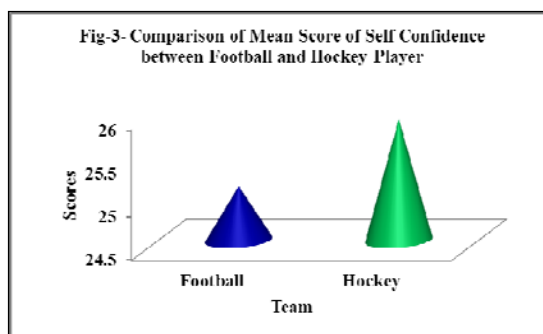


Fig 3: Comparison of Mean Score of Self Confidence between Football and Hockey Player

• **Discussion of Findings**

A significant difference in cognitive anxiety between football and hockey game players, it may be due to the fact that fear of failure is a stronger predictor of cognitive anxiety for football players than for hockey athletes given the potential accountability for failure placed on football athletes. Athletes who participate in football have also been found to experience more anxiety than those who play hockey sports (Flowers, 2002). For athletes in high-contact sports the possibility of getting hurt can also be a source of anxiety. It seems that in football sports, the athletes are more engaged in their own skills and abilities, while in hockey sports they are affected by their hockey members and their performance will depend on the performance of the group. The role assigned to the athlete in hockey sports may not correspond to their inner role.

A significant difference in somatic anxiety between hockey sport players and football sport players, it seems that athletes who participate in football sports have been found to experience more anxiety than those who play hockey sports. Common sense suggests that being part of a hockey alleviates some of the pressure experienced by those who compete alone (Arlin and Guide, 2010). This finding is consistent with predictions that competitive situations elicit both cognitive and somatic anxiety.

Also Martin and Hall research demonstrated that Skaters experienced greater somatic and cognitive anxiety prior to a football competitive event than prior to a hockey competition. Maybe this is because of a diffusion of responsibility that occurs in the team framework but not in an individual framework (Shamshad, A., 2005).

Reference

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