



ANXIETIES IN SELECTED LUCKNOW UNIVERSITY ATHLETES: A COMPARISON OF TEAM AND INDIVIDUAL SPORTS

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Abstract

The inability to perform well under pressure makes it imperative that coaches find ways to help their players cope with competitive state anxiety. Cognitive anxiety, physical anxiety, and self-confidence were the focus of this study's comparisons between male players in team and individual games. Participants in this study came from a variety of sports at Lucknow University, including Handball, Kabaddi and Kho-kho teams, as well as Swimming, Athletics, and Judo. Men who had participated in the collegiate level of play were used as samples. One hundred male athletes participated in the study, 50 from team sports and 50 from individual sports. Twenty minutes before the commencement of the tournament, participants whose ages varied from seventeen to twenty one were given the State Competitive Anxiety Inventory (CSAI-2), a test designed for both solo and team games. The data was analyzed using one way analysis of variance. Cognitive and somatic anxiety showed a significant difference with values of 5.854 and 4.962, respectively, at the 0.05 level of significance. On the other hand, self-confidence did not show any significant difference.

Key words: competitive state anxiety, Somatic anxiety, cognitive anxiety, self confidence.

Introduction

When it comes to the field of sport psychology, competitive anxiety is among the most researched subjects. The widespread belief that anxiety has a negative impact on performance is largely to blame for this pessimistic outlook. Feelings of unease and tension brought on by 'arousal' in one's surroundings or by expectations of one's immediate future are known as anxiety. Anxieties arises when athletes feel there is a mismatch between the demands placed on them and their capacity to meet those demands (Gould, 2002).

Because athletes and teams are unable to perform when they are anxious, it is crucial for coaches to help their athletes cope with competitive state anxiety. Anxiety prevented the players from giving their all, as they normally would. That undermines their performance in competition, and they end up losing more often than they win (Patsiaouras, A. 2008).

According to Woodman (2001), arousal is one component of state anxiety, which is typically seen as a negative emotional reaction to stressful conditions. The key difference between arousal and anxiety is that the latter does not include perceiving the situation as dangerous, whereas the former does (Hammermeister, 2001). In addition, when dealing with

complicated tasks that require a high level of cognitive effort, anxiety may be a more accurate indicator of performance than arousal (Arent, 2002).

Martens and colleagues (1990a) conceptualized multidimensional theory. Cognitive anxiety, physical anxiety, and self-confidence were proposed as subscales of anxiety in the multidimensional theory. Negative expectations regarding success or self-evaluation are the causes of cognitive anxiety, which is described as "the mental component of anxiety" (Martens et al., 1990a, p. 5). According to Martens et al. (1990a), "refers to the physiological and affective elements of the anxiety experience that develop directly from autonomic arousal" (p. 5), which is the second component of anxiety, is somatic anxiety. According to Martens et al. (1990b), somatic anxiety should have a non-linear effect on performance, with negative effects at both low and high levels. "It will probably be at its strongest just before the competition starts and then fade away." Thus, cognitive anxiety is believed to have a greater impact on performance compared to somatic anxiety, presumably because of the latter's temporal nature (Martens et al., 1990b).

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 for the present study. Further it was hypothesized that there would be no significant difference among team sport and individual sport athletes of Lucknow University.

METHODOLOGY

Baseball, softball, and cricket teams, as well as swimming, athletics, and boxing events, were all part of the statistical population utilized in this study, which was drawn from a subset of Lucknow University. Participants were male athletes who had participated in collegiate athletics. One hundred male athletes participated, split evenly between team and individual sports. Each participant, ranging in age from seventeen to twenty-one, was given a state competitive anxiety inventory (CSAI-2) to fill out, which took around five minutes total, within twenty minutes before the commencement of the competition. Descriptive statistics and one-way analysis of variance were used to analyze the data that was obtained.

RESULTS AND DISCUSSIONS

Table 1: One way analysis of variance of cognitive anxiety, somatic anxiety and self confidence between team and individual game players

Variable	Group	F	Sig.
Cognitive Anxiety	Individual game players	5.854*	0.012
	Team game players		
Somatic Anxiety	Individual game players	4.962*	0.022
	Team game players		
Self Confidence	Individual game players	1.68	0.221
	Team game players		

Table 1 shows the results of the one-way analysis of variance for the chosen variables between team and individual game players. The results reveal that cognitive and somatic anxiety are significantly different (values of 5.854 and 4.962, respectively, at the 0.05 level of significance), but self-confidence does not show any significant difference.

DISCUSSIONS

Since individual athletes may be held more personally responsible for their team's failures, the fear of failure may be a stronger predictor of cognitive anxiety in individual athletes compared to team athletes. This could explain why there is a notable disparity in cognitive anxiety levels between the two types of athletes. Anxiety is more common among athletes who compete on an individual basis as compared to those who compete on a team. Fear of injury is common among athletes who participate in high-contact sports. It would appear that athletes in team sports are more concerned with the collective success of the team than those in individual sports, where their focus is squarely on their personal talents and abilities. In team sports, an athlete's allocated job could not match their true identity. Individual athletes appear to suffer from higher levels of somatic anxiety compared to their team-sport counterparts, suggesting a notable disparity between the two types of athletes. It stands to reason that competing as part of a team would reduce some of the stress that comes with going it alone. The results corroborate the hypothesis that being in a competitive environment causes physical and mental nervousness. Skaters also reported higher levels of physical and cognitive anxiety before an individual competition compared to a team competition. Perhaps this is due to the fact that, unlike in an individual framework, accountability is diffused in a team setting.

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