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EFFECT OF NEGATIVE EMOTIONAL RESPONSE TO COMPETITIVE STRESSORS ON SPORTS ACHIEVEMENTS OF BASKETBALL PLAYERS

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ABSTRACT

The aim of the present study is to compare sports competitive anxiety between national, state and district level male basketball players. For present study, 100 national level male basketball players (Ave. age 25.12 yrs.), 100 state level male basketball players (Ave. age 22.34 yrs.) and 100 district level male basketball players (Ave. age 21.92 yrs.) were selected as sample. The sample was collected through convenience sampling method. Sports Competitive Anxiety Test (SCAT) constructed and standardized by Marten et al.



(1977) was chosen as psychological instrument in the present study. Results obtained through One Way ANOVA indicate that sports competitive anxiety in national, state and district level male basketball players did differ significantly with each other. Results reveal that national male basketball were significant less anxious in competitively demanding situations as compared to state and district level male basketball players. It was concluded that psychological qualities such as controlling anxiety arising out of competitive situations is the key to performing at elite level in basketball.

KEYWORDS :Competitive situation, anxiety, basketball.

INTRODUCTION :

Due to tremendous competition and

high stakes modern athletes face an issue of performance or competitive anxiety. This is equally true for athletes taking part in individual as well as team sport. For example a basketball player exhibit exemplary shooting skills during practice but unable to repeat the performance during a match. It is due to anxiety which inferences with athletes' performance. In modern world a very thin line demarcates high and low achievers and it is believed that anxiety plays a major part in it.

Anxiety is a negative emotional state in which feeling of nervousness worry and apprehension are associated with activation while competitive anxiety is a specific negative emotional response to competitive stressors.

In sports, competitive anxiety is a tendency to perceive competitive situations as threatening and to respond to those situations with feeling of apprehension or tension. It has been scientifically documented that anxiety affects sports performance (Papanikolaou, et al. 2008)¹ but the views regarding this are divided one. One view about the relationship between anxiety and sports performance is negative i.e. the researchers have found that due to anxiety athletes lose control of their physical and mental self and inevitably performs poorly (Gualberto & Wiggins, 2008)². Another view expressed is in terms of arousal. In this theory a certain level of anxiety is needed for optimal arousal and beyond that it is detrimental to performance (Cratty, 19793; Singer, 19804).

In basketball performance anxiety is referred as choking and it is nothing but a significant drop in performance during match due to competitive stressors. With fast nature of basketball sport and stiff competition slight insufficiency in psychological characteristics may affect performance. Hence, the researcher decided to compare sports competitive anxiety among male basketball players participating at national, state and district level tournaments.

HYPOTHESIS

It was hypothesized that sports competitive anxiety among male basketball players will differ significantly on the basis of their level of participation..

Methodology :-

The following methodological steps were taken in order to conduct the present study.

Sample :-

For present study, 100 national level male basketball players (Ave. age 25.12 yrs.), 100 state level male basketball players (Ave. age 22.34 yrs.), 100 district level male basketball players (Ave. age 21.92 yrs.) were selected as sample. The sample was collected through convenience sampling method.

Tools:

Sports Competitive Anxiety Test :

To assess sports competitive anxiety of selected male basketball players, Sports Competitive Anxiety Test (SCAT) developed and standardized by Marten et al. (1977)⁵ was used. The SCAT contains fifteen items. This test is highly reliable and valid.

Procedure:

-First of all 100 national, 100 state and 100 district level male basketball players were identified and after obtaining written consent for participation in research they were selected as sample.

-Sports Competitive Anxiety Test prepared by Martens (1977) was administered to all selected subjects as per their convenience and availability.

After scoring of the responses according to author's manual, the data was tabulated according to their respective groups.

To compare sports competitive anxiety between national, state and district level male basketball players One Way Anova was applied. Result depicted in table 1 and 2 respectively.

ANALYSIS OF DATA

Table 1
Descriptive Statistics of Scores on Sports Competitive Anxiety in a Group of National, State and District Level Male Basketball Players (N=300)

Groups	N	Sports Competitive Anxiety	
		Mean	S.D.
National Level Male Basketball Players	100	18.43	3.46
State Level Male Basketball Players	100	19.17	2.88
District Level Male Basketball Players	100	19.75	3.26

Table 2
ANOVA Summary
Comparison of Sports Competitive Anxiety in a Group of National, State and District Level Male Basketball Players (N=300)

Source	df	Sum of Squares	Mean Squares	F	Sig.
Between Groups	02	87.547	43.773	4.23	.01
Within Groups	297	3069.370	10.335		
Total	299	3156.917			

Results obtained through One Way ANOVA indicate that sports competitive anxiety in national level male basketball players, state level male basketball players and district level male basketball players differ significantly with each other. The F ratio of 4.23, which is statistically significant at .01 level, confirms this finding.

The obtained results shown in table 1, and 2 were also confirmed by Least Significant Difference Test presented in table no. 3.

Table 3
Comparison of Mean Scores on Sports Competitive Anxiety in a Group of National, State and District Level Male Basketball Players (N=300)
Least Significant Difference Test with Significance Level .05

Mean (I)	Mean (J)	Mean Difference (I-J)
National Level Male Basketball Players	State Level Male Basketball Players	-0.74
	District Level Male Basketball Players	-1.32*
State Level Male Basketball Players	National Level Male Basketball Players	0.74
	District Level Male Basketball Players	-0.58
District Level Male Basketball Players	National Level Male Basketball Players	1.32*
	State Level Male Basketball Players	0.58

* Significant at .05 level

Statistical figures presented in table 3 draws following inferences:

- The sports competitive anxiety in district level male basketball players (M=19.75) was found to be significantly higher as compared to national level male basketball players (M=18.43). The mean difference of 1.32 was found to be statistically significant at .05 level.
- No significant difference was observed in sports competitive anxiety between national level male basketball players (M=18.43) and state level male basketball players (M=19.17). The mean difference of 0.74 was not found to be statistically significant at .05 level of significance.
- No significant difference was observed in sports competitive anxiety between state level male basketball players (M=19.17) and district level male basketball players (M=19.75). The mean difference of 0.58 was not found to be statistically significant at .05 level of significance.

On the basis of analysis of data, following results are obtained :

RESULTS :

- Sports competitive anxiety in national male basketball players was found to be significantly lower as compared to district level male basketball players.
- No statistically significant difference was observed on sports competitive anxiety between national and state as well as state and district level male basketball players.

DISCUSSION:

In the present study sports competitive anxiety was found to be higher in state and district level male basketball players as compared to national male basketball players. It shows that national level basketball players are mentally better prepared to cope with anxiety arising out of competitive situations that facilitate their sports performance. Another reason could be the interpretation of stressful situations to avoid undue anxiety during a match.

CONCLUSION

On the basis of results, it was concluded that magnitude sports competitive anxiety in national male basketball players is significantly lower as compared to state and district level male basketball players which enables national players to cope with anxiety related competitive stressors more efficiently.

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