

International Multidisciplinary  
Research Journal

*Indian Streams  
Research Journal*

Executive Editor  
Ashok Yakkaldevi

Editor-in-Chief  
H.N.Jagtap

---

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

### Regional Editor

Manichander Thammishetty

Ph.d Research Scholar, Faculty of Education IASE, Osmania University, Hyderabad.

Mr. Dikonda Govardhan Krushanahari

Professor and Researcher ,

Rayat shikshan sanstha's, Rajarshi Chhatrapati Shahu College, Kolhapur.

### International Advisory Board

Kamani Perera

Regional Center For Strategic Studies, Sri Lanka

Mohammad Hailat

Dept. of Mathematical Sciences, University of South Carolina Aiken

Hasan Baktir

English Language and Literature Department, Kayseri

Janaki Sinnasamy

Librarian, University of Malaya

Abdullah Sabbagh

Engineering Studies, Sydney

Ghayoor Abbas Chotana

Dept of Chemistry, Lahore University of Management Sciences[PK]

Romona Mihaila

Spiru Haret University, Romania

Ecaterina Patrascu

Spiru Haret University, Bucharest

Anna Maria Constantinovici

AL. I. Cuza University, Romania

Delia Serbescu

Spiru Haret University, Bucharest, Romania

Loredana Bosca

Spiru Haret University, Romania

Ilie Pinteau,

Spiru Haret University, Romania

Anurag Misra

DBS College, Kanpur

Fabricio Moraes de Almeida

Federal University of Rondonia, Brazil

Xiaohua Yang

PhD, USA

Titus PopPhD, Partium Christian University, Oradea, Romania

George - Calin SERITAN

Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, Iasi

.....More

### Editorial Board

Pratap Vyamktrao Naikwade

ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur

Iresh Swami

Ex - VC. Solapur University, Solapur

Rajendra Shendge

Director, B.C.U.D. Solapur University, Solapur

R. R. Patil

Head Geology Department Solapur University, Solapur

N.S. Dhaygude

Ex. Prin. Dayanand College, Solapur

R. R. Yalikar

Director Managment Institute, Solapur

Rama Bhosale

Prin. and Jt. Director Higher Education, Panvel

Narendra Kadu

Jt. Director Higher Education, Pune

Umesh Rajderkar

Head Humanities & Social Science YCMOU, Nashik

Salve R. N.

Department of Sociology, Shivaji University, Kolhapur

K. M. Bhandarkar

Pratul Patel College of Education, Gondia

S. R. Pandya

Head Education Dept. Mumbai University, Mumbai

Govind P. Shinde

Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai

G. P. Patankar

S. D. M. Degree College, Honavar, Karnataka

Alka Darshan Shrivastava

Shaskiya Snatkottar Mahavidyalaya, Dhar

Chakane Sanjay Dnyaneshwar

Arts, Science & Commerce College, Indapur, Pune

Maj. S. Bakhtiar Choudhary

Director, Hyderabad AP India.

Rahul Shriram Sudke

Devi Ahilya Vishwavidyalaya, Indore

Awadhesh Kumar Shirotiya

Secretary, Play India Play, Meerut (U.P.)

S. Parvathi Devi

Ph.D.-University of Allahabad

S. KANNAN

Annamalai University, TN

Sonal Singh,

Vikram University, Ujjain

Satish Kumar Kalhotra

Maulana Azad National Urdu University

## A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY TEST AMONG SUB-JUNIORS, JUNIOR AND SENIORS LEVELS OF BOXERS.

**Tadang Minu**

Dept. Of Physical Education, Rajiv Gandhi University, Rono Hills Doimukh.

### ABSTRACT

**T**he main purpose of the study was to compare sports competitive anxiety test among sub- junior, junior and senior level of boxers. For the purpose of study 90 boxers were selected for each level 30 sub-juniors, 30 junior and 30 senior boxers of North-East State of Sports Authority of India (SAI) centre those who participate up to National Level. The data was collected through the administration of the sport competitive anxiety test (SCAT) developed by Rainer Martens (1977) Containing of 15 test item which assesses an athlete's anxiety level during competition period. **Statistical Analysis:** - To find out the significant different in anxiety of different levels of boxers. The one way ANOVA was used and level of significant was 0.05. **Result:** - The result of the study reveals that there was a significant difference among different levels of boxers.

**Conclusion:** - Result of the study indicate that sports competition anxiety is found higher in sub-juniors with mean value of (22.8) followed by senior with mean value of (21.03) and junior with mean value of (20.7)

**KEYWORDS:** Anxiety, performance, competition and boxers.

### INTRODUCTION

Boxing is one of most well known amusement ever. Inboxing it required a high level of mental sturdiness and physical wellness. Sports brain science is one of interdisciplinary science that draws on learning about games execution and it till how mental elements influence the execution of boxers. Uneasiness is essentially characterize as perspective. Uneasiness is multidimensional in two distinctive ways. Like all others feelings. Nervousness has both an attribute part and a state segment. The attribute segment resemble an identity demeanor, though the state part is a circumstance particular reaction. State uneasiness is quick passionate express that is described by anxiety, dread, pressure, and increment in physiological excitement. On the other hand, characteristic tension is an inclination to see certain natural circumstances as debilitating and to react to this situation with expanded state anxiety (Spielberger, 1971). A competitor's physical power and mesomorphic construct may make them particularly very much prepared for running and hopping occasion that



required speed and leg control. However, competitor's fundamental nervousness and stress over falling flat effectsly affected competitor's execution amid rivalry. Amid practice hour competitors may do well however real rivalry, circumstance was distinctive. The tension level may ascend to dreadful levels. The essentially cause or predecessor of aggressive condition of tension amongathletes in connection to dread of disappointment and dread of negative social assessment. As indicated by Endler (1978-1983) there are five particular forerunners or elements that had to an expansion in uneasiness in reckoning of an accomplishment circumstance. The five variables are.

1. Fear of execution disappointment, dread of getting crushed by a weaker adversary could represent a danger to a competitor's sense of self.
2. Fear of negative social assessment dread of being assessed adversely by a huge number of observers could represent a risk to self-regard
3. Fears of physical learn. Dread of being arrangement blow.
4. Situation uncertainty not knowing whether he/she knowing going to begin a match is here and there upsetting to a competitor.
5. Disruption of all around scholarly routine being requested that change the way he/she gets things done without practice and cautioning could undermine to a competitor.

## METHODOLOGY:

### Selection Of subject

The study was conducted on Sub – juniors, juniors and seniors boxers who participate up to national levels. Overall 90 boxers 30 from Sub – juniors & 30 from junior and 30 from senior were selected for the study.

### Selection of Test Item

The data was collected through the administration of the Sports competitive anxiety test which is developed by the Rainer Martens (1977) were 15 test item of questioner. Were subjects has to answer the question with option of Rarely Sometimes Often.

### Procedure

Before taking a test examiner clearly explain the test item till the subject were assured.

### Statistical Technique

To compare Sports competition anxiety analysis of variance was applied at.05 level of significance.

**Results of the Study:** The scores were obtained by using the key as suggested by Martens et al., 1990. All the individual sports competition anxiety test score was used to judge the level of anxiety.

## Findings

**Table - 1**

**Analysis of variance of sport competition anxiety test of the different levels boxers.**

<i>Source of Variation</i>	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>
Between Groups	76.42222	2	38.21111	3.15*
Within Groups	1054.067	87	12.11571	
Total	1130.489	89		

\*Significant at 0.05 level

$F_{0.05}(2, 87) = 3.11$

It was evident from Table- 1 that there was significant difference between in the sports competition anxiety of the different levels of boxers i.e. sub junior & juniors and seniors boxers of national level as computed f value was (3.153) which is little greater then tabulated F value (3.153)

This finding implies that the sports competition anxiety test of different levels of boxers i.e. sub-juniors & juniors and seniors are significantly different. Since f value was significant, the post Hoc mean test was conducted to find out the status and actual difference in the sports competition anxiety test of different level of boxers.

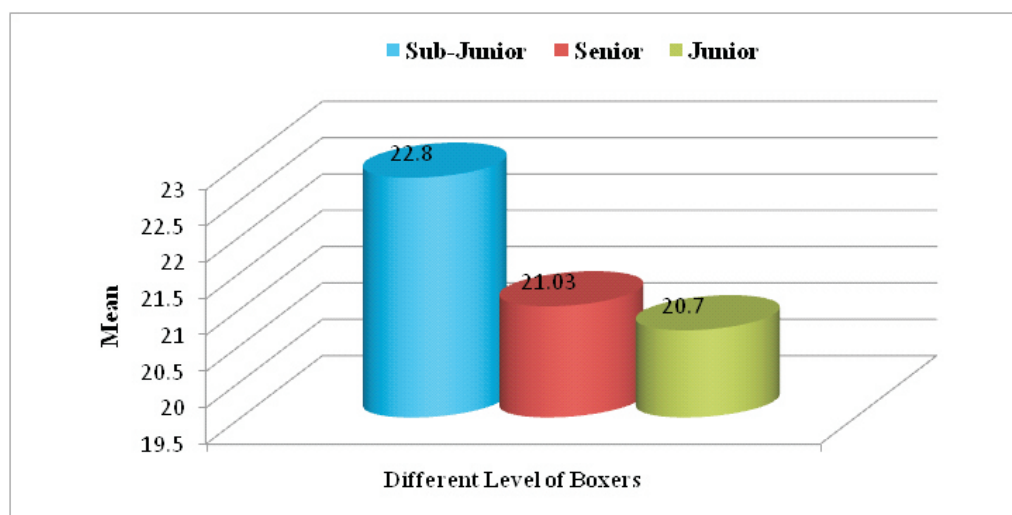
**Table-2**

**Post Hoc mean compression of sport competition anxiety test of the different levels boxers.**

Sub-junior	Junior	Senior	Mean Difference	Critical Difference
22.8	20.7		2.1	0.164
	20.7	21.03	0.33	
22.8		21.03	1.76	

\*Significant at 0.05

Table 2 revealed that sport competition anxiety test of the different levels boxers were significantly different as the mean value were found to be significant with 2.1 when compared with sub-junior and junior, 0.33 between junior and senior and 1.76 between sub-junior and senior respectively which greater than the value of critical difference i.e. (0.164).



**Fig. 1: Mean comparison of sports competition anxiety test among different level of boxer.**

## DISCUSSION OF FINDINGS

On the basis of finding of the study and understand that the sports competitive anxiety of different level of boxers were sub junior were significantly higher anxiety level among the three groups with mean values of (20.7) followed by senior boxers with mean value of 21.03 and junior groups with the mean value of 20.7. The trend was Sub- juniors > Senior > junior boxers. The reason behind this state of condition may be nature of participant level of group. Where sub-junior group has less experience of

competition so they may have more worry about their performance and due to may be age difference compare to other two groups.

## CONCLUSION

Above discussion of finding of study it may conclude that sport competition anxiety play major role in sport performance.

## REFERENCE

- 1.Nikhil Kumar Rastogia and VartikaKatiyar.(2014) A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY TEST BETWEEN COLLEGE LEVEL CHESS AND CRICKET PLAYERS AInternational Journal of Physical Education, Fitness and SportsVol.3.No.3
- 2.Rahul Kanojia and Prof. BiswajitBasumatary. (2014)A STUDY OF LEADERSHIP EFFECTIVENESS (SOCIAL SUPPORT BEHAVIOUR) OF COACHES OF INDIA. A Journal of Physical Education interdisciplinary Approach
- 3.Ali, J., Rahaman, A. & Khan, M. T. (2010). A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY BETWEEN MALE AND FEMALE WEIGHT LIFTERS OF MANIPUR. Human Kinetics: A Journal of Physical Education, 1(2), 1-4.
- 4.Richard H. Cox (2011) SPORTS PSYCHOLOGY CONCEPT AND APPLICATION.International Edition Fifth Edition Mac Grow Hill.



**Tadang Minu**

**Dept. Of Physical Education,Rajiv Gandhi University,  
Rono Hills Doimukh .**



# Publish Research Article

## International Level Multidisciplinary Research Journal

### For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

## Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

## Associated and Indexed, USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Indian Streams Research Journal  
258/34 Raviwar Peth Solapur-413005, Maharashtra  
Contact-9595359435  
E-Mail-[ayisrj@yahoo.in](mailto:ayisrj@yahoo.in)/[ayisrj2011@gmail.com](mailto:ayisrj2011@gmail.com)  
Website : [www.isrj.org](http://www.isrj.org)