

## A study of sports competition anxiety among rural and urban female players of different games

<sup>1</sup> Arpit Saxena, <sup>2</sup> Dr. Vivek B Sathe

<sup>1</sup> Physical Education Teacher, JNV KHANDWA, Madhya Pradesh, India

<sup>2</sup> Senior Lecturer School of Physical Education, DAVV, Indore, Madhya Pradesh, India

### Abstract

The study was undertaken with an objective to compare Sports Competition Anxiety between rural and urban female players. The purpose of this study was to compare anxiety level of rural and urban school girls who participated in different games. For the present study 30 rural and 30 urban girls of Khandwa and Indore district who participated in state level tournaments in various games were randomly selected. All the players were in between the age of 15 to 17 years. The study was conducted by taking only a single variable, Sports Competition Anxiety. Data for independent variable (Sports Anxiety) was collected by Sports Competition Anxiety Test (SCAT; Martens *et al*, 1990) and the score was recorded in numbers. To compare Sports Anxiety pertaining to players of Khandwa and Indore District of different games, descriptive statistics (mean and standard deviation) and t-test were used to analysis the data. The level of significance for testing the hypothesis was set at 0.05 level of significance. The mean of the SCAT score of rural players was 19.26 and that of urban players was 19.66. The Sports Competition Anxiety of Urban players was found to be higher than the rural players. After analyzing the data it was found that there was no significant differences exists among different district players of various game.

**Keywords:** Sports Competition Anxiety Test (SCAT), District, Anxiety, Rural, Urban, Female Players

### 1. Introduction

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create the painful feelings that an athlete’s typically recognize as anger, fear oppression, or worry. Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension are associated with activation or arousal of the body (Weinberg, 1999). Researchers have found that high level of anxiety can have deteriorating effects on athlete’s performance (Parnabas, 2010). Anxiety is a state of emotional and physical disturbance included in a person by real or imagined threat. In psychology the term refers to disturbance caused by threats that are only apparent to the individual and causing to behave in a way that is not relevant to the true situations (Robin. S. Vealy, 1978).

In this modern era of competition the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games. And for winning the game, it is not only the proficiency in the skills which bring victory but more important is the spirit of the players with which they play and perform their best in the competition.

Hence the present study was undertaken to compare anxiety of rural and urban female players of state level. It was hypothesized that there is no significant difference in the degree of sports competition anxiety amongst the rural and urban female players.

### 2. Methodology

#### (A) Subjects

Sixty rural and urban players were selected pertaining to the sports anxiety during competition. All the selected players

were from Khandwa and Indore district who participated in school state level tournaments in various games and sports. All the players were in between the age of 15 to 17 years.

#### (B) Variables

The study was conducted by taking only a single variable, Sports Anxiety. This variable was considered an independent variable in this study.

#### (C) Collection of Data

Data for independent variable (Sports Anxiety) were collected by Sports Competition Anxiety Test (SCAT; Martens *et al*, 1990) and the score was recorded in numbers.

#### (D) Statistical analysis

To compare Sports Competition Anxiety pertaining to Rural and Urban players of various games, descriptive statistic (Mean and Standard Deviation) and independent t-test was used at 0.05 level of significance.

### 3. Finding

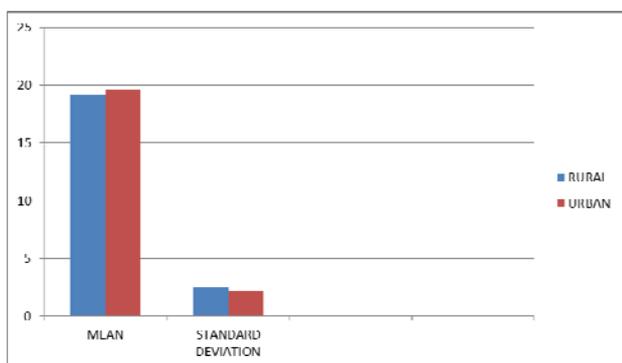
The scores were obtained by using the key as suggested by marten’s *et al.*, 1990. All the individual SCAT score was used to judge the level of Anxiety. The data was analyzed by using independent “t” test. The significance of mean difference was found between scores obtained on sports competition anxiety by rural and urban players have been presented in table -1.

**Table 1:** Comparison of mean and standard deviation of rural and urban players on anxiety score

Variables	N	Mean	S.D	STD. Mean Error	t-ratio
Rural	30	19.26	2.53	.46	.65
Urban	30	19.66	2.15	.39	.65

\*Significant at .05 level of significance [ $t_{.05(58)} = 2.000$ ]

It is evident from Table 1 that there was no significant difference between the means of rural and urban players on the scores of Sports Competition Anxiety (SCAT Score) since the obtained value of  $t'(.65)$  was less than the tabulated value of  $t'(2.00)$  which was required to be significant at 58 degree of freedom with 0.05 level of significance. Figure 1 represents the comparison of mean SCAT score for rural and urban players.



Graphical representation of mean and standard deviation score between rural and urban players on sports competition anxiety.

#### 4. Discussion of finding

The mean value (19.66) of urban players on sports competition anxiety was found to be higher than the rural players (19.26), which revealed that urban players are more prone to sports competition anxiety compared to the rural players. According to the SCAT scoring scale both were having optimum level of Anxiety. The reason behind this state of condition may be nature as well as the demand of these sports activities. According to SCAT scale score (17-24), individual have an average level of anxiety which is good in psychological terms. The mean of both falls under the average category of anxiety. In cities, players participate in more tournaments as compared to the rural players. Expectation of the family members and society are higher in cities and they are more concern about their future prospects in sports career. Whereas the driving force behind the rural players, playing any particular sport is either enjoyment or sometimes pressure of their coaches. These may be some possible reasons why the urban players are more anxiety prone than the rural players.

#### 5. Conclusions

The findings revealed that there was statistically no significant difference found. In regard to sports competition anxiety there is a significant difference between the means of school state level rural and urban players. It may therefore be concluded that the urban players are more prone to sports competition anxiety as compared to the rural players. This may be attributed to the fact that the rural and urban players of Indore division were school boys and facing same kind of situation in the competition.

#### 6. References

1. Kansal DK. Test and Measurement in sports and Physical Education. New Delhi: D.V.S. Publications, 1996.
2. Verma JP. A text book on sports statistics. Gwalior: Venus Publications, 2000.

3. Mangal SK. Educational Psychology Prakash Brothers: Educational Publishers, 1985, 191-192.
4. Rajendra Singh. Comparison of Anxiety Level between Champion and Non-Champion Male, Female Judo Players of National Level, National Sports Psychology Conference SPAI. 1986, 23.
5. Boutin James Keneth. Relationship of Anxiety level and Performance in NAIA Interco Collegiate Basketball Game. Dissertation Abstracts International. 1983; 44:51375-A.
6. Sudhanshu, Zeeshan. A Study of Sports Competition Anxiety among different Level Volleyball players. International journal of Physical Education Health & Sports Sciences. 2012; 1:(59)