

---

**ANALYSIS OF COMPETITION ANXIETY IN DIFFERENT LEVEL OF SOCCER PLAYERS**

---

<sup>1</sup>Mukesh Kumar Verma<sup>1</sup>Research Scholar, Department of Physical Education**ABSTRACT**

It is generally recognized that psychological factors are very importance in high-level competitive sports. The relation between anxiety and performance has been the subject of many thorough researches (Brown and Rosemary Mc. Gee 1979, Kamlesh 1983, Sandhu 2002,). As far as soccer is concerned, (Singh, 1992 and Nandi 1989) supported that it is a sport, which includes complex and accurate motor skills, and they suggested that psychological factors play an even more decisive role in a competition, differentiating between successful and less successful teams. The main psychological toughness item is Mental Toughness, Achievement Motivation, Anxiety and Stress. The purpose of the study was the analysis of anxiety of soccer players. For this purpose, list of players who represented State, National, Interuniversity and International Tournaments were selected by using purposive sampling method. The age range of samples was between 18 to 33 years. In the processing of the data mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the groups using 'F' test. In order to locate the pairs where significant differences exist the L.S.D test has been applied. The level of significance was fixed at 0.05 level.

**Keywords:** Soccer, Psychological Toughness, Anxiety, Motivation.

**INTRODUCTION**

It is generally recognized that psychological factors are of crucial importance in high-level competitive sports. The relation between anxiety and performance has been the subject of many thorough researches (Craft, Magyar, Becker & Feltz, 2003; Parfitt & Pates, 1999; Martens, Vealey & Burton, 1990).

There is no doubt that level of anxiety is high in players not only when in the playground, in a competition but it is there when they are preparing for the competition in the exercise session. The anxiety of the players generally is related to their success or failure or about the level of their performance while participating in the sport. Soccer is a sport, which includes complex and accurate motor skills, and they suggested that psychological factors play an even more decisive role in a competition, differentiating between successful and less successful teams.

In fact the psychologists are of the view that a certain amount of anxiety is helpful in raising the level of achievement or performance of the individual but if its level is too high it is going to hamper the performance of individual. Anxiety may be defined in two ways. It is a trait of the personality as well as a state of mind. Anxiety state means emotional state characteristics by apprehension of some danger right now. An anxious person thinks about the danger then and there. It may disappear after some time thus it is transitory in nature. As a trait anxiety refers to a disposition to perceive certain situation as threatening and to respond to this situation with varying levels of anxiety. This idea has been elaborated by Spielberger (1966). Sportspersons anxiety level also follows this pattern; players have trait anxiety in general when they think of success and failure in the outcome of the game. They also have state anxiety when special situations arise during the game or there are high stakes are involved in the competition. Effect of anxiety on

---

performance depends directly on the type of task considered. In most cases a heightened arousal state has been found to facilitate simple performances. On the other hand, as anxiety reaches a certain level, a breakdown of psychological and physiological integrative mechanism is often seen to occur, finding in less efficient performance in more complex tasks. Anxiety has a temporal relationship to performance. In general, anxiety level increases prior to a dangerous situation until they become relatively high just before it is encountered. During performance anxiety is often lessened. The individual must concentrate on his own actions rather than on his internalized fears.

Singh (1992), Soccer had developed into a highly competitive sport, which requires a high level of physical and psychological fitness. Soccer characterized by accuracy which can be facilitated by absolute self-control and maximum concentration because anxiety plays a paramount role in sports participation which produces anxiety determines how successful he or she could be. The degree of perceived anxiety is an important variable to be considered in the performance of an individual.

Joanne Butt et. Al (2003), in modern competitive sports, the role of anxiety in sports performance has attracted the attention sports scientists. The competitive anxiety has received a considerable amount of attention during the past decade. This intense interest is in part, due to researchers continuously trying to get a better understanding of anxiety and relationship to sports performance.

Nandi (1989), conducted a study on anxiety and its effect upon the performance of soccer skill test requiring gross motor skills and concluded that low anxiety subject specially significantly better than that of high anxiety subjects in dribbling the ball, for time and kicking the ball for distance with left foot and performed well in gross motor soccer skills, who are having low anxiety state.

Sigmund Freud (1948), Anxiety is one of the most important concepts in psychoanalytic theory. It plays an important role in the development of personality as well as in the dynamics of personality function. Moreover, it is of central significance in Freud's theory of the neuroses and psychoses and in the treatment of these pathological conditions. Anxiety is painful emotional experience, which is produce by excitations in the internal organs of the body. This excitation results from internal and external stimulation and is governed by autonomic nervous system.

For nearly half a century, anxiety has been focal matter in psychological theorizing. Anxiety begins to assume prominence is the twenty fifth of (1917) 'Freud's introductory lectures, even though in the fourth of his introductory lectures he (Freud 1932) relinquished his theory of its origin in frustration or "undercharged libidinal excitation". Anxiety becomes a primary inquiry in the theory of acquired drive (Hull 1943). It has sometimes also been viewed as a state of the organism which varies from occasion to occasion (Cattell and Scheier, 1961: and Spielberger 1961). It also has been viewed as a chronic characteristic of a person, which is relatively constant across both s situations and occasion and this view has been implicate for most of those who have constructed instruments for assessing individual difference in anxiousness as a trait.

Anxiety differs from other painful states such as tension, pain, and melancholy by some specific quality of consciousness. Exactly what determines this quality is unknown. Freud thought that it might be some distinctive feature of the visceral excitations themselves. In any event, anxiety is a conscious state, which can be distinguished subjectively by a person from experience of pain, depression, melancholy and tensions resulting from hunger, thirst, sex and bodily needs. Incidentally there is no such thing as unconscious anxiety any more than there is such thing an unconscious pain. One can be unaware of the reasons for his anxiety but he cannot be unaware of the felling of anxiety. Anxiety that is not experienced is non- existent.

## METHODOLOGY

The purpose of the study was the analysis of sports competition anxiety between Inter-University, State, National, and International players. For this purpose, list of players who participated Inter-University, State, National, and International tournaments was prepared and from these players subjects were selected using method of purposive sampling. The final sample consisted of 225 players. Among two hundred twenty-five subjects, seventy-five was Inter-university players, seventy-five was State level players, fifty was National players and twenty-five players was of international level. The age range of samples was between 18 to 33 years.

In order to ensure the full cooperation from the subjects, the researcher had a meeting with them in presence of their coach/managers. The purpose of this study was made clear by giving a detailed explanation in order to ascertain that there was no ambiguity among the subjects regarding the efforts, which they had to put in the successful completion of the investigation. All subjects voluntarily agreed to extend full cooperation.

## SELECTION OF QUESTIONNAIRE

Anxiety has been assessed using Sports Competition Anxiety Test (SCAT). This test was developed by Rainer Martens, Diane Gill, Tara Scanlan, and Julie Simon in the year 1990 at Champaign, IL. The tool consisted of 15 items to be answered by putting a mark of X. Each statement consisted of three responses; hardly ever, sometimes and often, the respondents made a cross mark (X) on any one of the response that fitted to them. The scores for positive statement that is question number 1,2,3,4,5,7,8,9,10,12,13,14 and 15 are awarded by giving 1 marks for Hardly ever, 2 for Sometimes and 3 for often. The scores for negative statement that is question number 6 and 11 are awarded by giving 3 marks for Hardly ever, 2 for Sometimes and 1 for often. The scores obtained for both positive and negative statements were added. The higher is the score the higher is the anxiety.

## ANALYSIS AND INTERPRETATIONS OF THE DATA

In the processing of the data mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the groups using 'F' test. In order to locate the pairs where significant differences exist the L.S.D test has been applied. The level of significance was fixed at 0.05 level.

## FINDINGS

**Table - 1**

Analysis of variance of the scores of Inter-University, State, National, and International Players in Sports Anxiety

Source of Variation	Sum of Squares	Degree of Freedom	Mean Squares	F
Between	1002	3	334.0	22.78*
Error	3240	221	14.66	
Total	4242	224		

\*Significant at 0.05 level of confidence

$F_{.05} (3, 222) = 2.65$

An observation of the above table reveals that obtained 'F' value is 22.78, which is statistically significant as it is more than tabular value of 2.65 at 0.05 level. Thus, the hypothesis is accepted.

In order to locate the pairs where significant differences exist Scheffe test has been applied. The results are presented in table 2.

**Table - 2**

'Scheffe Test' (Post Hoc) analysis of Sports Anxiety

Soccer Players				Mean Difference	CD at 0.05 level
Inter- University	State	National	International		
29.493	31.293			1.8	2.23
29.493		34.04		4.547*	2.36
29.493			27.16	2.333	2.65
	31.293	34.04		2.747*	2.36
	31.293		27.16	4.133*	2.65
		34.04	27.16	6.88*	2.73

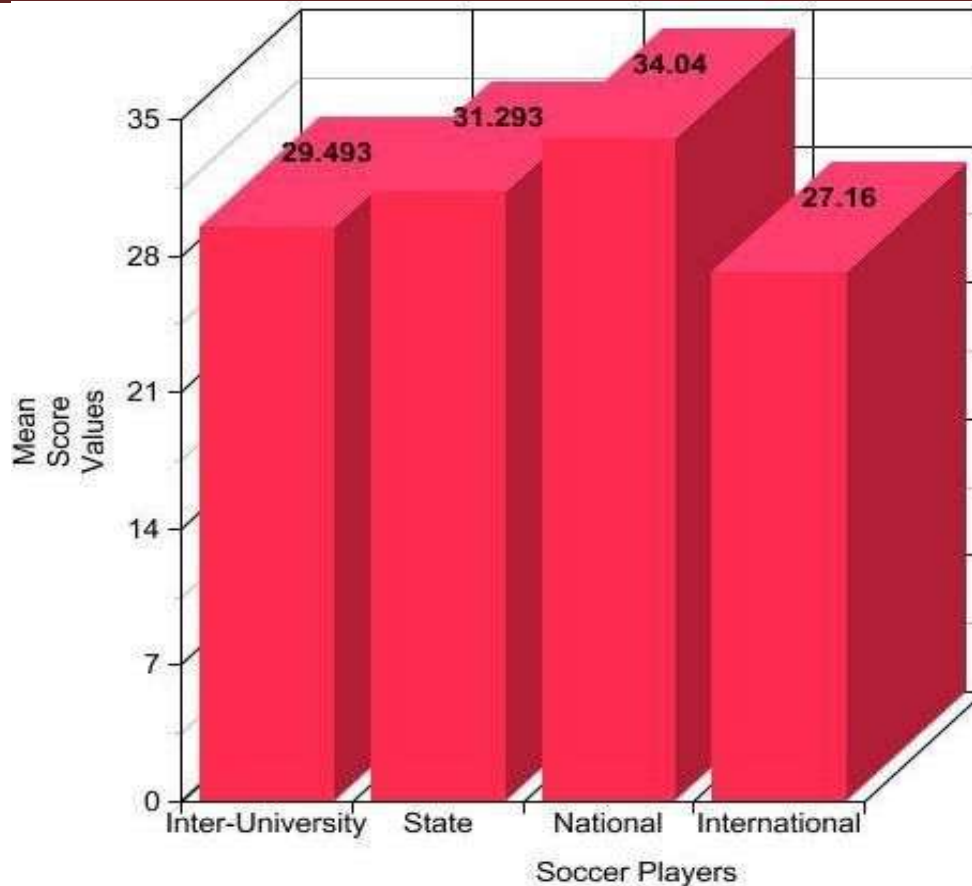
It is evident from the above table 2 - that the difference between the paired means for the Inter - University Players– National Players ( 4.547 ) , State Players – National Players ( 2 .747 ) , State Players – International Players ( 4.133 ) and National Players – International Players ( 6 . 88 ) Were found to be significant as the critical difference value of 2.36, 2.36, 2.65, and 2.73 respectively are less than these value. Whereas difference between the paired means for the Inter-University Players- State Players (1.8). And Inter- University Players – International Players (2.333) were not found to be significant as the critical value of 2.23 and 2. 65 were more than these values.

This indicate that the Inter- University Players – National Players, State Players – National Players, State Players – International Players and National Players – International Players differs significantly between them. Whereas Inter- University Players- State Players, and Inter-University Players – International Players did not differs significantly between them.

The group wise comparisons of the mean scores of the Inter- University Players, State Players, National Players, and International Players are also presented graphically in figure 1.

**FIGURE -1**

Comparisons of the Mean Scores of Inter-University, State, National, and International Players on Sports Anxiety



## CONCLUSION

The study reveals that significant differences exist National Players have higher level of Anxiety followed by State Players, Inter- University Players, and International Players.

The reason for this may be that national players are more anxious, have less control on their emotions, less mature than other players. International players are less anxious for their performance, achievement and their mental status is more stable.

## REFERENCES

- Betty, & Smith, K. (1980). The Effect of Anxiety on Shooting Proficiency among College Women Basketball Players. *Completed Research in Health, Physical Education and Recreation* 21:133-134.
- Bowger, & Garry, R. (April 1989). A Comparison of State Anxiety Levels among Ages, Genders and Skill Levels at Practice and Pre competition in Age Groups Swimmers. *Dissertation Abstract International* 49:10:2961-A.
- Craft, L.L., Magyar, T.M., Becker, B.J., & Feltz, D. L. (2003). The relation between the competitive state anxiety inventory-II and sport performance: A meta-analysis. *Journal of Sport and Exercise Psychology*, 25, 44-65.
- Engels, V. (April 1962). The Relationship of Induced Muscular Tension, Manifest Anxiety and Motor Learning. *Abstracts of Research*: 78.
- Kamlesh, M. L. (1983). *Psychology of Physical Education and Sports*. New Delhi: Metropolitan Books Company Pvt. Ltd. p. 17.

Martens, R., Vealey, R.S. & Burton, D. (1990). *Competitive anxiety in sport* (pp.117-173). Champaign, IL: Human Kinetics.

Parfitt, G., & Pates, J. (1999). The effects of cognitive and somatic anxiety and self-confidence on components of performance during competition. *Journal Sports Science*, 17(5), 351-356.

Rogulj, N., Nazor M., Srhoj, V., & Bozin, D. (2006). Differences between competitively efficient and less efficient junior handball players according to their personality traits. *Kinesiology Journal*, 2, 158-163.

Spielberger, C.D. (1966). Theory and Research on Anxiety. In *Anxiety and Behavior*, C.D. Spielberger Ed., Academic Press.

Richard H. Cox, *Sport Psychology Concepts and Applications* (Dubuque, Iowa: Wm. C. Brown Publishers, 1985), p. 135.

Sandhu, S. Gurbakhsh (2002). *Psychology in Sports a Contemporary Approach* Friends Publications India Delhi.

Wilfley, D., & Kuncze, J. (1986). Differential physical and psychological effect of exercise. *Journal of Counseling Psychology*.