

Analysis of Competitive State Anxiety between Badminton and Table Tennis Players

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Abstract

The study compared the competitive state anxiety among badminton and table tennis players' of Manipur. 15 elite badminton players and 15 table tennis players were the subjects of the study of the age ranged between 18 and 24 years. The instrument engaged was the Competitive State Anxiety Inventory-2 (CSAI-2). Using one way ANOVA data was analysed. Results showed that the level of competitive state anxiety among the badminton and table tennis players' was not significant.

Key words: Competitive State Anxiety, Badminton, Table tennis, Manipur.

Introduction

Rudimentary sphere in the field of sports preparation is sport psychology in overall as it compacts particularly through the scopes of behaviour subsequent since enthusiastic different sports. Psychological planning, beside with skill and strategic grounding, needs developed an essential portion of the course of teaching, educating and training players and organizing them to contest in sports competitions. Racket games are amongst the greatest significant games that have donated to attaining decent consequences aimed at approximately countries provincially and globally, signified in badminton, table tennis and squash.

Anxiety remains specified of comprising psychological and physiological indications which transported around through an undesirable intelligence of unidentified doubts of an apparent warning. Badminton and table Tennis develops unique of the current sports, played by together men and women players round the sphere. Therefore, the study effort to determine the level of competitive state anxiety between the badminton and table tennis players' academy of Manipur.

Methodology

a) Procedures

At first, investigator visited coaches commencing the male badminton and table tennis players' academy of Manipur of the age ranged from 18-24 years for the nature of the study. At second stage described the study to the players and dispersed Questionnaires comprising a letter relating the study and informed-consent methods. At the last stage State Competitive Anxiety Inventory (CSAI-2) aimed at both badminton and table tennis players were directed to players in 30 minutes erstwhile to the twitch of the struggle and the nature of study was designated at the best of the questionnaire to the players.

b) Measures

Competitive State Anxiety Inventory-2 (CSAI-2):

This dimension tool was used to evaluation the participants' cognitive anxiety, somatic anxiety, as well as their self-confidence (Martens et al., 1990) consisting of 27 items. The test specified to select the response that agrees by how they finished at this opinion in period, accurate nowadays. Cognitive anxiety items were numbers 1, 4, 7, 10, 13, 16, 19, 22, and 25. Somatic anxiety items were numbers 2, 5, 8, 11, 14 (reverse), 23, and 26 Self-confidence items were numbers 3, 6, 9, 12, 15, 18, 21, 24, and 27 According to Martens et al. (1990) the scoring of the CSAI-2 was accomplished in the subsequent technique. The four-presented answers comprised not at all (1), somewhat (2), moderately so (3) and very much so (4). The concluding marks for respectively subscales were range from 9 to 36, with 9 indicating low anxiety/confidence and 36 indicating high anxiety/confidence.

c) Data Analysis

In order to calculate methods of descriptive statistics was operated. One-way ANOVA were functional for variance consistency and between group differences respectively.

Result

The descriptive statistics presented in Table 1 shows that level of competitive state anxiety among the male badminton and table tennis players in Manipur.

Table 1: Mean values and comparison of Competitive State Anxiety between

Anxiety Variables	Skill Level	N	M ± SD
Cognitive Anxiety	Badminton	15	60.12 ± 5.97
	Table tennis	15	61.85 ± 6.87

The one way ANOVA offered in Table 2 displayed that level of reasonable anxiety among the male badminton and table tennis players in Manipur. Table 1 demonstrated the levels

of competitive state anxiety subscales. There were no significant differences between the level of cognitive anxiety, somatic anxiety and self-confidence among badminton and table tennis players in Manipur ($P \geq 0.05$).

Table 2: Mean values and comparison of Competitive State Anxiety subscales between badminton and table tennis players

Anxiety Variables	Skill Level	N	M ± SD	F	Significant
Cognitive Anxiety	Badminton	15	16.53 ± 3.99	1.24	0.275
	Table tennis	15	18.13 ± 3.87		
Somatic Anxiety	Badminton	15	19.06 ± 3.51	0.025	0.875
	Table tennis	15	18.86 ± 3.35		
Self Confidence	Badminton	15	24.53 ± 4.43	0.043	0.836
	Table tennis	15	24.86 ± 4.32		

*Significant at 0.05 level; $F_{0.05}(1, 28) = 4.2$

Discussion and conclusion

Players by governing their competitive anxiety over mental skills have higher motivation and self-confidence, nevertheless players ones familiarity weak presentation concluded rise in anxiety through competitions. The drive of the present study is to compare competitive state anxiety among badminton and table tennis players.

The earliest outcome of present study of badminton and table tennis players observes the condition as moderately stressful. Furthermore, the competitive state anxiety scores, in particular cognitive anxiety in badminton and table tennis players showed moderate levels of anxiety intensity. No statistically significant difference between the two clusters concerning the amount of cognitive anxiety is found. Still, badminton players state that they reflect anxiety as a facilitative issue for their performance. Supplementary analysis shows that performance of table tennis is hindered through their anxiety.

The study also presents that the level of somatic anxiety in badminton players is high levels on the other hand table tennis players' shows the low level of somatic anxiety. The non-existence of mental skills preparation in badminton games might be a subsidising issue to the conclusion that badminton players of competitive levels experience somatic anxiety.

Thus result of the study exhibits acceptable means of self-confidence in badminton and table tennis players, the way of self-confidence appears to performance a facilitative part on their performance throughout the contest.

Therefore badminton players can too suffer from anxiety just as much as the table tennis players. The major variance between the two is the assumed that progressions are diverse. Badminton players have an additional confident version of their approaches of competitive state anxiety and future performances than those of table tennis players.

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