



Competition Anxiety for National & State Level Boxers of Manipur

Th. Bidyarani Devi, Kh. Lojit Singh, Th. Shyam Singh and Kh. Rajen Singh

Dept. of Physical Education, Health Education & Sports, D.M. College of Science, Manipur, India

Abstract: The purpose of this paper was to examine competition anxiety between National and State Level Boxers of Manipur. The purposive study was piloted on twenty (20) female Boxers each who had been participated in National and State Level Tournament as the subjects – age ranging from 20 to 25 years. To evaluate competition anxiety, SCAT (Sport Competition Anxiety) test questionnaire developed by Rainer Martens was used. The study subject filled out 15 items out of which 5 were counterfeit question which were added it the questionnaire to diminish bias towards the actual test items. By descriptive statistic and statistical t-test significance was considered at $P < 0.05$. The result was concluded that there were insignificant in the anxiety level of female National and State Boxers of Manipur and both the variables were found low and average in levels of sports competition anxiety respectively.

Keywords: Manipur's Boxers, Competition Anxiety, Female.

INTRODUCTION

In a psychological world contemporary man is lived in the imperative skills of achievement on the psychological deeds. Facilitating skills to empower and to advance the tactics. In the current era of competition, the psychological provision is equally abundant imperative as teaching the diverse skills of a game on the systematic appearances.

And for charming the games, it is not lone the talent in the skills which take victory but additional important is the spirit of the players through which they show and execute their finest in the competition. Uncertainty assisting a young athlete progresses self-control and self-confidence consequences in superior athletic presentation.

In sport psychology anxiety has been a dominant model receiving a vast extent of research since of its impact on performance and achievement of motor skills. It can be also increase or decrease performance.

Emotion considered in outlooks of anxiety and tension. Different stimulation it is not expressively impartial, nevertheless somewhat is on the hostile conclusion of the distress range.

Boxing is the great connection sports which complex skills, enthusiasm, stamina, audacity, self-assurance, and hostility, attack and counter attacks with defence. So, anxiety is an indispensable component of competitive state and deprived of assured level of anxiety, there cannot be competitive performance.

Neither too high nor too low level of anxiety is advantageous to sports performance; acceptable level of anxiety creates paramount consequences.

METHODOLOGY

To achieve the purpose of the study twenty (20) each National and State Level Boxers of female were selected as subjects from Manipur of the ages ranged between 20 to 25 years. Simple Random sampling method was adopted for the current study. To collect the data relating to study, (SCAT) Sports competitive Anxiety Test by Rainer Martens (1977) was applied. The SCAT Questionnaire was dispersed to the Boxers before the competition. The questionnaire has 15 items. The score for the response to each question according to the situation is 1, 2 and 3. The sum of score of each question is the SCAT score.

Norm of SCAT Score:

Less than 17: Low level of Anxiety

17 to 24: Average level of Anxiety

More than 24: High level of Anxiety

The players were instructed to respond to each items according to how they generally feel in competition were statically treated by using standardized t-test in order to determine the difference between the Boxers of National and State Level. The level of significance was set at 0.05.

ANALYSIS

The results of descriptive statistics and t-test among female National and State Level Boxers of Manipur were presented in the following table and figure.

In Table 1, the comparison of mean of the two variables indicated that the mean anxiety level of the State Level Boxers ($m = 17.15$) was higher than that of the National Level Boxers ($m = 16.1$) of female. As the SCAT score indicates that the Anxiety level may be considered 'low' and 'average' in case of obtained scores ranging > 17 and 17 to 24 . It appeared that both the variables, i.e. female National and State Level Boxers were low and average respectively in sports competition anxiety level.

Table 1 also presented the t-value comparing the anxiety level of the female National and State Level Boxers players showed that no significant difference existed between the variables, $t = 1.12 < 0.05$ level.

Therefore, statistically no significant difference in anxiety levels of female National and State Level Boxers of Manipur were recorded.

Table 1: Descriptive statistics and t-test value of different variables of the study

Variable	Mean	Standard Deviation	't' ratio
National Level Boxers	16.15	2.19	1.12
State Level Boxers	17.15	2.72	

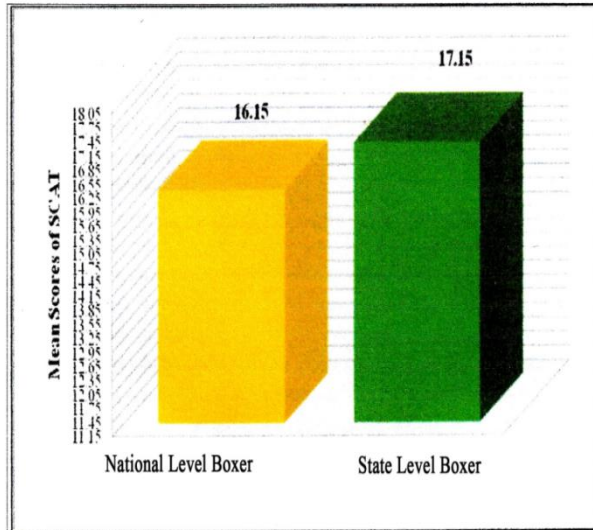


Figure 1: Comparison of Mean Level of Anxiety between female National and State Level Boxer of Manipur.

DISCUSSION and CONCLUSION

The cause for low and average anxiety level of both the players' level of each variable beneath revise may be due to high and moderate experience of the subjects in the competitive sport. Additionally, both the variables' insignificant difference in anxiety level might be due to higher and moderate skill level. Higher skill level athletes have been found to report low levels of anxiety (Kumar et al, 2020). Thus potential study may be conducted on the higher skill level of the female National and State Level Boxer and their sports anxiety level. Diverse extra studies have been finished (Gupta & Yousaf, 2015; Hanton & Connaughton, 2002; Khan & Devi, 2019; Singh 2019; Singh & Gera, 2016; Soni et al, 2016; Yousaf et al, 2015) viewed cognitive state anxiety as debilitating to overcome negative thoughts and alter them to positive ones.

Within the margins of the study it may be accomplished that there was no significant difference in the anxiety levels of female National and State Level Boxer of Manipur and both the variables were found low and average in levels of sports competition anxiety respectively.

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