



A Comparative Study Of Pre-Competition Anxiety Among South West Zone And North East Zone Athletes

Amrit Kumar Mahato¹, Abhijit Thander², Lipika Mahato³

¹Research Scholar, ²Assistant Professor, M.P.Ed³

Department of Physical Education and Sport Science

Visva-Bharati, (Central University)

Santiniketan-731235

ABSTRACT

The study aimed to compare the pre-competition anxiety levels between male athletes from the South West Zone and North East Zone Inter University competitions. The study selected 48 athletes from both zones. The descriptive statistics, including the mean and standard deviation, were likely calculated for each group separately to summarize the pre-competition anxiety levels. The main analysis conducted was an independent t-test, which compared the anxiety levels between the South-West Zone and North-East Zone athletes. The results of the t-test indicated that there was no significant difference in pre-competition anxiety levels between the two groups. The p-value obtained from the t-test was 1.86, which was compared to the significance level (alpha) of 0.05. Since the p-value (1.86) is greater than the significance level (0.05), it suggests that the difference in pre-competition anxiety levels between the South West Zone and North East Zone athletes is not statistically significant. Based on these results, you can conclude that there is no significant difference in pre-competition anxiety levels between the South West Zone and North East Zone inter-university athletes.

Keywords: Pre-Competition Anxiety, South-West Zone, North East Zone, Athletes, Inter University, SCAT

1.0 Introduction:

Track and field competition has always been regarded as the “mother of sports,” for it is the foundation for the other sporting events (Raglin & Turner, 1993). Sports Psychology is playing an important role, which has made us, realize the relationship of different psychological factors with competitive performance. The study of anxiety has been considered important in all areas of human activity including sports. For anxiety in its broadest sense refers to the general state of alertness. It is related to the body alarm system and provides vigilance against disruptive forces in the environment. To maintain the internal balance, the organism, must function with a certain level of anxiety always present.(Kumar Siwach, n.d.)Track and field belongs to stamina explosive competition. It is essential for athletes to cultivate good mental states, including positive emotions, confidence, and focus, in order to optimize their performance. Sports psychology techniques and interventions can help athletes manage their anxiety levels, develop mental resilience, and improve their psychological readiness for competition. By fostering a positive mental state, athletes can enhance their chances of performing at their highest level and achieving their goals in sports before a competition.(Hanton et al., 2004) one of the most urgent issues in contemporary sports psychology in pre-competitive anxiety. Since a long time, it has been understood that psychological elements, especially anxiety, play a significant role in competition. Every athlete who participates in competitive sports feels fear before, during and after competition. Even the most accomplished athlete in the world may become uneasy due to anxiety. Insecurities and lack of confidence among other things cause athletes to feel anxious. An unpleasant emotion that most athletes occasionally experience when they are presented with problems. Anxiety is similar to worry.

1.1 Aim of the study: To compare the pre competitive anxiety between south west and north east zone all India inter university level athlete.

2.0 Methodology:

2.1 Selection of Subjects:

For the purpose of the study 48 male Athletes were selected from south west and north east zone inter university. Who participated 82nd All India inter university athletic champion were chosen randomly. The age ranges of the subject were 18-24.

To compare the pre-competition anxiety between North east and south west zone athletes using the Sport Competition Anxiety Test (SCAT) questionnaire, developed by Rainer Marten et.al (1990). The SCAT questionnaire consists of 15 questions.

2.2. Procedure:

Before administering the questionnaire, the rules and procedure for filling up the questionnaire clearly explained by the researcher to the selected subjects so as to the most reliable information collected from the subjects for the purpose of the study.

2.3 Scoring:

Based on the scoring criteria you provided, the interpretation of the SCAT score is as follows:

- SCAT Score less than 17: This indicates a low level of anxiety. Participants who score below 17 are considered to have minimal anxiety related to sports competition.
- SCAT Score between 17 and 24: This represents an average level of anxiety. Participants scoring within this range are considered to have a typical or moderate level of anxiety associated with sports competition.
- SCAT Score more than 24: This suggests a high level of anxiety. Participants scoring above 24 are considered to have elevated anxiety levels in relation to sports competition.

Based on these norms, participants' scores on the ten selected test items (2, 3, 5, 6, 8, 9, 11, 12, 14, and 15) can be used to categorize their anxiety levels as low, average, or high, according to the corresponding score ranges. The remaining items (1, 4, 7, 10, and 13) are not used for scoring purposes.

2.4 Statistical Analysis:

Descriptive statistics, along with an independent t-test, were employed to compare the North East and South-West Zone All India inter-university athletes. The level of significance was set at 0.05, indicating that any observed differences between the groups must be statistically significant at a 5% probability level to be considered meaningful.

3.0 Findings and results:

TABLE – 1

DESCRIPTIVE STATISTICS OF ANXIETY LEVEL OF NORTH EAST AND SOUTH WEST ZONE ALL INDIA INTER UNIVERSITY ATHLETE

Group	Mean
North east zone inter university athlete	19.92
South west zone inter university athlete	18.29

Table – 2

The Mean & SD, T and P Value of Anxiety Level of North East and South West Zone All India Inter University Athlete

Group	Mean & SD	t-ratio	P value
North east zone inter university athlete	19.92±2.88	1.86	2.01
South west zone inter university athlete	18.29±3.14		

In the table 2 the two groups mean were compared, and the results showed that the mean anxiety level of the North east zone inter university athlete ($\bar{x}=19.92$) was higher than South west zone inter university ($\bar{x}=18.29$). From the table I showed that the competitive anxiety level was lower in South west zone inter university athlete than North east zone inter university athlete.

As the SCAT score suggests, the anxiety level may regard as "average" in cases where scores between 17 and 24 were recorded. It appears that both the groups, i.e. South west zone inter university and North east zone inter university athletes were average in pre sports competition anxiety level.

Table -II also presents the p-value comparing the anxiety level of the South west zone inter university and North east zone inter university athletes shows that no significant difference exists between the groups $p= 1.86 < 0.05$ level.

3.1 Discussion:

The purpose of the study was to compare the pre-competition anxiety levels between male athletes from the South West Zone and North East Zone Inter University competitions. The result of the study shows that the p-value comparing the anxiety levels of the South West Zone inter-university athletes and North East Zone inter-university athletes is 1.86, which is greater than the significance level of 0.05. When the p-value is greater than the significance level (in this case, $p=1.86 > 0.05$), it suggests that there is no significant difference in pre-competition anxiety between the two groups. In other words, the anxiety levels of the South West Zone and North East Zone inter-university athletes are statistically similar. Further, both the groups' insignificant difference in anxiety level might be due to homogeneity in experience level and personality characteristics, or due to higher skill level. Elite athletes with higher skill level have been found to report low levels of anxiety. (Sade et al., 1990) Anxiety significantly difference between sprinters and jumpers also in jumpers and throwers but no significant different was found between throwers and sprinters. Sprinters have higher anxiety than throwers and jumpers due to rules of athletic in fouls start. If a player can take one fouls stat, he or she out from competition but those types of rules are not treated in throwing and jumping. Throwers have higher pre-competition Anxiety than the Jumpers because the events have more elements involved with moving the body weight at the right time with the right force. (Prasad Sahu & Professor, n.d.).

Based on the obtained scores on the SCAT questionnaire from both the South West Zone and North East Zone inter-university athletes fall within the range of 17 to 24. This range suggests that the anxiety levels of both groups can be considered "average" in terms of sports competition anxiety.

Since the SCAT scores indicate that anxiety levels may be considered average within this score range, it implies that neither group, consisting of male athletes, exhibited average levels of pre-competition anxiety. Instead, both groups had anxiety levels that can be considered typical or within the average range for athletes participating in competitive sports.

The reason may be because of both the South West Zone and North East Zone inter-university groups may have moderate exposure to competitive sports, it could have contributed to their similar average anxiety levels. With moderate exposure, the athletes might have developed a certain level of familiarity and comfort in competitive settings, resulting in moderate anxiety levels. It's worth noting that anxiety levels can also be influenced by other factors such as individual differences, personality traits, and specific situational factors. Additionally, the sample size and composition of the groups, as well as the specific characteristics of the region of south east and north east zone, can also play a role in anxiety levels. Further research and analysis could help explore these factors in more detail and provide a more comprehensive understanding of the anxiety levels observed in the study.

4.0 CONCLUSION

Within the limitations of the study, in this case of study result, since the p-value is greater than 0.05, it is concluded that there was no significant difference in pre-competition anxiety between the South West Zone and North East Zone inter-university athletes based on the SCAT questionnaire.

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