



# **Sports Competition Anxiety Among College Players: A Comparative Study**

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**Abstract:** The objective of the present study was to compare sports competition anxiety between team games and combat games players. The subjects of study were collected from different colleges of the Purba Medinipur district in West Bengal, who participated in inter college, inter university and national-level competitions. The subjects were divided into two groups: team game and combat game. The number of subjects was 25 in each group, and their age was between 18 - 25 years. The Renier Martin sports competition anxiety test questionnaire was used to collect data, and an independent t-test was administered to analyze the collected data, and the level of significance was set at 0.05 ( $p<0.05$ ). The study result was a significant difference, the team game players sports competition anxiety was  $18.35 \pm 2.43$ , and combat game players were  $22.42 \pm 3.07$ . The study concluded sports competition anxiety was comparatively low among team game players.

**Keywords** - Sports competition anxiety, College players, Team game, Combat game.

## **I. INTRODUCTION**

Sports Psychology is a field of scientific study deals with the behaviour of athletes in sports. It determines how psychological factors effect on performance of an athlete and also how sports and exercise effects athletes' psychological well-being. It is very much essential to identify athlete's psychological states for generate optimum performance. Sports has now dignifies for its huge popularity in the world. To set up a world record athletes are prone to develop their all qualities require for the sports. At elite level physical abilities are not that much getting important in compare with the psychological abilities. Research suggested that the athletes with greater focus on mental skill ability cross the barriers of obstacles and achieve ultimate performance. Sports psychology helps to increase performance through developing and managing emotions, awareness, confidence, concentration, relaxation ability, visualization, goal setting etc.

Anxiety is an uncontrolled, broad, unpleasant, and chronic state of negative affect that is accompanied by physiological signs of tension and a persistent state of heightened attention. It is typified by anxious anticipation of unforeseen and inescapable future threat (Barlow, 2002). Anxiety is the most common expression of stress in competition. To put it briefly, anxiety related to sports can have a detrimental effect on athletic performance during practice and competition, increase the likelihood of an injury occurring, impede and delay the process of recovering from an injury and returning to sports, and raise the risk of injury during practice and competition after rehabilitation (Ford, 2017). Study defined lower sports performance among college players who had higher completion anxiety (Ramaprabou, 2016). Female students had higher competition than male students, but students who practiced exercises found moderate levels of anxiety in both males and females (Tseng, 2025).

## Objectives

The objective of the study was to compare sports competition anxiety between team game and combat game college players.

## 2. RESEARCH METHODOLOGY

### 2.1 Subjects Selection

A total of 50 college players were selected from different colleges of the Purba Medinipur district in West Bengal state. The subjects were divided into two groups: combat games and team games. All players were participated in sports competitions of inter-college, and inter university and national levels sports competition in difference sports events. The random sampling methods were followed to engage the subjects.

### 2.2 Variable and Measurement

The sports competition anxiety was the variable of the study and it was measured by sports competition anxiety test questionnaire of Renier Martin. There are fifteen questions in the questionnaire, five of which were not scored. Ten test items—2, 3, 5, 6, 8, 9, 11, 12, 14, and 15—were collected for scoring purposes. There were three alternative responses to each statement: Rarely, Sometimes, Other. Items 2, 3, 5, 8, 9, 12, and 15 were scored as Rarely = 1, Sometimes = 2, Other = 3, and for items 6, 11 the scoring were Rarely = 3, Sometimes = 2, Other = 1.

### 2.3 Statistical Technique

The independent t-test was administered in the MS Excel software to analyse the collected data, and the level of significance was set at 0.05, ( $p<0.05$ ).

## 3. Result and Discussion

**Table 1**

(Comparison of sports competition anxiety between team and combat game players)

Variables	Group	N	Mean SD	$\pm$	t-value	p-value ( $p<0.05$ )
Sports competition anxiety	Team game	25	18.35 2.43	$\pm$	5.19	0.00
	Combat game	25	22.42 3.07	$\pm$		

Table 1 shows that the sports competition anxieties of team game players were  $18.35 \pm 2.43$ , and combat game players were  $22.42 \pm 3.07$ , respectively. The calculated t-value was 5.19, which represents a significant difference at  $p<0.05$ .

The present study used comparative methods, where sports competition anxiety was compared between team game and combat game players who participated in inter collegiate, inter university, and national-level team games such as football, volleyball and kho-kho games and combat games such as judo, karate, and boxing. The result showed a significant difference in sports competition anxiety, which was higher in combat game players compared to team game players. The past study has also stated higher sports competition anxiety among combat game players than non-combat game players (Chauhan, et al., 2018 & Kapur, et al., 2022). The nature of sports competition contributed to the anxiety level of female players, higher anxiety was also found in combat game players (Rani T, 2024).

## 4. Conclusion

The study concluded that sports competition anxiety was comparatively low among team game players. Higher anxiety refers to lower sports performance, there is require psychological preparation not only in combat players for better sports performance. The study suggested conducting a similar investigation that takes into account the players' demographic and socioeconomic status, as these factors may influence their performances.

