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Analysis of sports competition anxiety among Indian physical education courses athletics (track and field) players: A pilot study

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Abstract

This study was conducted to analyze Sports competition anxiety among Physical Education course athletics players for that total subjects (N=10), eight male and two female of Athletics were randomly selected from different colleges of physical education in India and SCAT Martens (1997) questionnaire was used to gather data from them. In which the average score was 20.4 ± 3.4 . We found most of them were in the average category so, this was concluded that Indian physical education course athletics players are better in controlling their anxiety level.

Keywords: SCAT, Athletics, Physical education and Sports Psychology

1. Introduction

Researchers of sport psychology have always been interested in the psychological aspects that affect sport performance. Some studies have revealed that it is possible to guess future success in sport, ^[1] based on precise psychological factors, relatively successfully even in an early on stage of sports engagement, and those psychological factors are critical and should be developed from an early on sports period ^[2].

Anxiety is a sensation that is difficult to identify and even more difficult to reliably detect in performance. Nervousness is habitually used in place of anxiety ^[3]. The Persuade of anxiety on sport performance is sound documented. Anxiety has a sequential association to performance. The intensity of anxiety observed prior to performance may be different from arousal for the period of performance. ^[4]. All athletes have experienced the psychological indicators of anxiety prior to taking part in a vital competitive event. ^[5]. Coaches are confused by athletes who execute well in practice, but who are so harmfully influenced by competitive anxiety and “choke” in competition. ^[6]. Anxiety is insidious in sport. ^[7]. Sport Competition Anxiety Test (SCAT) has been known in progressing sport psychology research in wood consumption of the area and also to evaluate the impact of fuel wood collection on forest ecosystem.

¹ Carlson, R. (1988). The socialization of elite tennis players in Sweden: An analysis of the players' backgrounds and development. *Sociology of sport journal*, 5(3), 241-256.

² Jarvis, M. (2006). *Sport psychology: A student's handbook*. Routledge.

³ Craske, M. G., & Barlow, D. H. (2007). *Mastery of your anxiety and panic: Therapist guide (Vol. 2)*. Oxford University Press.

⁴ Brooks, A. W. (2014). Get excited: Reappraising pre-performance anxiety as excitement. *Journal of Experimental Psychology: General*, 143(3), 1144.

⁵ Mellalieu, S. D., Hanton, S., & Shearer, D. A. (2008). Hearts in the fire, heads in the fridge: a qualitative investigation into the temporal patterning of the precompetitive psychological response in elite performers. *Journal of Sports Sciences*, 26(8), 811-824.

⁶ Andrade, A., Silva, R. B., Junior, M. A. F., Rosa, C. B., & Dominski, F. H. (2019). Changes in mood states of Brazilian jiu-jitsu athletes during training and competition. *Sport Sciences for Health*, 15(2), 469-475.

⁷ Patel, D. R., Omar, H., & Terry, M. (2010). Sport-related performance anxiety in young female athletes. *Journal of pediatric and adolescent gynecology*, 23(6), 325-335.

competitive anxiety.^[8] SCAT was developed as sport meticulous measure of trait and state anxiety^[9]. SCAT was developed by Martens (1977) as quantify of competitive trait anxiety^[10].

Physical education symbolizes a branch of permanent education, which desires the awareness of a harmony between biologic and psychic apparatus of the child's personality. Through sports, physical education and action, the road towards a dreamt excellence is explored.^[11] Students of Physical Education course participated more often in sports competition than other activities when compared with other education course^[12]. In India there are three major courses in Physical Education i.e. Graduation in Physical Education, Post-Graduation in Physical Education and Diploma in Sports Coaching^[13].

Athletics (track and field) is a universal sport well thought-out to be mother of all games and also be the largest at the Olympics Games, contributing about 20% of all contributors^[14, 15]. Athletics includes the track and field disciplines of running, jumping and throwing, race walking and cross-country. The sport is governed by the International Association of Athletics Federation. World Outdoor Championships are held every second year at which almost 2000 athletes representing all continents compete.¹⁶ Therefore the present study was conducted with the aim to investigate the sports competition anxiety among Indian physical education courses athletics players.

2. Methods

Athletics Players (N=10), eight male and two female from six different colleges i.e. L.N.I.P.E., Gwalior (N=5), I.T.M., Gwalior (N=1), Janhit college, Choudhary Charan Singh University, Meerut (n=1), Department of physical education, University of Rajasthan, Jaipur (n=1) and P.G.G.C., Punjabi University, Chandigarh (n=1) of physical education were randomly selected as subjects. Age of the subjects ranged between 20-26 years. Sports competition anxiety was selected as the variable for the study. Sports

⁸ Kremer, J. M., Moran, A., Walker, G., & Craig, C. (2011). Key concepts in sport psychology. Sage.

⁹ Legesse, K. (2016). Comparative study on anxiety between student players of different ball games in 2013 National Ethiopian Universities Sports Competition. Momona Ethiopian Journal of Science, 8(2), 182-192.

¹⁰ Alam, S., Kumar, P., & Islary, M. (2016). A study of sports competition anxiety test for the different level of Uttarakhand male football players.

¹¹ Dacica, L. (2015). The formative role of physical education and sports. Procedia-Social and Behavioral Sciences, 180, 1242-1247.

¹² Liukkonen, J., Barkoukis, V., Watt, A., & Jaakkola, T. (2010). Motivational climate and students' emotional experiences and effort in physical education. The Journal of Educational Research, 103(5), 295-308.

¹³ Kumar, R., & Sharma, K. (2019). Development of Physical Education in India: A Life Long Perspective Future Directions toward its Standardization. International Journal of Advanced Scientific Research and Management, 4(2).

¹⁴ Timpka, T., Alonso, J. M., Jacobsson, J., Junge, A., Branco, P., Clarsen, B., & Edouard, P. (2014). Injury and illness definitions and data collection procedures for use in epidemiological studies in Athletics (track and field): consensus statement. British Journal of Sports Medicine, 48(7), 483-490.

¹⁵ <http://www.mnit.ac.in/event/athletic14/athletics.html>

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<https://www.worldathletics.org/download/download?filename=97c82bb-94b6-492b-bdb1-ad050c175d8d.pdf&urlslug=2007>

Competition Anxiety Test (SCAT Martens, 1990) in structure of Google forms was used to measure Sports Competition Anxiety. By consists of total 15 questions. Scores obtained for each statement was added up which represent an individual's total score on Sports Competition Anxiety (SCAT Score). Then the SCAT score was compared with SCAT score table and categorized in three groups i.e. low (below 17), average (17-24) and high (above 24). For statistical analysis Mean, Standard Error, Median, Mode, Standard deviation, Sample Variance, Kurtosis, Skewness, Range, Minimum, Maximum and Frequency was applied using ms office excel 2010.

3. Results

The Statistical analyzes of data reveals the followings that have been shown in Table 1: Statistics of Sports Competition Anxiety.

Table 1: Statistics of Sports Competition Anxiety

Mean	20.4
Standard Error	1.077033
Median	21.5
Mode	23
Standard Deviation	3.405877
Sample Variance	11.6
Kurtosis	-1.23839
Skewness	-0.78718
Range	9
Minimum	15
Maximum	24

Table 1: depicting the mean (20.4), Standard Error (1.08), Median (21.5), Mode (23), Standard Deviation (3.40), Sample Variance (11.6), Kurtosis (-1.24), Skewness (-0.79), Range (9), Minimum (15) and Maximum (24) of sports competition anxiety among athletics players of Indian physical education courses.

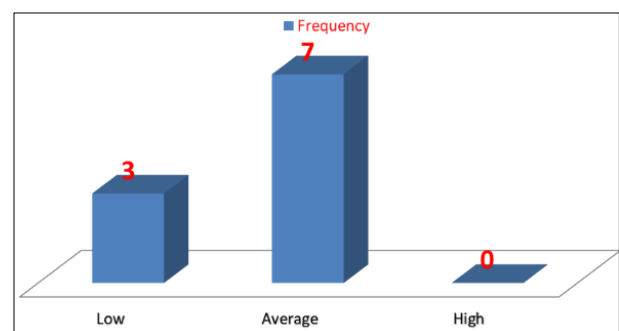


Fig 1: Graphical representation all three groups of sports competition anxiety

Figure 1, Revealed that most of physical education course athletics students comes under Average category (n=7), none of them comes under the high category, and some of them comes under the low category (n=3).

4. Discussion

After analysis of result we can say that physical education course students mostly comes under the average category and few of them under low category and none of them under high level of sports competition anxiety category.

5. Conclusion

Under the limitations of present study following conclusions were drawn Indian physical education course athletics players are better in controlling their anxiety level and most of them are in average category.

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