

## Sports Competitions: Pre-Competition Anxiety – Does It Matter?

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### Abstract

The purpose of the present study was to examine the pre-competition anxiety among women athletes. The sample consisted of 48 women athletes who had represented their university in sports competitions. The participants of the study were from various universities. SCAT pre-competition anxiety tool developed by Rainer Marten was used. To analyze the data percentage and ANOVA tools were used. The results show that the women athletes have average level (50%) pre-competition anxiety. Pre-competition anxiety among women of various universities does not differ ( $F=2.44$ ). ANOVA (0.05) was the statistical method used. The results could assist in designing a common program countering precompetitive anxiety for university women athletes.

**Keywords:** Pre-Competition, Anxiety.

### 1. Introduction

In modern competitive sports, psychological preparation of team is as much important as technique of the different skills of the game on specific lines; in modern competitive sports the teams are prepared not only to play the game but also to win the game. For winning the game it is not only the proficiency in the skill, which brings victory, but more important is the mental preparation the spirit and the attitude of the players with which they play and perform the best in the competition. In modern competitive sports, the anxiety in sportsman has affected their performance. The physical as well as psychological load during the training is intensified. The sportsmen like other athletes are anxiety prone while participating in competitive sports.

Anxiety may be a positive motivation force or it may interfere with successful athletic performances. As a positive motivating force it can be instrumental in motivating the athlete to work harder to find new and better ways to improve performances and to help set goals. The athletic skills and his self-confidence as a negative motivator anxiety may interfere with productive as well as constructive thinking. Athletes may attempt to handle anxiety by denying the need to work hard. This can lead to development of poor work habits or athletic technique. The over anxious individual has a high level of cerebral and emotional activity with neuro-muscular tension that may eventually lead the individual to the exhaustion stage and perhaps to psychosomatic disorders. Anxiety is related to emotional stability, tough-mindedness and self confidence, the more stability, toughness and confidence a person has the better he assumed players at the hypo-hyper anxiety states perform disastrously therefore, keeping the optimum level of anxiety for the desired outcome should be the tasks of coaches.

The problem of anxiety has been considered important in all areas of human activity including sports. The study of the effect of anxiety on motor performance has become a topic of interest among sports psychologists. Nearly every concern of human endeavor is thought to be affected somehow by anxiety. A number of theories exist concerning the effect of anxiety on performance without denying the interactive effect of anxiety on the performance of certain specific task, all theories seem to agree that maximum performance is reduced by too much anxiety. Thus the present study was decided to be conducted on pre-competition anxiety. Women of course are the worst suffers at all times. The selection for women is thus justified.

### 2. Purpose

The purpose of the study was to examine the pre-competition anxiety among women athletes of various universities and to find differences existing among women players of various universities for the pre-competition.

### 3. Hypothesis

The hypothesis is that there will be significant differences in pre-competition anxiety among various universities is

rejected.

#### 4. Methodology

The samples consisted of 48 women athletes of various universities. These samples were selected from various universities (six) who had represented the inter universities competition. Their age ranged between 18-25 years. To examine the pre-competition anxiety, the pre-competition anxiety questionnaire (SCAT) developed by Rainer Marten was used. It consisted of 15 statements related to competitive situations. Scores obtained by each subjects on each statement were added up which represented one's total score on pre-competition anxiety. Scores obtained on anxiety questionnaire by subjects of various inter universities were added separately and score sheets evaluated in accordance with the instruction laid down in the manual of the test. The data collected was analyzed by using percentages and ANOVA test at 0.05 level of significance.

#### 5. Result and Discussion

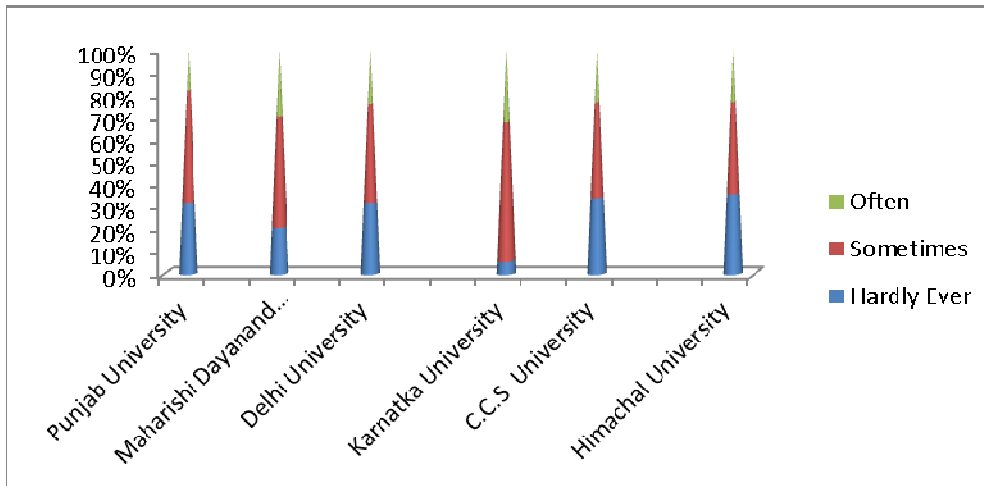
The results are shown in the tables:

**Table-1 Percentage responses of the pre-competition anxiety scores of the six Universities**

Name of University	Percentages of Players Responses on Pre-Competition Anxiety		
	Hardly Ever	Sometimes	Often
Punjab University	31.66%	50%	18.33%
Maharishi Dayanand University	20.83%	49.16%	30%
Delhi University	31.66%	44.16%	24.16%
Karnataka University	5.83%	61.66%	32.50%
C.C.S University	34.16%	42.5%	23.33%
Himachal University	35.83%	40.83%	23.33%

From the table 1 (Graph 1) the pre-competition anxiety was found among women athletes of various universities to be at an average level(50%).

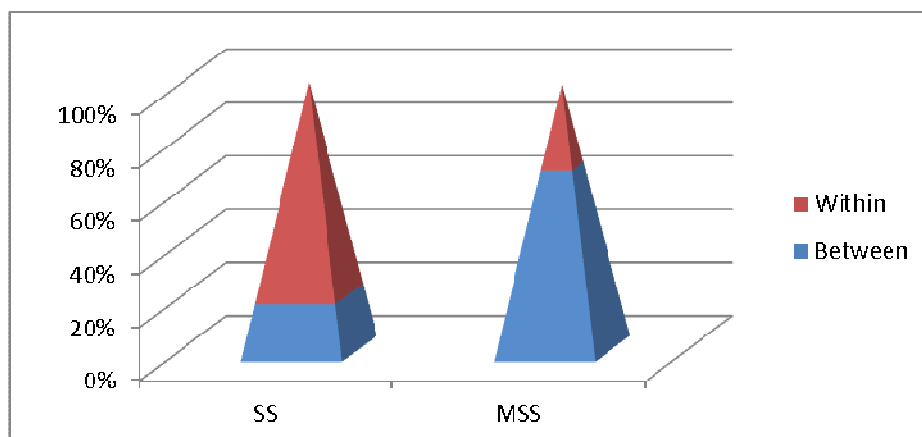
**Graph 1: Percentage responses of the Pre-Competition Anxiety scores of six Universities**



**Table 2 ANOVA Results for Pre-Competition Anxiety Scores for the calculated SCAT score.**

SOURCE OF VARIATION	SS	MSS	F-VALUE
Between	56.5	11.3	2.169
Within	218.75	5.208	

**Graph 2 ANOVA Results for Pre-Competition Anxiety Scores for the Calculated SCAT Score.**



From the table 2 ANNOVA (0.05) shows that the pre-competition anxiety does not differ among various universities, where the N was 48, the degree of freedom 47. The tabulated F 2.44 is higher than the calculated F 2.169 Thus the hypothesis that there will be significant differences in pre-competition anxiety among various universities is rejected. The results of the study are in coherence with the results of the study done by **Lampmon** wherein two experimental groups did not differ in pre-competition anxiety.

**6. Conclusions**

The study was primarily focusing on the influence of pre-competition anxiety on performance among women players. The study concluded that there was no difference among the pre-competition anxiety among women players of different universities. The pre-competition anxiety among women players was found to be average. Also women athletes of Hockey and Basketball did not differ in pre-competition anxiety.

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