

Competitive Anxiety of Female Judokas at Different Achievement Groups: A Comparative Study

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Abstract:

Purpose: The purpose of the study was to compare the Competitive Anxiety among Different Achievement Groups of Female Judokas of Different Colleges of Punjab University, Chandigarh. U.T.

Method: Through purposive sample technique from 102 judokas, n=51 female judokas (age 18-25 years) of different colleges of Punjab University, participating in Punjab University Judo Intercollegiate competition were selected as subject of the study. They were further divided into three groups High, Average and Low Achievement groups based on their previous year 2010-11 position in the Punjab University Intercollegiate Competition. Three groups are High achievement group T_{H1} = first, second and third position holder (n=17), Average achievement group T_{M2} = fourth, fifth and sixth position holders (n=17), Low achievement group T_{L3} = seventh, eighth and ninth position holders (n=17).

The Sports Competition Anxiety Test (SCAT) developed by Rainer Marten was administered for the collection of data. The One Way ANOVA (Analysis of Variance) was applied to find out the significance difference among the three achievement female judokas groups. To test the hypothesis, the level of significance was set at 0.05. The result revealed that the three High, Average and Low Achievement groups of female judokas of different colleges of Punjab University were found to have same level of competitive anxiety.

Result and Discussion: The result found that there were no significance difference was found between the three groups of i.e. High achievement group T_{H1} , Average achievement group T_{M2} , and Low achievement group T_{L3} of female judokas of different colleges of Punjab University Chandigarh, U.T.

Conclusion: The three High, Average and Low Achievement groups of female judokas of different colleges of Punjab University were found to have same level of competitive anxiety.

Key words: Anxiety, Sports Competition Anxiety, High Achievement groups, Average Achievement groups and Low Achievement groups

Introduction:

Judo is one of the most widely practiced sports in the world. In just over 100 years, judo has become an immensely popular international sport. Judo includes a code of sportsmanship, a sense of mutual respect, and a system of ethical and moral development. Judo is both an art and a science. As a sport that has evolved from a fighting art, it develops complete body control, fine balance, and fast reflexive action. Above all, it develops a sharp reacting mind well-coordinated with the same kind of body. Judo training gives a person an effective self-defense system if the need arises.

Many athletes who perform well during training or practice can suffer from performance anxiety on game day. Participating in any type of competition, be it a formal or informal competition, gives pressure on athlete. This pressure sometimes

improves the performance and sometimes influences the performance negatively. Pressure accumulated due to the upcoming competition may result in anxiety which influence the performance in sports in both the ways. Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, fear, or worry. Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an observed threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable.

Anxiety is a natural reaction to threats in the environment and part of the preparation for the 'fight or flight' response. This is our body's primitive and automatic response that prepares it to 'fight' or 'flee' from perceived harm or attack. It is a 'hardwired' response that ensures survival of the human species. Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem. Essentially, when the demands of training or competition exceed one's perceived ability, anxiety is the inevitable outcome.

Excellence in performance is certainly intensifying psychic stress in sports person. The role of anxiety has been noticeably and factually found much important in sports performance. This study was planned to determine the influence of achievement and competition anxiety in sport performance at different levels.

Material and Method:

Subjects:

Through purposive sample technique from 102 judokas, n=51 female judokas (age 18-25 years) of different colleges were participating in Punjab University Judo Intercollegiate competition was selected as subject of the study. They were further divided into three groups High, Average and Low Achievement groups based on their previous year position in the Punjab University Intercollegiate Competition, 2010-11. High achievement group T_{H1} = first, second and third position holder(n=17), Average achievement group T_{M2} = fourth, fifth and sixth position holders(n=17), Low achievement group T_{L3} = seventh, eighth and ninth position holders(n=17). All the subjects, after having been informed about the objective and protocol of, the study, gave their consents and volunteered to participate in this study.

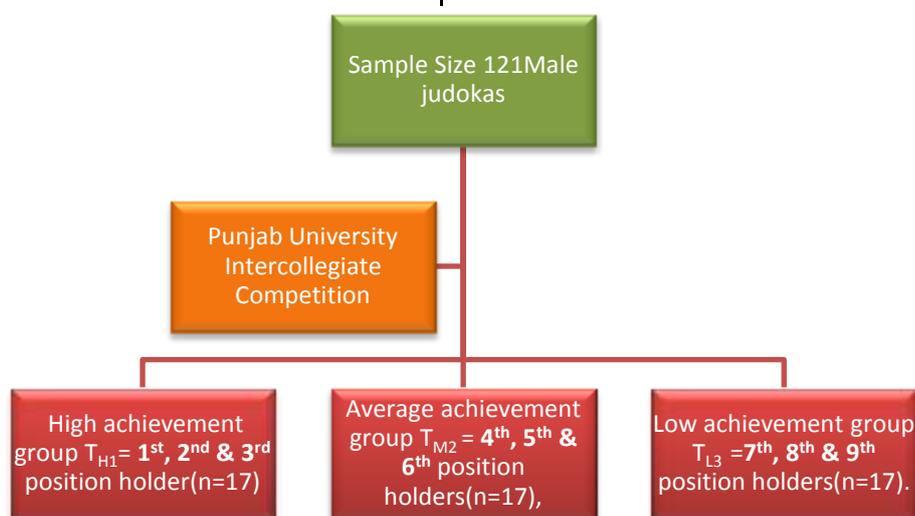


Figure: 1 Distribution of samples according to their Level of Achievement

Methodology: To measure the Competitive Anxiety the Sports Competition Anxiety Test (SCAT) developed by Rainer Marten was used. This test carries 15 statements. There is no right and wrong answer subject has to read each statement and decide how they feel when they compete in sports. They are supposed to respond to each item by giving their response either never, sometimes or always. Subjects were directed that if their choice is 'never' cross A, if your choice is 'sometime' cross B and if your choice is 'always' cross C.

Scoring Instructions

After collecting test sheet, test sheet was scored with the help of scoring instructions as per questionnaire value which are as follows: For each item, the responses are possible. The ten test item are 2,3,5,6,8,9,11,12,14,15. The spurious item 1, 4, 7, 10, and 13 are not scored. Items 2, 3, 5, 8, 9, 12, 14, and 15 are worded so that they are according to the following key:

Never = 1 Sometimes =2 Always = 3

Scoring for 6th and 11th item is reserved and they are scored according to the following keys:

Never = 3 Sometimes =2 Always = 1

Grouping

1. Highly anxious = 25 to 30
2. Above average = 18 to 24
3. Average = 12 to 17
4. Normal = less than 12

Statistical Techniques

In order to examine the hypothesis of the study mean, SD, SEM, One Way ANOVA (Analysis of Variance) was used Competitive Anxiety in the present study.

Table 1

GROUP	N	MEAN	SD	SEM
High achievement group (T_{H1})	17	21.4706	4.00184	.97059
Average achievement group (T_{M2})	17	2.41168	.58492	1.20337
Low achievement group (T_{L3})	17	2.35772	.57183	.99284

Figure 2: Mean values of Female Judokas among the three groups on Competitive Anxiety

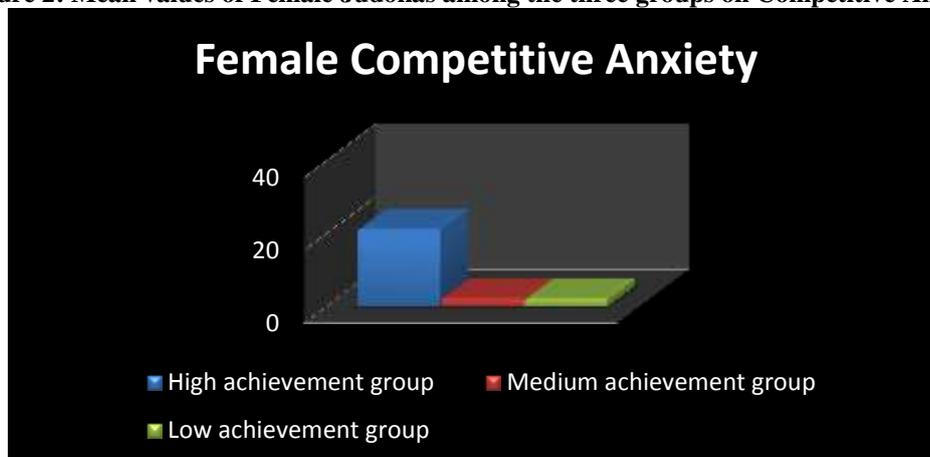


Table 2
Summary of ANOVA of the Female Judokas among the three groups on Competitive Anxiety

		Sum of square	Degree of freedom	Mean Sum Score	F
Competitive Anxiety	Between groups	29.922	2	14.961	0.205
	With in group	438.235	48	9.130	
	Total	468.157	50		

From table 4, it can be seen that the F value is 0.205 which is not significant. It shows that the mean score of the three groups of female judokas of different colleges of Punjab University on competitive anxiety do not differ significantly. Thus the null hypothesis that there is no significant difference in the mean score of three achievement groups i.e., high, average, low in female judokas of different colleges of Punjab University on competitive anxiety is not rejected. It may be therefore said that competitive anxiety of female judokas of different colleges of Punjab University are same.

Result and Discussion: The result found that there were no significance difference was found between the three groups of i.e. High achievement group T_{H1} , Average achievement group T_{M2} , and Low achievement group T_{L3} of Female judokas of different colleges of Punjab University Chandigarh, U.T.

Conclusion: The three High, Average and Low Achievement groups of Female judokas of different colleges of Punjab University were found to have same level of competitive anxiety.

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