



COMPARATIVE STUDY OF ANXIETY LEVEL BETWEEN INTERCOLLEGIATE AND INTERUNIVERSITY CRICKET PLAYERS BEFORE AND AFTER THE END OF MATCHES

Randheer¹ and Vinay Pawar²

¹PhD Scholar of Physical Education, Sant Gadge Baba Amravati University, Maharashtra, India.

²(PhD) Director of Physical Education, Smt. H.R Patel Arts Mahila College, Shirpur Maharashtra, India.

ABSTRACT

The aim of the study was to compare the anxiety level of intercollegiate and interuniversity cricket players before and after the end of matches researcher had selected total (N=60) with mean age of 22+/1.25 year. The group of intercollegiate IC (n=30) and interuniversity group consists of IU (n=30) cricket players. All the selected intercollegiate and interuniversity cricket players were students of Bharati Vidyapeeth University, Pune for the session 2011-12. The selected psychological variable was competition anxiety (CANX) which was measured with Dr. Rajeev Lochan Bharadwaj and Dr. Mahesh Bhargava questionnaire revised in 2006. Both the groups were tested on this inventory before the match and after the end of the matches to compare their anxiety (CANX) level. The analysis of covariance (ANCOVA) was used as the statistical tool for comparison of (CANX) level between the intercollegiate and interuniversity players. The level of significance was set on 0.05. The results of the study revealed that there was statistical significance mean difference was found in pre mean value of intercollegiate and interuniversity cricket players as the F value was =4.675 significance at P value was higher 0.035. In post mean there was statistical insignificance was observed as the obtained F value was 0.231 was insignificance at P value was lesser 0.633. In adjusted mean there was statistical insignificance was observed as the obtained F value was 0.609 was insignificance at P value was lesser 0.438.



KEYWORDS: - Anxiety (CANX) level, intercollegiate IC, interuniversity IU.

INTRODUCTION

Cricket is a game considered as the game of gentlemen played with honesty, following the rules of the game (Bailey, M.J. & Clarke, S.R. 2004; Sharp, G.D., Brettigny, et al. 2011). But, like other competitive games and sports winning and losing is one of the parts and parcel of this game. When even it's come to win the matches in cricket performance of the players plays critical role. The performance of the cricketer not only depends upon the physical fitness, tactical aspects of the matches, but mental aspects also having significance role in this (Ledesma, R.D. and Mora, P.V. 2007). Mental aspects consist of various factors in which competition anxiety is one of them. Competition anxiety is considered as the stressful situation before or during or may be after matches that can hinder the performance of the players (Jones, G., 1991). The competition anxiety shows a discrepancy from player to player and situation to situation.

The sports psychologist recommends that competition anxiety is up to certain level is needed in players to achieve their optimum performance (Jones, G., Swain, A., & Hardy, L. 1993; Raglin, J.S.,

1992). But, sometimes too much competition anxiety also have the contra effects on the players performance and may be one of the cause of worst performance. To convert competition anxiety in negative of positive depend upon the players own mental status and experience of handling the match pressure.

Now days, there are lots of pressure on a players which can unable their performance if taken in negative way (Legrand, F., & LeScanff, C. 2003). The pressure in the match which is responsible for the competition anxiety are spectators, opponents, injuries, coaches expectance, own worry for performance and so on. These all factors are inbuilt in nature which can't be nullified from the sports. Players own experience enable them to convert these competition pressure into positive. This instead of hindering the performance can help to take out the best from them (Andrew Hamilton. 2017).

Players of two different levels of standard and with different games experience are differing in bearing the competition pressure. When the match situation are same but the level of standard of players and their own occurrence are differing then how much and how fast a players can cope with the situation this indicate his ability to handle the competition anxiety pressure (M. Humara, 1999; Martens, R., Vealey, R.S., et al. 1990).

This piece of research is an attempt from researcher side to compare the two different standard of player of i.e. intercollegiate and interuniversity with same sports i.e. cricket on selected variable of competition anxiety before and after the end of the match.

METHODOLOGY

To compare the anxiety level of intercollegiate and interuniversity cricket players before and after the end of matches researcher had selected total (N=60) with mean age of 22+/1.25 year. The group of intercollegiate IC (n=30) and interuniversity group consists of IU (n=30) cricket players. All the selected intercollegiate and interuniversity cricket players were students of Bharati Vidyapeeth University, Pune for the session 2011-12. The selected psychological variable was competition anxiety (CANX) which was measured with Dr. Rajeev Lochan Bharadwaj and Dr. Mahesh Bhargava questionnaire revised in 2006. Both the groups were tested on inventory before the match and after the end of the matches to compare their competition anxiety (CANX) level. The inventory was distributed during the intercollegiate cricket tournament organized for the selection of the interuniversity team of Bharati Vidyapeeth University, Pune. The selected inventory is easy to use during on field situation with less time consummation that was the reason for implementation of this inventory for this study. The analysis of covariance (ANCOVA) was used as the statistical tool for comparison of (CANX) level between the intercollegiate and interuniversity players. The level of significance was set on 0.05.

RESULTS OF THE STUDY

The data collected on IC n=30 and IU n=30 cricket players on selected inventory of competition anxiety were analysis with appropriated statistical tool and presented in table form.

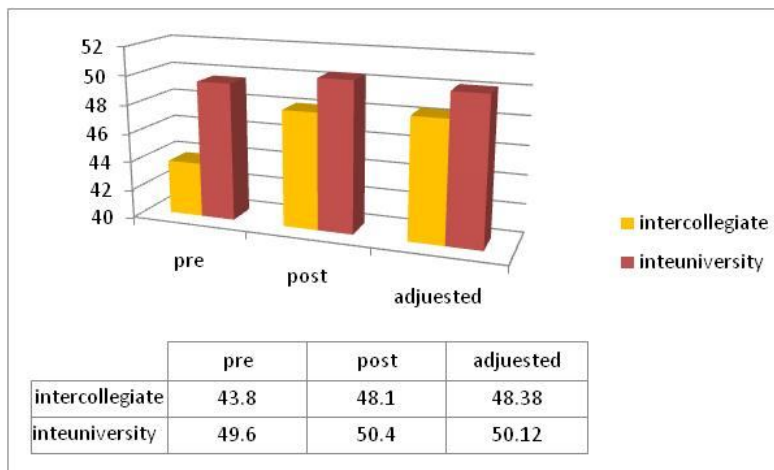
Table-1
Statistical mean Difference between Intercollegiate and Interuniversity Cricket Players on Anxiety before and after the end of Match

	Intercollegiate	Interuniversi ty	Type III Sum of Squares	df	Mean Square	F	Sig.
Pre mean			240.100	1	240.100	4.675	0.035
	43.80	49.60	2978.500	58	51.353		
Post mean			15.625	1	15.625	0.231	0.633
	48.10	50.40	3921.625	58	67.614		
Adjusted mean			40.943	1	40.943	0.609	0.438
	48.38	50.12	3831.277	57	67.215		

The table-1 of statistical mean difference of competition anxiety between intercollegiate and interuniversity cricket players shows that, there was statistical significance mean difference was found in pre mean value of intercollegiate and interuniversity cricket players as the F value was =4.675 significance at P

value was higher 0.035. In post mean there was statistical insignificance was observed as the obtained F value was 0.231 was insignificance at P value was lesser 0.633. In adjusted mean there was statistical insignificance was observed as the obtained F value was 0.609 was insignificance at P value was lesser 0.438.

Hence, there were no significance difference was found between intercollegiate and interuniversity cricket players in competition anxiety level before and after the end of cricket match. The mean graph is presented.



Mean graph of competition anxiety level before and after the end of match between intercollegiate and interuniversity players

FINDINGS OF THE STUDY

The performance level in games and sports depends upon various psychological factors which play a significance role in determining the winner (*Grange & Kerr, 2010; Schilling & Hyashi, 2001*). Numerous studies have demonstrated the impact of psychological factors on sports performance for winning and losing the competition (*Crespo, 2002; Van A.I (1994); Martens, R 1977*). The study was an effort in the series to find out the effects of competition anxiety between IC and IU cricket players. In the light of results, it had been found that in mean difference of pre mean and post mean of IC on CANX there was increases of 4.3 mean was found. In terms of IU cricket players the mean increase in pre and post performance was 0.8 on CANX. This reflected that there was statistical significance difference in before the start of the match between IC and IU but there was insignificance difference was found in post of the cricket match.

In the ground of this significance results between IC and IU cricket players before the match is attributed to the factors that experience of playing lots of matches enable to handle the match pressure. The results of (*Jones, G. and Hanton, S. 2001; Jones, G. 1995; Sharma, S.K. 2013*) studies also supported this factor of bringing the difference in the beginning. The selected subjects in this study of IC cricket players were having the experience of playing cricket at class level or sometime college level. Instead of subjects from IU cricket players had the experience of playing in interuniversity level which is higher in comparison to class or college level. This make them more mature in term of handing the game pressure and enable them to performance with any competition anxiety. The comparison mean of IC and IU before the match had higher difference as it was 5.8 which depicted that both the group players were not same in the start of the match this signify that IC players had low competition anxiety in comparison the IU players. The sports psychologist proved that certain level of anxiety is need for bringing the optimum level of performance hence, in this study IU player had higher CANX in start of the match this showed they were worried about their performance and keen to win the matches.

REFERENCES

1. Andrew Hamilton. (2017). Sports Anxiety Theory and Research. Retrieved from <https://www.peakendurancesport.com/endurance-psychology/coping-with-emotions/sports-anxiety-theory-research/>.

2. Bailey, M.J. & Clarke, S.R. (2004). Market inefficiencies in player head to head betting on the 2003 cricket world cup. In *Economics, Management and Optimization in Sport*, S.Butenko, J.Gil-Lafuente & P.M.Pardalos, editors, Springer-Verlag, Heidelberg, pp. 185-202.
3. Crespo, M., (2002). Tennis psychology: An overview and update. *Newsletter of Society for Tennis Medicine and Science*, 5: 12.
4. Grange, P., & Kerr, J., H., (2010). Physical Aggression in Australian football: A Qualitative Study of Elite Athletes. *Psychology of Sport and Exercise*, 11, 36-43.
5. Jones, G., & Hanton, S., (2001). Pre-competitive feeling states and directional anxiety interpretations. *Journal of Sports Sciences*. 19, 385-395
6. Jones, G., (1991). More than just a game: Research developments and issues in competitive anxiety in sport. *British Journal of Psychology*, 86.
7. Jones, G., (1995). More than just a game: Research developments and issues in competitive anxiety in sport'. *British Journal of Psychology*, 86,
8. Jones, G., Swain, A., & Hardy, L. (1993). Intensity and dimension directions of competitive state anxiety and relationships with performance. *Journal of Sport Sciences*, 11, 525-532.
9. Ledesma, R.D. and Mora, P.V., (2007). Determining the Number of Factors to Retain in EFA- an easy-to-use computer program for carrying out Parallel Analysis, Volume 12, Number 2, February, ISSN 1531-7714.
10. Legrand, F., & LeScanff, C. (2003). Tension-stress, effort-stress and mood profiling with an elite javelin performer. *Psychology of Sport & Exercise*, 4, 429-437
11. M., Humara,(1999). The Relationship between anxiety and performance: A cognitive –behavioral perspective. *The Online Journal of Sport Psychology* 1(2), 126-130.
12. Martens, R., (1977). Sports Competitive Anxiety Test Campaign III: *Human kinetics*.
13. Martens, R., Vealey, R.S., et al. & Burton, D. (1990). Competitive Anxiety in Sport. Champaign, Illinois: *Human Kinetics*.
14. Raglin, J.S., (1992). Anxiety and sport performance. *Exercise Sport Science & Review*. 20:243-74
15. Sharma, S.K., (2013). A Factor Analysis Approach in Performance Analysis of T-20 Cricket, *Journal of Reliability and Statistical Studies*; ISSN (Print): 0974-8024, (Online):2229-5666 Vol.6, Issue 1, 69-76
16. Sharp, G.D., Brettigny, W.J., Gonsalves, J.W., Lourens, M. and Stretch, R.A., (2011). Integer optimization for the selection of a Twenty20 cricket team, *Journal of the Operational Research Society*, 62, p. 1688-1694.
17. Van, A., I., (1994). Theory of goal setting. *Presentation from European Tennis Association Coaches. Symposium*. Helsinki, Finland.



Randheer

PhD Scholar of Physical Education , Sant Gadge Baba Amravati University, Maharashtra, India.