

A COMPARATIVE STUDY AMONG THE INDIVIDUAL SPORTS, COMBINE SPORT AND TEAM SPORTS ON COMPETITIVE SPORT ANXIETY



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ABSTRACT:

The aim of the study was to determine the anxiety level among the individual, team and combine sports. 60 subjects were randomly selected, 20 each from individual, combine and team sports. The age of the athletes were from 24 ± 7 years old. The individual sports athletes were selected from swimming, weight lifting, cross country runners and archers. Combine sports athletes were triathletes (swimming, cycling and running) and team sports athletes were from football, hockey and cricket. All were participant in the national level competitions from Gwalior, Pune, and Amritsar. The Sport Competition Anxiety Test by (Merten, 1977) was used for

assessment of anxiety of athletes. One way analysis of variance was used to compare among the groups on competition anxiety level. The results shows that in spite of different nature of activities there is also different level of sports anxiety exist in between individual sports and team sports athletes and the differences doesn't exist between individual sports and combine sports and combine with team sports athletes. And as compared to the mean scores among the sports the anxiety level is least in individual sports.

KEYWORDS

Individual Sports, Combine Sport And Team Sports ,Competitive Sport Anxiety.

INTRODUCTION:

Athletes seeking to improve performance can benefit from using imagery scripts that help them mentally rehearse a task before actually engaging in the task itself (Richter et al. 2012). Higher levels of mental toughness were associated with more problem or approach coping strategies (mental imagery, effort expenditure, thought control, and logical analysis) and eight coping subscales were significantly correlated with optimism and pessimism (Nicholls et al., 2008). If the body is strong but the mind is weak, all physical gains are lost (Austin., 2012). Mental preparation has long been thought of as an important aspect of physical performance, especially in tasks requiring muscular strength (Biddle, 1985). Training involved technical, tactical, physical, and mental components and was influenced by quantity, quality, intensity, and recovery. Competition factors concerned meticulous planning, evaluations, dealing with pressure, expectations, and adversity, and focusing on the process rather than the outcome of events. All are needed to become successful athletes (Durand-Bush et al., 2002, Gould et al., 2002 and Hinshaw, 1991). The development and implementation of 3 strategies (progressive relaxation, mental practice, and hypnosis) to facilitate athletic performance to correct dysfunctional thought, behavior and emotion to help athletes reach their full potential (Onestak, 1991). Successful athletes prepare for their events in advance. They have practiced every scenario in their minds a hundred times before it occurs. The more they rehearse their plan ahead of time in training, the more automatic it will become and the less thought will be required during the actual performance (Friel et al., 2013). The effectiveness of mental practice is moderated by the type of task, the retention interval between practice and performance, and the length or duration of the practice (Driskell., 1994).

An exercise program stressing the components of muscular endurance and muscular strength increases self-concept (James, 1982). Elite athlete generally exhibits the psychological profile of a mentally healthy individual (Cox, 1998 and Nicholls et al., 2009). Golby et al. (2004) and Nicholls et al. (2009) suggest that differences between levels of athletic achievement are minimal or subtle and that other factors like physical attributes, technical skill, or different psychological factors predict achievement level more accurately. Characteristics of Champions or elite athletes an ability to cope with and control anxiety, Confidence, Mental toughness/resiliency, Sport intelligence, an ability to focus and block distractions, Competitiveness, a hard-work ethic an ability to set and achieve goals, Coach ability, High levels of dispositional hope, Optimism, Adaptive perfectionism (Gould, 2002). Elite athletes need a persevering attitude to be the best (Lopez et al. 2012). And as athlete's moves up the athletic pyramid (at top), they become more alike in their personality and psychological traits (Cox, 1998).

METHODOLOGY

60 subjects were randomly selected, 20 each from individual, combine and team sports. The age of the athletes were from 24±7 years old. The individual sports athletes were selected from swimming, weight lifting, cross country runners and archers. Combine sports athletes were triathletes (swimming, cycling and running) and team sports athletes were from football, hockey and cricket. All were participant in the national level competitions from Gwalior, Pune, and Amritsar. The Sport Competition Anxiety Test by (Merten, 1977) was used for assessment of anxiety of athletes. One way analysis of variance was used to compare among the groups on competition anxiety level.

RESULTS

TABLE 1: DESCRIPTIVE STATISTICS FOR THE DATA ON ANXIETY OF DIFFERENT SPORTS

| SPORTS | N | Mean | Std. Deviation | Std. Error | 95% Confidence Interval for Mean | | Min. | Max. |
|-------------------|----|-------|----------------|------------|----------------------------------|-------------|------|------|
| | | | | | Lower Bound | Upper Bound | | |
| INDIVIDUAL SPORTS | 20 | 17.60 | 3.19 | .71 | 16.11 | 19.09 | 12 | 24 |
| COMBINE EVENTS | 20 | 18.90 | 2.97 | .66 | 17.51 | 20.29 | 14 | 24 |
| TEAM SPORTS | 20 | 19.90 | 2.45 | .55 | 18.75 | 21.05 | 16 | 26 |
| Total | 60 | 18.80 | 2.99 | .39 | 18.03 | 19.57 | 12 | 26 |

Illustration 1 shows that the mean comparison on anxiety levels among the sports.

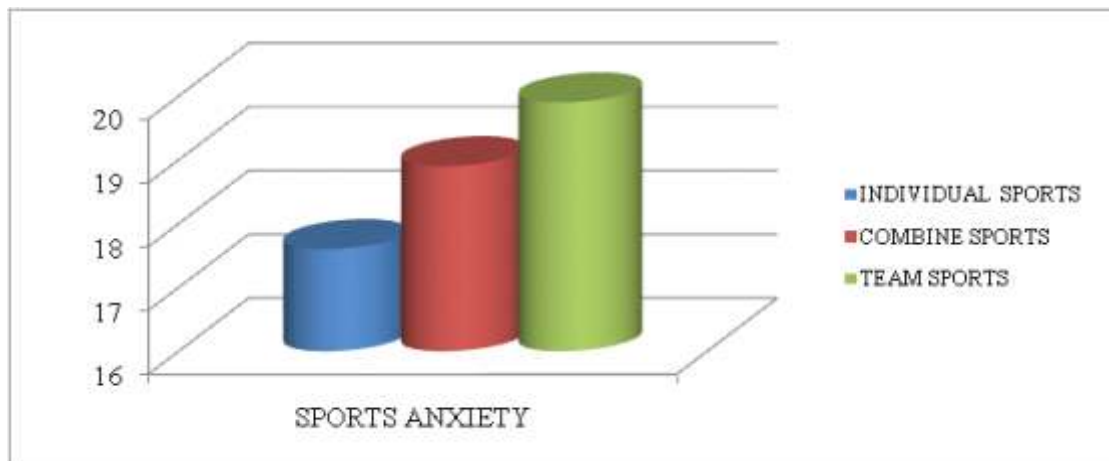


TABLE 2: ANOVA TABLE FOR THE ANXIETY OF DIFFERENT SPORTS GROUPS

| | Sum of Squares | df | Mean Square | F | Sig. |
|----------------|----------------|----|-------------|------|-------|
| Between Groups | 53.20 | 2 | 26.60 | 3.20 | .048* |
| Within Groups | 474.40 | 57 | 8.32 | | |
| Total | 527.60 | 59 | | | |

*different is significant at .05 level.

The table shows that there is significant difference between the sports on anxiety level as the p-value is less than .05 and F value is 3.20.

Since the one way analysis of variance of motivation factor was found significant among the groups so the Post Hoc comparison LSD test was applied in table 3.



TABLE 3: POST HOC COMPARISON OF MEAN BY USING LSD TEST


| (I) GROUPS | (J) GROUPS | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
|-------------------|-------------------|-----------------------|------------|------|-------------------------|-------------|
| | | | | | Lower Bound | Upper Bound |
| INDIVIDUAL SPORTS | COMBINE EVENTS | -1.30 | .912 | .160 | -3.12 | .52 |
| | TEAM SPORTS | -2.30 | .912 | .015 | -4.12 | -.47* |
| COMBINE EVENTS | INDIVIDUAL SPORTS | 1.30 | .91 | .160 | -.52 | 3.12 |
| | TEAM SPORTS | -1.00 | .91 | .278 | -2.82 | .82 |
| TEAM SPORTS | INDIVIDUAL SPORTS | 2.30 | .91 | .015 | .47 | 4.12* |
| | COMBINE EVENTS | 1.00 | .91 | .278 | -.82 | 2.82 |

*different is significant at .05 level.

The table shows that there is significant difference between the individual sports and team sports in the anxiety level. But no significant difference was found between individual and combine as well as team sports and combine sports.

TABLE 4: MEAN COMPARISON OF THE GROUP

| INDIVIDUAL SPORTS | COMBINE EVENTS | TEAM SPORTS |
|---|----------------|--|
| 17.60 | 18.90 | 19.90 |
|  | |  |

“” represent no significant between the mean at 5% level.

DISCUSSION

Combine sport athletes (Triathletes) are resilient to setbacks, can deal with pressure, and are not easily intimidated. The best triathletes in the world are those who actively work to overcome their weakness. Successful triathletes prepare for their events in advance. They have practiced every scenario in their minds a hundred times before it occurs. (Friel et al., 2013). The prolong efforts begin from childhood and a regimen of effortful activities optimized improvement as well as lead to differences among the elite performers, and Individual differences are closely related to assess amount deliberate practice (Ericsson et al., 1993). Well trained swimmers had lower feelings of tension, depression, anger, fatigue, confusion, and higher feelings of vigor. They are more focused to the performances (Goss, 1994). And might be there motivation level might be differences (Lee et al., 2010). So this might bring

the significant differences between individual sports and team sports. The scholar has been extensively reviewed in this area but there is lack of critical literature.

Major factors perceived to have positively influenced performance included mental skills and preparation, attitude towards the Olympics, support services and support facilitation, multifaceted preparation, physical preparation, and coaching (Greenleaf et al., 2001). As per the norm given in the questionnaire they have average level of competition anxiety but the individual sports have lower anxiety level as compared to combine and team sports. Might be the differences among the sports might be useful in predicting performance enhancing; adherence to exercise programs (Clingman et al., 1987). Top triathletes have a strong, solid belief in themselves and their ability to perform well. Their confidence is so deep that it is almost indestructible, unaffected by outside influence. A person well trained physically has little difference between his physiological and psychological limits. Motivation schemes are useful to reduce this difference (Lee et al., 2010). And all the athletes in the present study are well trained athletes. So this might failed to bring the significance differences in between individual and combine sports and combine sports and team sports. But there is lack of critical literature which shows that the similarities existed in between individual sports and combine sport and combine sport with team sports.

CONCLUSION:

The present study shows that in spite of different nature of activities there is also different level of sports anxiety exist in between individual sports and team sports athletes and the differences doesn't exist between individual sports and combine sports and combine with team sports athletes. And as compared to the mean scores among the sports the anxiety level is least in individual sports.

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