

**INVESTIGATION OF PRE-COMPETITION STATE ANXIETY  
OF FOOTBALL PLAYERS**



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**Short Profile**

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**ABSTRACT:**

The purpose of the study was to investigate the Before-competition state anxiety of collegiate Football Forty Five Football players who participated in the Football Tournament at Gondwana University, Gadchiroli were randomly selected to serve as subjects for this study. The men and women players who participated in any of their matches from their teams from pre Semi Finals Matches were randomly selected for the study. The criterion measure for testing the hypothesis was the scores obtained in the Sports Competition Anxiety Test Questionnaire (SCAT) by Rainer Martens Before-competition state

anxiety had significant difference between winners and loser of Inter College men and women football player in Semi-final.

**KEYWORDS**

*State Anxiety, Football Players.*

## INTRODUCTION

Anxiety plays a paramount role in sports. It is the challenge in sports participation, which produces anxiety. How an athlete handles the anxiety determines how successful he would be? Anxiety may be a positive motivating force or it may interfere with successful performances in sports events. Anxiety is likely to be greater in higher competitive sports than in relatively noncompetitive sports, because in the competitive sports, participants are expected to win and greater demands are made upon them to succeed. The purpose of the study was to investigate the Before-competition state anxiety of inter collegiate players. It was hypothesized that there will be no significant difference between pre-competitive anxiety of winner and loser-football player in both male and female categories.

## METHODOLOGY

Forty-five football players who participated in Inter collegiate football Tournament held at Gondwana University were randomly selected to serve as subjects for this study. Out of the 27 men football players, 18 players were those whose teams qualified to participate in the Semi Final matches and 27 players were those who participated from their teams in their pre Quarter finals. Out of the 19 women football players 11 players were those whose teams qualified to participate in the Semi Final matches and 27 players were those who participated from their teams in their pre Quarter finals. The men and women football players, who participated in any of their matches from their teams from pre Quarter final, were randomly selected for the study.

The Sports Competitive Anxiety Test (SCAT) questionnaire prepared by Rainer Martens has fifteen items out of which five were spurious questions, which have been added to the questionnaire to diminish response bias towards the actual test items. These five questions were not being scored. The subjects were instructed to respond to each item according to how they generally felt before the competitive sports situation.

Players were required to respond the questionnaire 25 minutes before his/her matches. However, no time limit was set for filling up the questionnaire. The subjects were asked to respond as quickly as possible without brooding over any question/statement once the instructions were understood clearly beforehand.

## OBSERVATIONS AND DISCUSSION

To determine the significance of difference between means of winner and loser players' Before-competitive state anxiety of men and women football players. t-test was applied and the data pertaining to this have been presented in Tables 1 and 2.

Table 1 revealed that there was no significant difference between winner and loser players Before-competitive state anxiety of Semi-final matches as perceived by men football players as the obtained t-value of 0.70 was much less than the required value to be significant at  $t_{005} (34) = 2.03$ . There was no significant difference between winner and loser players. Before-competition state anxiety who participated from their teams in their matches from pre Quarter finals as perceived by men softball players as the obtained t value of 1.04 was much less than the required value to be significant at

t005 (70) – 2.00. (Table 1).

<b>Table 1 : Significance of difference between means of winners and losers Before-competition anxiety of men football players</b>							
Round	Result	N	$\mu$	O	M.D	DM	t
Matches (Semi Final)	Winner	22	19.54	2.23	0.05	0.61	0.60*
	Loser	22	19.34	2.75			
Matches Pre Q.F.	Winner	44	19.28	2.25	0.43	0.41	1.03*
	Loser	44	19.39	1.76			

\*Not Significant at 0.05 level tab 0.05(24) = 1.03 tab 0.05 (60) – 1.00

Table 2 revealed that there was significant difference between winner and loser players Before-competition state anxiety of Semi-final matches as perceived by women football players as the obtained t value of 2.42 is much more than the required value to be significant at t005 (18) – 2.02. There was no significant difference between winner and loser players Before-competition state anxiety who participated from their teams in their matches from pre Quarter finals as perceived by women football players as the obtained t value of 0.07 was much less than the required value to be significant at t.05 (18) – 1.00.

<b>Table 2 : Significance of difference between means of winners and losers Before-competition anxiety of men football players</b>							
Round	Result	N	$\mu$	O	M.D	DM	t
Leage Matches (Semi Final)	Winner	11	22.45	2.60	2.77	1.09	2.62*
	Loser	11	25.22	1.22			
Knockout Matches Pre Q.F.	Winner	33	26.45	2.55	0.13	0.74	0.27*
	Loser	33	26.60	1.87			

\*Significant at 0.05 level tab 0.05 (16) = 2.22 tab 0.06 (54) – 2.02

Analysis of descriptive data on Before-competition state anxiety indicated that Inter collegiate football men winner (19.34) and loser (19.28) players of Semi-final matches have high level of Before-competition state anxiety. Winner men (19.28) and loser (19.81) players who participated state anxiety. In women the winner players of Semi-final matches have moderate level (22.45) and loser players have high level (25.22) of Before-competition state anxiety. Winner women players (26.49) who participated from their teams in their matches from pre Quarter final and loser players (26.50) have high level of Before-competition state anxiety (Table 2).

‘t’ value of 0.70 and 1.03 was not found to be significant between the means of winners and losers Before-competition state anxiety in Semi-final men football players and the players who participated from their teams in their matches from pre Quarter finals indicating that winner and loser players experienced high level of Before-competition state anxiety. However ‘t’ value of 2.62 was found to be significant between the means of winners and loser Before-competition state anxiety in Semi final women football players indicating that winner players have moderate Before-competition state

anxiety, whereas loser players indicating that winner players indicated high level of anxiety, which may be attributed to the fact during tough competition, these players suffer with high level of anxiety. Further 't' value of 0.27 was not found to be significant between the means in winners and losers Before-competition state anxiety who participated from their teams in their matches from pre Quarter Finals between women football players indicating that winner and loser players exhibit high Before-competition state anxiety.

### CONCLUSION :

Within the limitations of the present study, the following conclusions were drawn Before-competition state anxiety has no significant difference between winners and losers Inter collegiate Semi-final matches men football players. Before-competition state winners players who participated from their teams in their matches from pre Quarter Finals, Before-competition state anxiety has significant different between winners and losers Inter collegiate Semi Final matches women football players and Before-competition state anxiety has no significant difference between winners and losers women players who participated from their teams in their matches from pre Quarter Finals.

### REFERENCES

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