ORIGINAL ARTICLE

ANALYSIS OF ANXIETY AMONG DIFFERENT AGE GROUPS OF CITY LEAGUE MALE CRICKET PLAYERS

G. KIRUBALAN AND P.GOPINATHAN

Ph.D., Research Scholar, Department of Physical Education.
Assistant Professor, Department of Sports Psychology and Sociology,
Tamil Nadu Physical Education and Sports University.

Abstract:

The purpose of this study was to compare anxiety among different age groups of city league male cricket players. For the purpose of the study, 90 city league male cricket players who had regularly practice the games and participate in various tournaments in different levels were selected as subjects and they were classified into three groups of 30 each subjects in an age categories of 18 to 20, 21 to 23 and 24 to 26 years. Competitive State Anxiety Inventory-2 (CSAI-2) was used as a statistical tool to measure existing state of cognitive state anxiety, somatic state anxiety and self-confidence in competitive situations The collected data were Statistically analyzed by applying descriptive statistic of mean and standard deviation. Further analysis of variance (ANOVA) was applied to assess the significant difference between the groups. The level of significance was set at 0.05. The finding of the study in relation to CSAI - 2 reveals that a no significant difference exists among different age groups city league male cricket players.

KEYWORDS:

Somatic Anxiety, cognitive anxiety, Self-confidence

INTRODUCTION

Anxiety is a multidimensional in the sense that it is believed that there are both cognitive and somatic components to anxiety. Sports-performance anxiety can prevent an athlete from performing at his highest possible level. Some anxiety before a contest is natural and may even stimulate the competitor, but when an athlete does not perform well in relation to his abilities, nervousness in anticipation of or during the sporting event could be the root cause. Sports psychologists found out that pre-competitive anxiety runs higher among those competing in individual sports than those competing on a team. Anxiety is part of life but it should be in mild for comfortable life, severe anxiety having a serious impact on our life and causes for several disorders of nervousness, fear, apprehension, and worrying.

Anxiety plays a paramount role in sports. It is a challenge in sports participation which produces anxiety. Anxiety may be a possible motivating force or it may interfere with successful performance in sports events. Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports, because in the competitive sports participants are expected to win and great demands are made upon them to succeed (Agayajit Singh, 2008). Research has shown that anxiety is present in all of us including athletes in varying degrees. It is usually assumed that the athletes having higher amount of anxiety scale will not perform well in most of the situations.

Studies have found that amateur competitors experience more anxiety than professional athletes. In fact, over time, as an athlete's playing time increases, his anxiety level usually lessens. Elite players in any sport are characterized as having the uncanny ability to play with low anxiety levels. (http://www.ehow.com/facts). Sports and performance anxiety often go hand-in-hand. It is a basic requirement on the part of every athlete to reduce anxiety before and during a game which will helpful for achieving higher sports excellence. In some cases, relaxation programs attempt to help improve performance by creating the situation that causes the anxiety. Team members set up practice drills where

teammates scream and intimidate a player to help them become accustomed to on-field conditions. This helps reduce unnecessary tension.

Thomas et al. (2004) consider the cognitive preparations of mental skills such as imagination, feeling and control are vital for the competitive anxiety. Competitive environments, anxiety about performance, high anxiety experience in weak performance are the important indicators of competition results.

Anxiety is a bodily response to a perceived threat or danger. It is triggered by a combination of biochemical changes in the body, the player's personal behavior and memory, and the social situation. Anxiety is distinguishable from other unpleasant affective state (emotional) such as anger, grief, or sorrow by its unique combination of phenomenological and physiological qualities. This gives to anxiety a "character of un pleasure" which although difficult to describe seems to be possess a particular note of its own (Freud, 1937).Somatic anxiety refers to the physical manifestation of anxiety and may be defined as "one's perception of the physiological-affective elements of the anxiety experience, that is, indications of autonomic arousal and unpleasant feeling states such as nervousness and tension" (Morris et al., 1981).Eventually, players due to familiarity with competitive anxiety, control and self-confidence are the rate of athletes' ability to have strategies possesses optimum motivation and self-excellent performance and suitable behaviors (Martens, 1977). Anxiety affects psychological and physiological working of the organism in numerous ways. The over anxious athletes normally tend to reduce the attention and concentration, which may affect the rhythm and focus in their activity.

The research findings of Pigozzi (2008) confirmed that an athlete's skills identify effective factors influencing anxiety and tension level is an important factor in controlling his anxiety before a competition so that athletes' performance competitive stresses and he believes that elite athletes can be facilitated.

PURPOSE OF THE STUDY

The purpose of this study was to compare the anxiety among different age groups (18 to 20, 21 to 23 and 24 to 26 years) of city league male cricket players.

Methodology

The selection of samples, tools used to find out the anxiety and statistical technique used in this study were explained below.

Selection of the subjects

Ninety different age groups of city league male cricket players who had regularly practice the games and participate in various tournaments in different levels were selected as subjects from Chennai city and they were classified into three groups of 30 each with 18 to 20, 21 to 23 and 24 to 26 years of age.

Tools used in the study

State Competitive Anxiety Inventory (CSAI-2) (Martens et al., 1990) was used to assess the level in anxiety of players. This questionnaire contains twenty seven questions. The sub components of anxiety are cognitive anxiety, somatic anxiety and self-confidence.

Statistical Techniques

The collected data were statistically analyzed by using in one way analysis of variance (ANOVA). The level of significance set at 0.05.

Result and Discussions of the Findings

The findings pertaining to descriptive statistics for CSAI- 2 among three groups of 90 city league male cricket players have been presented in Table-1

Table –1 Descriptive statistics on anxiety among three groups of city league male cricket players

Variables	N	Age Groups	Mean	SD
Cognitive Anxiety	30	18 – 20	23.13	3.73
	30	21 – 23	23.90	3.13
	30	24 – 26	23.17	3.72
Somatic Anxiety	30	18 – 20	21.07	7.82
	30	21 – 23	23.83	7.38
	30	24 – 26	21.80	7.12
Self Confidence	30	18 – 20	24.13	7.46
	30	21 – 23	20.43	6.59
	30	24 – 26	22.23	6.23

Table 1 indicates that the mean and standard deviation scores of three different age groups of 18-20, 21 -23 and 24 – 26 years of city league cricket players in relation CSAI-2 on cognitive anxiety, somatic anxiety and self-confidence respectively were given. Table indicated that the age group of 18 to 20 was lower in cognitive anxiety and somatic anxiety. The same age group was also much higher self confidence level than other groups.

Bar diagram showing the mean values of cognitive, somatic and self-confidence of three groups of Cricket players
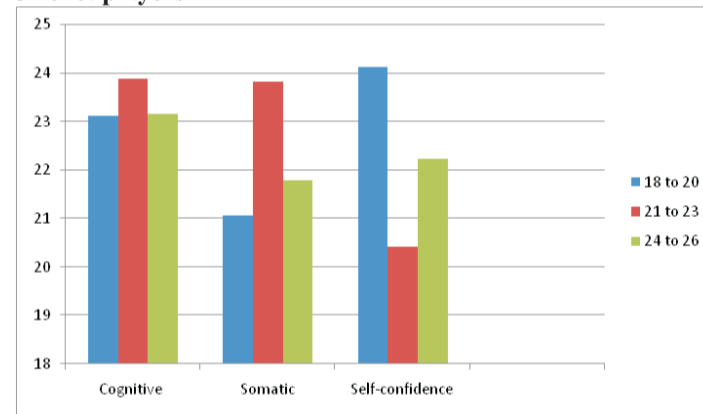
The findings pertaining to one way analysis of variance (ANOVA) for CSAI - 2 among three groups of 90 city league male cricket players have been presented in table No.2.

Table –2 Computation of analysis of variance on anxiety among the age groups of male cricket players

Variables	Sum of variance	Sum of square	df	Mean square	F ratio
Cognitive Anxiety	Between groups	11.27	2	5.63	
	Within groups	1084.33	87	12.46	0.45
	Total	1095.60	89		
Somatic Anxiety	Between groups	123.27	2	61.63	
	Within groups	4826.83	87	55.48	1.11
	Total	4950.10	89		
Self Confidence	Between groups	205.40	2	102.70	
	Within groups	3998.20	87	45.95	0.11
	Total	4203.60	89		

*Significance at 0.05 levels with df 2 and 87 = 3.10

Table-2 reveals that a no significant difference exists among different age groups of 18 to 20, 21 to 23 and 24 to 26 years in relation to CSAI – 2. The obtained "F" ratio on   cognitive anxiety was 0.45, somatic anxiety was 1.11 and self-confidence was 0.11 which were lesser than the table value of 3.10 with 2 and 87 degree of freedom at 0.05 level of confidence. As the F-ratio was found insignificant hence the post-hoc test was not applied to test the significant difference between paired means.

DISCUSSION AND FINDINGS

The findings of the study in relation to CSAI - 2 showed insignificant difference exists among different age groups of 18 to 20, 21 to 23 and 24 to 26 years of city league cricket players. In this study city league cricket players having same nature of activity, playing experience and played much more high level tournaments in their past, thereby the different age category of city league cricket players are better sport competition anxiety as well as equal level of anxiety.
The result of the present study was supported by the investigation of Tsopani et al. (2011) on competitive state anxiety and performance in young female gymnastics among low and high performance, medalist and non-medalist group and they found out that no significant difference exists in somatic anxiety, cognitive anxiety and self-confidence among the groups.

CONCLUSIONS

From the results of the study it was found out the insignificant difference on cognitive anxiety, somatic anxiety and self-confidence exists among different age groups of 18 to 20, 21 to 23 and 24 to 26 years of city league male cricket players in relation to competitive state anxiety. Further the mean value indicated that the age group of 18 to 20 years was lesser cognitive and somatic anxiety and also higher on self-confidence.

REFERENCES

Agayajit Singh (2008). Sports Psychology: A Study of Indian Sportsmen, Friends Publication Delhi, p. 36
Cristina, A., (2004). Anxiety and performance in table tennis players, Journal of Sport Psychology, 24: 185-204.
Dunn, J. G. H. (1999). A theoretical framework for structuring the content of competitive worry in ice hockey, Journal of Sport and Exercise Psychology, 21, 259–279.
Dunn, J. G. H., Causgrove Dunn, J., Wilson, P., and Syrotuik, D. G. (2003).Reexamining the factorial composition and factor structure of the Sport Anxiety Scale, Journal of Sport & Exercise Psychology, 22, pp.183–193.
Freud, S., (1937).The Problem of Anxiety,The American Journal of Psychiatry, 93(5):1254-1254
Martens, R. Burton, D, D., Vealey, R.S., Bump, L.A., and Smith, D.E., (1990). Development and validation of the competitive state anxiety inventory -2, In R. Martens, R. S. Vealy and D. Burton (eds), Competitive anxiety in sport, Human Kinetics, Champaign IL, 117-190.
Martens, R., (1977). Sport Competition anxiety test Champaign, Human kinetics.
Morris, L., Davis, D. and Hutchings, C. (1981). Cognitive and Emotional Components of Anxiety: Literature Review and Revised Worry-Emotionality Scale, Journal of Educational Psychology, 73 (4), 541-555.
Pigozzi, A. Spataro, A. Alabiso, A. Parisi and M. Rizzo, (2005). Role of exercise stress test in master athletes, British journal of sports medicine, 39(8): 527-531.
Tsopani,D., Dallas,G. &Skordilis,E,K. (2011). Competitive state anxiety and performance in young female rhythmic gymnasts, Perceptual and Motor Skills, 112(2):549-60.
Thomas, O., I. Maynard and S. Hanton, (2004). Temporal aspects of competitive anxiety and self-confidence as a function of anxiety perceptions, The Sport Psychologist, 18(2): 172-187.
http://www.ehow.com/facts_6858258_sports-competition-anxiety.html