

A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY BETWEEN STATE LEVEL CHESS AND CRICKET PLAYERS

GURDEEP SINGH

ASST.PROFESSOR GSRMM P.G. COLLEGE
LUCKNOW.

Abstract:

The purpose of the study was to “compare the degree of sports competition anxiety between state level chess and cricket players.” The study was conducted on 40 State level male chess and 40 male cricket players, are ranging from 18 to 25 years.

In this study Sports Competition Anxiety Test (SCAT Martens et al., 1990) was used to measure sports competition anxiety. Questionnaire was distributed among the Chess and Cricket players 1 hour before the competition. It was hypothesized that there would be no significant difference the Chess and Cricket players on the degree of sports competition anxiety. Descriptive statistics (mean and standard deviation) and t- test were. used to analysis the data. Findings: To analyze the SCAT-score t-test was employed: the level of significance for letting the hypothesis was set at 0.05 level or significance. The mean of the SCAT score of Chess players was 19.20 and that of Cricket players was 22.60. The calculated t- value was 3.95 which showed significant difference in sports competition anxiety between the state levels Chess players and Cricket players ($t' cal= 3.95 > t' tab=1.99$). The sports Competition anxiety of Cricket players was found to be higher than the Chess players. The t-value required to be significant for 78 degree of freedom was 1.99 at 0.05 level of significance.

KEYWORDS:

Sports Competition Anxiety Test (SCAT), anxiety, chess [players](#) .cricket players.

INTRODUCTION

Applications of psychology to sports and athletics are numerous. They focus both on the individual athlete and on the team. Psychology is increasingly involved with athletes, coaches, and trainers to enhance athletic performance through improved physical and mental training. Knowledge of psychology is essential for understanding each individual's motivation and developing that motivation to an optimal level for athletic performance. In order to facilitate peak performance by athletes, sport psychologists must consider the three different facets of anxiety: cognitive anxiety, somatic anxiety and self-confidence. In many sports athletes are expected to deliver perfect performance outcomes, perfectionism in athletes has been shown to be related to characteristics that may undermine performance, particularly competition anxiety. Anxiety is a negative emotional state in which feeling of nervousness, worry and apprehension are associated with activation or arousal of the body (Weinberg, 1999) Another important point that needs to be clarified is the difference between state and trait anxiety (Spielberger, 1966). While state anxiety can be considered to be more situational in nature and is often associated with arousal of the autonomic nervous system, trait anxiety can be thought of as a world view that an individual uses when coping with situation in his or her environment (Spielberger, 1966). Researchers have found that high level of anxiety can have deteriorating effects on athlete's performance (Parnabas 2010.)

Competitions requiring the fruits of training and experience to be transformed into top performances under the critical evaluation of opponents. Teammates, coaches, and spectators may be associated with heightened competitive anxiety (Martens, Vealey, and Burton, 1990). Research in sport

Please cite this Article as :GURDEEP SINGH , A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY BETWEEN STATE LEVEL CHESS AND CRICKET PLAYERS : Academic Sports Scholar (Sept ; 2013)

A COMPARATIVE STUDY OF SPORTSCOMPETITION.....

psychology showed the male athlete reported lesser anxiety level than female players (Barksy. Peekna and Burus, 2001; Lorimer, 2006; Thout, Kavouras and Kenefick. 1998; Jones and Cale, 1989, Cartoni. Minganti and Zelli. 2005; Pranabas, 2010; Scanlan and Passer, 1979; Deutch,. 1999: Thatcher, Thatcher and Dotting 2004; Wark and Wittig. 1979; Krane and Williams, 1994). Researchers base found that competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens. 1977). The purpose of the present study as to compare anxiety between chess and cricket players.

METHODS

Subjects

For the purpose of the study, 40 chess players and 40 cricket players were randomly selected to serve as subjects of the study. who had participated in state level (West-Bengal) competition. Age of the subjects ranged between 18 and 25 years

Collection of data

In this study Sports Competition Anxiety Test (SCAT Martens et al., 1990) was used to measure sports Competition anxiety.

Hypothesis

The hypothesis was that there would be no significant difference between the Chess and Cricket players on the degree of Sport Competition Anxiety.

Administration of the Test:

Based on expert opinion and by personal understanding the Sports Companion Anxiety Test (SCAT) by Martens et al., 1990 was used. The sport competition anxiety test was administered ore hour prior to the competition to collect the data for the study. Before administering the test. the procedure of the questionnaire and the purpose of the test were briefly explained to all the subjects for better understanding and to increase the motivation level.

Storing of SCAT:

Sports Competition Anxiety Test (SAT) by Martens et at, 1990 consists of total 15 statements. Sores obtained for each statement was added up which represent an individual's total score on Sports Competition Anxiety (SCAT Score). Then the SCAT scores was analyzed.

STATISTICAL ANALYSIS

For the purpose of analysis of data. Descriptive Statistic (Mean and Standard Deviation and Independent t-test was applied to compare the degree of Sports competitive Anxiety between Chris and Cricket players. The level of Significance was set at 0.05 levels ($p < 0.05$).

Results

The scores were obtained by using the key as suggested by Martens et al. 1990 All the individual SCAT Score was used to judge the level of anxiety. The level of anxiety for Chess and Cricket players in percentage for the total subjects has been shown in the Figure. 1

The Data was analyzed by using 't' test. The significance of mean difference was found between Scores obtained on Sports Competition Anxiety by Chess and Cricket players have been presented in Table-1

Significant difference of mean on sports competition anxiety between cricket and chess players				
Variable	Chess players	Cricket Players	Mean Difference	t-Ration
Sport Competition Anxiety	19.20±4.06	22.60±3.56	3.40	*3.95

*Significant at 0.05 level of significance [$t_{.05}(78) = 1.99$]

A COMPARATIVE STUDY OF SPORTSCOMPETITION.....

It is evident from Table 1 that there was a significant difference between the means of chess and Cricket players on the scores of Sports competition Anxiety (SCAT Score) since the obtained value of 't' (3.95) was higher than the tabulated value of 't' (1.99) which was required to be significant at 78 degree of freedom with 0.05 level of significance. Figure 2 represent the comparison of mean SCAT score for Chess and Cricket Players.

Figure2. Comparison of mean between Chess and Cricket players on Sports Competition Anxiety.

DISCUSSION

The mean value (22.60) of Cricket players on Sports Competition Anxiety was found to be higher than the Chess players (19.20). which revealed that Cricket players are more prone to Sports Competition Anxiety compared to the Chess players. The reason behind this state of condition may be the nature as well as the demand of these spoils activities. While Chess is the individual sports activity, Cricket is team sport activities. Researchers have found that competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens. 1977). During Chess competition no. of spectators is generally less than the no. of spectators in a Cricket competition watching the sports. So the audience effect on the Cricket competition is more than that on the Chess game. The chance factor in Cricket competition is more than that in the Chess competition. Although one wrong decision in a Chess competition may badly affect the results of the competition but the Chess players gets some chances to recover the faults while in a Cricket competition one wrong decision on the part of the batsman sends the batsman back in the pavilion and any miss fielding or any bad deliver from the fielders side may change the entire fate of the match. These may be some possible reasons why the Cricket players ace more anxiety prone than the Chess players.

CONCLUSIONS

In regard to Sports Competition Anxiety there was a significant difference between the means of State level Chess and Cricket players. It may be concluded that the Cricket players are more prone to Sports Competition Anxiety compared to the Chess players.

REFERENCES

- Eva A. Vadoa et al. "The relationship between competitive anxiety and imagery use" *Journal of Applied Sport Psychology* (1991). Volume: 9. Issue 2.
- Joachim Stoeber et al. "Perfectionism and competitive anxiety in athletes: Differentiating striving for perfection and negative reactions to imperfection" *Personality and Individual Differences* (2006) page no. 959-969.
- Koche et al. "Comparative Study of Sports Competitive Anxiety Among State Level Baseball Players" *International Referred Research Journal*, November, 2011.