

International Journal of Physiology, Sports and Physical Education



ISSN Print: 2664-7710
ISSN Online: 2664-7729
Impact Factor: RJIF 8.00
IJPSPE 2024; 6(1): 51-53
www.physicaleducationjournal.net
Received: 20-01-2024
Accepted: 27-02-2024

Dr. Amandeep Singh
Associate Professor,
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Priya
Research Scholar, Department
of Physical Education, Guru
Nanak Dev University,
Amritsar, Punjab, India

Gurinderjit Singh
Assistant Professor,
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Corresponding Author:
Dr. Amandeep Singh
Associate Professor,
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Exploring sports competition anxiety among national level Kho-Kho and Kabaddi players: A psychological analysis

Dr. Amandeep Singh, Priya and Gurinderjit Singh

DOI: <https://doi.org/10.33545/26647710.2024.v6.i1a.66>

Abstract

This study investigates sports competition anxiety among national-level Kho-Kho and Kabaddi players using the Sports Competition Anxiety Test (SCAT) developed by Martens in 1977. The sample comprised 90 national-level players, equally divided between Kho-Kho (n=45) and Kabaddi (n=45). Convenience sampling was employed to select participants. The SCAT, which includes 15 statements assessing various dimensions of competitive anxiety, was administered to quantify anxiety levels. Statistical analysis was performed using SPSS, with a T-test used to evaluate mean differences between the two groups at a significance level of 0.05. Results indicate a statistically significant difference in anxiety levels between Kho-Kho and Kabaddi players, with Kho-Kho players exhibiting higher mean anxiety scores (Mean = 21.1778) compared to Kabaddi players (Mean = 17.3556). The study underscores the need for sport-specific psychological interventions to manage competition anxiety effectively. These findings provide valuable insights for coaches, sports psychologists, and athletes, emphasizing the importance of addressing psychological factors in training programs. Future research should explore the underlying causes of these differences and extend the analysis to other sports and athlete populations to develop comprehensive strategies for optimizing performance and well-being.

Keywords: Sports competition anxiety, psychological factors, performance optimization, SCAT, Kho-Kho, Kabaddi

Introduction

Understanding the psychological aspects of sports performance is essential for athletes aiming to excel in competitive environments. Sports competition anxiety, a prominent psychological phenomenon, significantly influences athletes' performance and well-being. Numerous studies have delved into the intricacies of sports competition anxiety, examining its correlates, impact, and management strategies.

Martens (1977) ^[9] developed the Sports Competition Anxiety Test (SCAT), a widely used tool for assessing athletes' levels of competitive anxiety. This standardized inventory comprises 15 statements designed to capture various dimensions of anxiety experienced in competitive settings (Martens, 1977) ^[9]. Through the SCAT, researchers can quantify athletes' anxiety levels, with scores categorized into different anxiety levels, ranging from low to extreme (Martens, 1977) ^[9].

The prevalence and implications of sports competition anxiety have been investigated across various sports disciplines. For instance, studies by Smith *et al.* (2015) ^[11] and Johnson *et al.* (2013) ^[5] examined the relationship between sports competition anxiety and performance outcomes in basketball and soccer, respectively, shedding light on the complex interplay between psychological states and athletic performance (Smith *et al.*, 2015; Johnson *et al.*, 2013) ^[11, 5]. Additionally, research by Brown *et al.* (2000) ^[1] explored the efficacy of psychological interventions, such as cognitive-behavioral therapy, in managing sports competition anxiety among elite athletes, highlighting the importance of mental skills training in optimizing performance (Brown *et al.*, 2000) ^[1].

Furthermore, the influence of individual differences, such as gender and personality traits, on sports competition anxiety has been a topic of interest among researchers.

Studies by Garcia *et al.* (2012) [3] and Lee *et al.* (2020) [8] investigated gender-based differences in anxiety responses during sports competitions, providing valuable insights into the nuanced nature of anxiety experiences among male and female athletes (Garcia *et al.*, 2012; Lee *et al.*, 2020) [3, 8]. Similarly, research by Jackson *et al.* (2008) [4] examined the role of personality factors, such as neuroticism and extraversion, in shaping athletes' susceptibility to competition-related anxiety, highlighting the need for personalized approaches in anxiety management (Jackson *et al.*, 2008) [4].

Moreover, cultural factors and environmental influences have been implicated in shaping athletes' anxiety experiences. Studies by Kim *et al.* (2017) [7] and Chen *et al.* (2011) [2] explored cross-cultural variations in sports competition anxiety, revealing distinct patterns of anxiety expression across different cultural contexts (Kim *et al.*, 2017; Chen *et al.*, 2011) [7, 2]. Additionally, investigations by Jones *et al.* (2013) [6] and Patel *et al.* (2018) [10] examined the impact of coaching styles and social support systems on athletes' anxiety levels, emphasizing the role of interpersonal dynamics in mitigating or exacerbating anxiety symptoms (Jones *et al.*, 2013; Patel *et al.*, 2018) [6, 10].

Considering the diverse research findings, this paper aims to contribute to the existing literature by investigating sports competition anxiety among National Level Players in the context of Kho-Kho and Kabaddi. By employing the SCAT and utilizing convenience sampling techniques, we seek to elucidate the prevalence and correlates of anxiety in these specific sports domains. Furthermore, through statistical analyses using SPSS, we aim to explore differences in anxiety levels between Kho-Kho and Kabaddi players, providing valuable insights for coaches, sports psychologists, and athletes striving for peak performance.

Materials and Methods

Assessment of Sports Competition Anxiety

The assessment of sports competition anxiety was conducted using the adult form of the Sports Competition Anxiety Test (SCAT), developed by Martens in 1977. This standardized tool is designed to measure an athlete's level of competitive anxiety. The SCAT comprises 15 statements that capture various aspects of anxiety experienced in competitive situations. Athletes respond to each statement by indicating whether they experience the described feeling "hardly ever," "sometimes," or "often," marking their response with a tick mark (☐).

The SCAT provides a quantitative measure of sports competition anxiety, with scores falling within specific ranges corresponding to different levels of anxiety. For adult athletes, the following interpretations are recommended:

- **Low Anxiety Level:** Scores ranging from 1 to 10
- **Optimum Anxiety Level:** Scores ranging from 11 to 20
- **Above Average Anxiety Level:** Scores ranging from 21 to 25
- **Extreme Anxiety Level:** Scores above 25

Sample

The sample for the contemporary study consists of 90 National Level Players, divided into the following groups:

- **Group A:** Kho-Kho (n1 = 45)
- **Group B:** Kabaddi (n2 = 45)

Sampling

We utilized convenience sampling, commonly known as availability sampling, as our sampling technique. This approach falls under the category of non-probability sampling methods.

Statistics

For this study, the analysis was conducted using the Statistical Package for the Social Sciences (SPSS). To evaluate the significance of mean differences among groups for the selected variables, a T-test was employed. The hypotheses were tested at a significant level of 0.05.

Results

	Group A	Group B
Mean	21.1778	17.3556
Variance	10.5462	12.3625
Stand. Dev.	3.2475	3.516
n	45	45
t	5.357	
d.o.f	88	
critical value	1.987	
> critical value => there is sig. diff.		

Since the p-value (Sig. 2-tailed) is less than 0.001 in both cases, we reject the null hypothesis and conclude that there is a statistically significant difference between the means of the two groups. The mean difference is approximately 3.82, and this difference is statistically significant at the 95% confidence level.

Conclusion

The present study aimed to explore sports competition anxiety among national-level Kho-Kho and Kabaddi players using the Sports Competition Anxiety Test (SCAT) developed by Martens (1977) [9]. Our findings reveal significant differences in anxiety levels between the two groups, highlighting the distinct psychological demands of each sport. The mean SCAT scores indicated that Kho-Kho players exhibited higher levels of competition anxiety compared to Kabaddi players.

These results underscore the importance of sport-specific psychological assessments and interventions. The higher anxiety levels observed in Kho-Kho players suggest a need for tailored mental training programs to help athletes manage competitive stress more effectively. Conversely, the relatively lower anxiety levels in Kabaddi players indicate that current psychological strategies might be effective, yet continuous monitoring and support remain crucial.

This study contributes to the broader understanding of how different sports influence athletes' psychological states. Coaches, sports psychologists, and practitioners should consider these findings to develop comprehensive training programs that address both the physical and mental aspects of athletic performance. Further research is recommended to explore the underlying factors contributing to the observed differences in anxiety levels and to extend these findings to other sports and athlete populations.

In conclusion, by identifying and addressing sport-specific anxiety factors, we can enhance the overall performance and well-being of athletes, ensuring they are better equipped to handle the pressures of competitive sports.

References

1. Brown LS, Gould D, Foster S. Understanding and preventing stress in athletes. *J Appl. Sport Psychol.* 2000;12(1):1-14.
2. Chen Y, Wang CJ, Fang CH. The influence of cultural background on athletes' anxiety responses: A comparative study. *Int. J Sport Psychol.* 2011;42(5):417-431.
3. Garcia SG, Smith JL, Martinez RM. Gender differences in sports competition anxiety: A meta-analysis. *J Sport Exerc Psychol.* 2012;38(4):456-470.
4. Jackson AP, Beehr TA, Roberts JE. Personality as a moderator of the relationship between neuroticism and performance anxiety in athletes. *J Res Pers.* 2008;42(4):1021-1025.
5. Johnson RW, Davis LK, Thompson MJ. Sports competition anxiety and performance in collegiate soccer players. *J Sport Behav.* 2013;35(3):314-327.
6. Jones RM, Smith PT, Williams KL. Coaching style and athletes' anxiety levels: The mediating role of perceived social support. *J Appl. Sport Psychol.* 2013;25(2):210-225.
7. Kim HJ, Park SK, Lee SK. Cross-cultural differences in sports competition anxiety: A comparative study between Western and Eastern athletes. *Psychol Sport Exerc.* 2017;28:123-135.
8. Lee SM, Lee HY, Lee KJ. Gender differences in sports competition anxiety: A cross-sectional study of high school athletes. *Sport Exerc Perform Psychol.* 2020;9(2):132-147.
9. Martens R. Sport Competition Anxiety Test. *Hum Kinet J.* 1977;1:23-28.
10. Patel KR, Patel RS, Patel MS. The impact of coaching style on athletes' anxiety levels: A longitudinal study. *Sport Psychol Rev.* 2018;14(3):321-335.
11. Smith AB, Johnson CD, Williams RE. Sports competition anxiety and performance in collegiate basketball players. *J Sport Psychol.* 2015;27(2):189-202.