



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

Nikhil Kumar Rastogi^{a,*} and Vartika Katiyar^a

^aResearch Scholar, Shri J.J.T. University, Jhunjhunu-333001, Rajasthan, India

*Corresponding Author Ph: 081048 83413; Email: nikhilrastogi476@gmail.com

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ABSTRACT: The purpose of this study was to compare the sports competition anxiety test between college level chess and cricket players. For the purpose of the study, forty (40) male chess players and forty (40) male cricket players were randomly selected as the subject for this study. The subject age was ranged between 20 to 25 years. In this study sports competition anxiety test (SCAT, Martens et al., 1990) questionnaire was used to measure sports competition anxiety. Sports competition anxiety test questionnaire was distributed between the chess and cricket players one hour before the competition. The hypothesis selected for this study that there would be no significant difference between the chess and cricket players. Descriptive statistics (mean and standard deviation) and independent 't' test were used to analysis the data. The level of significance was set at 0.05. The mean score chess players was 19.20 and cricket players was 22.60. The calculated 't' value was 3.95 which showed that significant difference was found between chess players and cricket players (calculated 't' 3.95 > tabulated 't' 1.99).

Keywords: Sports Competition Anxiety Test (SCAT) and Anxiety.

INTRODUCTION

Psychology is a science of behavior of the organism. The word 'psychology' has come from the greek word 'psyche' meaning 'soul' and the 'logos' meaning study [1]. In ancient times psychology was not a separate discipline. It was a part of philosophy. In the latter part of 19th century psychology was perhaps dissociated from philosophy. Since then it has never looked back. It was arts subject like philosophy [2]. Gradually it developed into a scientific discipline.

Sports psychology is a science in which the principles of psychology are applied in a sport or exercise setting [3]. These principles are often applied to enhance performance. However, the true sports psychologist is intended in much more than performance enhancement and sees sport as a vehicle of human enrichment [4]. The sport psychologist is interested in helping every sport participant reach his or her potential as an athlete. If helping a young athlete develops self- control and confidence results in superior athletic performance, so be it [5]. Stated more simply, sport and exercise psychology is the study of the effect of psychological and emotional factors on sport and exercise performance, and the effect of sport and exercise involvement on psychological and emotional factors [6].



Anxiety has been a central concept for sport psychology and has received a huge amount of investigation because of its influence on performance. It is generally defined as a negative emotion characterized by feelings of apprehension and tension. Unlike arousal it is not emotionally neutral, but rather is at the unpleasant end of the affect continuum [7].

Trait anxiety is a relatively enduring disposition, i.e. it is a personality dimension that predisposes people at the high end of the continuum to view a wide range of non-dangerous circumstances as threatening. In contrast, state anxiety is the negative emotion of apprehensiveness and tension experienced in threatening situations. In the sporting domain much more research has been carried out on state anxiety than trait anxiety. This is probably because the performance enhancement applications that might come out of the study of sports anxiety are potentially much greater for state than trait anxiety. For example, even knowing that trait anxiety has a small inverse relationship with performance, it is not clear what we could or should do to enhance performance [8]. Changing athlete's personalities is not really an option since there is much evidence from psychology that tells us that it is very difficult to do. In contrast, it is relatively easy to imagine ways in which we might be able to control state anxiety to improve performance. Indeed much of the focus of applied sport psychology does exactly this.

METHODOLOGY

Selection of Subjects: In this study forty (40) male chess players and forty (40) male cricket players were randomly selected as the subject for this study. The subject age was ranged between 20 to 25 years.

Selection of Variable: The variable selected for this study was as follows:-

1- Sports Competition Anxiety Test

Criterion Measure: The following test was selected and score was considered as criterion measure for this investigation.

Sports Competition Anxiety Test: Sports competition anxiety test questionnaire was used to measure sports competition anxiety.

Collection of Data: The data was collected by administering sports competition anxiety test questionnaire.

Statistical Technique: For the purpose of analysis of data descriptive statistics (mean and standard deviation) and independent 't' test was applied to compare the sports competition anxiety between chess and cricket players. The level of significance was set at 0.05.

Results of the Study: The scores were obtained by using the key as suggested by Martens et al., 1990. All the individual sports competition anxiety test score was used to judge the level of anxiety.



Table No.1

Significance of Differences of Mean, Standard Deviation and 'T' Value on Sports Competition Anxiety Test between Chess Players and Cricket Players

Group	Sample	Mean	Standard Deviation	'T' Value
Chess Players	40	19.20	4.06	3.95*
Cricket Players	40	22.60	3.56	

*Significant at 0.05 level tab 'T' $(0.05)(78) = 1.99$

Table no.1 indicates that there was a significant difference between the means of chess players and cricket players on the scores of sports competition anxiety test 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. Graphical representation of above table is made in figure no.1.

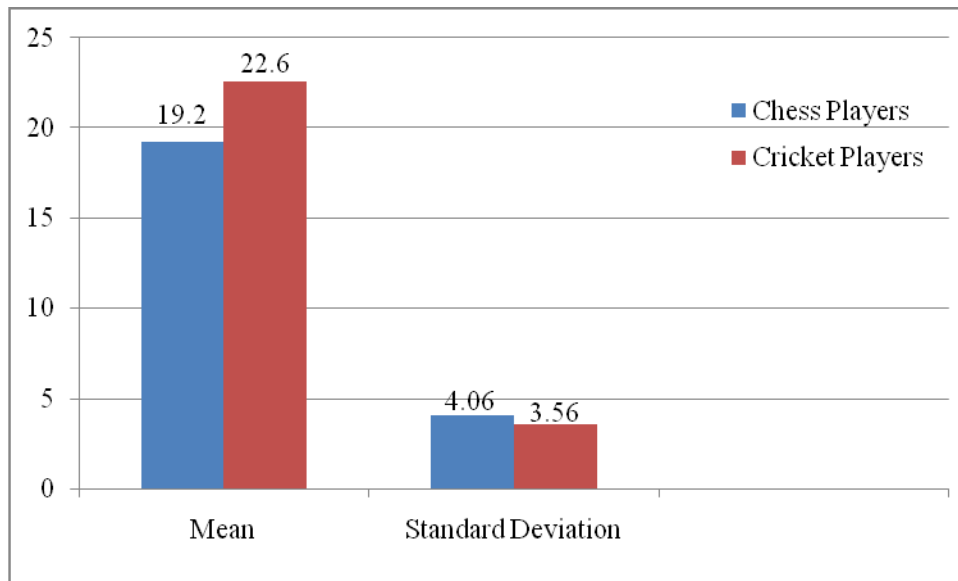


Figure No.1 Mean and Standard Deviation Values of Chess Players and Cricket Players

DISCUSSION OF FINDINGS

The statistical findings of the present study revealed that the mean value of cricket players (22.60) on sports competition anxiety was higher than the chess players (19.20), which indicate that cricket players are more prone to sports competition anxiety in comparison to chess players. The reason behind this state of condition may be the different nature as well as the demand of these sports activities. Chess is the individual sports activity while cricket is a team sport activity. Generally, during chess competition number of spectators is less than the number



of spectators in a cricket competition watching the sports. So cricket competition is more effective from spectators than chess. In cricket competition chance factor is more than chess competition. These may be some reasons why the cricket players are more sports competition anxiety prone than the chess players.

CONCLUSIONS

Within the limitations of the present study the following conclusion was drawn:

There was a significant difference found on sports competition anxiety between chess players and cricket players. Cricket players are more prone to sports competition anxiety compared to chess players.

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