

Pre competition Anxiety level among junior Rugby football Team Players: Sri Lankan Perspective

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Abstract

This paper examines that the action taken to reduce the pre competition anxiety level among selected junior male Rugby football team in the Sri Lankan context. The major purpose of this study is to find the answer for the question, how to reduce the pre competition anxiety level among selected rugby players. The research was based on the qualitative method. One group pretest, posttest design of the pre experimental design has been selected in this research. It has got only the treatment group but not the control group. The sample was taken from population at the under 19 years male Rugby football school teams of western province in Stratified sampling technique. Twenty three male rugby football players were the sample size for this research. The specific training schedule was utilized by researcher to reduce the pre competition anxiety level in selected sample within twelve weeks of time period. Interviews, questionnaire, observations, field notes, tests, photographs, audio and videotaping were used to gather data. Interviews were used to identify the research topic; questionnaires were used to analyze the anxiety level. Charts, graphs, line charts, tables, mean value and Minitab software were used to analyze the data. The researcher found that the implemented action plan helps to answer the research questions. This type of research can be utilized in the future in same context.

Key Words: Anxiety level, Pre competition and Rugby foot ball Team Players

Background of the study

Rugby football is one of the famous game in the world contest and fastest growing sports in Sri Lanka. Rugby football is a sport played between two teams that try to score points by advancing a ball past the opposing team's goal line or by kicking the ball through a pair of uprights on the opponent's goal line. Players can run with the ball, kick it or pass it backward or sideways to a teammate. Opposing players try to tackle the player who has the ball or gain possession of the ball. There are two main versions: rugby union, which uses 15 players at a time for each team, and rugby league, which uses 13 payers. Another version, rugby sevens, follows union rules but uses only seven players at a time for each team.

The problem of pre-competitive anxiety is one of the most pressing problems in modern sports psychology. It has been recognized for many years that psychological factors in particular anxiety, play an important role in competition and in competitive sports, every athlete experience fear before, during and after events (Lizuka, 2005). Anxiety could make even the world most successful athlete feel nervous. According to Moran (2004), factors such as fear of failure and lack of confidence induce feeling of anxiety in athletes. Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they are faced with challenges.

Anxiety in sports is such a huge issue for many athletes. The logic is that, the better athlete becomes, the higher the level of competition, the more anxiety athlete experience. Anxiety can have, a, devastating effect, on the performance of, an athlete. No matter how much, talent or skill one may have, he will never perform at his or her best if he or she lives, in fear before every, event. The precise impact, of anxiety on sporting performance depends on how, you interpret your world. In the world today, nearly every concern of human endeavor thought is to be affected by anxiety. A number of theories exist concerning the effect of anxiety on performance, and while there seems to be an interaction effect between the amounts of anxiety necessary to maximally perform certain specific task, all theories seems to agree that maximum performance is reduced by too much anxiety. Competitive anxiety should be viewed in two dimensions; trait and state anxiety. State anxiety may be conceptualized as a transitory emotional state or condition of human organism that varies in intensity and fluctuates overtime. This condition is characterized by subjective, consciously perceived feeling of tension, apprehension and activation of the autonomic nervous systems. It is an immediate or "right now" emotional response that can change from moment or situation to the next. Trait anxiety is ingrained in a person's personality and the individual with this disorder tend to view the world as a dangerous and threatening Place.

It is noted that some athletes are more, prone to anxiety than others. Amateur athletes are more likely than seasoned, professionals to experience anxiety that interfere with their ability to perform in competition, this makes sense due to their relative lack of experience both in competition and in managing arousal. Athletes who participate in individual sports have also been found to experience more anxiety than those who play team sports; common sense suggests that being part of a team alleviates some of the pressure experienced by those who compete alone. Therefore, the study on Pre competition Anxiety level among players is needed to explore the new insights in the developing country like Sri Lanka. In this view point, we focalized the study on Pre competition Anxiety among junior Rugby foot ball Team Players in the Colombo district which is recognized as the capital of Sri Lanka.

Research objectives

- To identify the factors influencing on pre competition anxiety level among selected junior rugby players
- To suggest the junior rugby players to control the pre competition anxiety level in their profession

Literature Review

The aim of this section is to review of the direct and tangent literature on effective coaching methodologies to reduce the pre competition anxiety level in selected junior Rugby football team, performance evaluation of rugby players before and after the workouts and effectiveness of reduce the pre competition anxiety level within eight weeks. A rugby player has the greatest opportunity of being successful when the subject follows effective workout under the guidance of a good coach.

Coaches, players, managers should begin to see pre competitive anxiety just as something their body does and should not be worried about. Recognizing it and using the right techniques such as visualization, goal setting, developing self-confidence and focusing on what you can control what you cannot control will help keep athletes free from pre competition anxiety. (Athanasios, & Sampsin, 2013).

Yoga (yogic postures and pranayama) significantly reduce anxiety within 12 weeks. However, reduction in anxiety is similar with both yoga and breathing exercises. Therefore, both yoga and special breathing exercises can be advocated for alleviation of anxiety. In addition, other factors like cost effectiveness, facilities for recreational exercise, physical constraint, training facilities and ability of any exercise regime to keep continued motivation and interest of the trainees should also be taken into account for exercise prescription. (Manish, Sawane, Shilpa and Gupta, 2011). In nutshell, many studies have proved efficacy of breathing exercises and relaxation exercises in reducing anxiety (Gupta et al, 2006; Brown & Gerbarg, 2005).

Methodology of the Study Frame

The major problem of this study is to reduce the pre-competition anxiety level among selected junior rugby players. Pre-competition anxiety is one of the most pressing problems in modern sports psychology. There are two significant minor problems in this study. To identify the suitable methods that can be used to reduce the pre competition anxiety, how to improve the self confidence in selected junior rugby players.

Hypothesis

The hypotheses of this study are,

H₀: There is no significant difference of the mean value of the performance achievement of rugby football players after the training intervention.

H₁ : There is a significant difference of the mean value of the performance achievement of rugby football players after the training intervention.

Research Design

Researcher used one group pre-test post-test design of the pre experimental design to solve the research problem. It has only treatment group and does not have a control group.

O₁ X O₂

O₁ - Pretest observation

X - Treatment

O₂ – Posttest observation

Sample

The subject population of this study consists of junior male Rugby football school teams. The sample will extract from the population in stratified technique and it consisted of 23 male players (under 19) of Rugby football team in Pannipitiya Dharmapala Maha Vidyalaya. Colombo District Sri Lanka. The sample is in a same range of age between 18- 19 years.

Data Gathering Techniques

Data collection methods were questionnaire, interview, tests, field note books and videotaping. Tests consist of pretest and posttest. Tool for gathering information was questionnaire based on Beck's Anxiety Inventory (Beck et al, 1988). The questionnaire included feelings of pre competition and other information. Information was recorded through interviews with selected sample. Videotaping used to present the data.

Pre-test and Post-test procedure.

- Players were positioned beside the rugby play field before 20 minutes the match.
- Distributed the questionnaires.
- Each subject was properly explained the procedure for filling the inventory.
- Subjects were asked to fill the questions within 10-20 minutes.
- Subjects were required to mark (✓) in the column which they felt appropriate.
- The total score for all 21 questions was calculated.
- Beck's Anxiety Inventory (Beck et al, 1988) used as the evaluation criteria of pretest posttest of this research.

Table 1: Pre-test and Post-test evaluation criteria. (Beck's Anxiety Inventory)

Total Score	Anxiety Level
Between 0-21	Very low anxiety
Between 22-35	Moderate anxiety
Exceeded 36	Potential cause for concern

Table 2: Pretest Data

Table 3: Posttest Data

Participants	Total Score	Anxiety level
A	29	Moderate
B	26	Moderate
C	32	Moderate
D	33	Moderate
E	31	Moderate
F	31	Moderate
G	22	Moderate
H	26	Moderate
I	29	Moderate
J	31	Moderate
K	25	Moderate
L	29	Moderate
M	28	Moderate
N	28	Moderate
O	30	Moderate
P	30	Moderate
Q	33	Moderate
R	22	Moderate
S	27	Moderate
T	30	Moderate
U	27	Moderate
V	28	Moderate
W	31	Moderate

Participants	Total Score	Anxiety level
A	22	Moderate
B	23	Moderate
C	24	Moderate
D	22	Moderate
E	23	Moderate
F	22	Moderate
G	19	Low
H	22	Moderate
I	23	Moderate
J	24	Moderate
K	22	Moderate
L	23	Moderate
M	22	Moderate
N	24	Moderate
O	23	Moderate
P	22	Moderate
Q	24	Moderate
R	18	Low
S	22	Moderate
T	23	Moderate
U	22	Moderate
V	22	Moderate
W	23	Moderate

Data analyzing/ interpretation techniques

Data obtained from the pretest and posttest. The 2010 Microsoft Excel software was and Minitab was used for showing P value and descriptive statistics including mean used to analysis data. The charts were drawn by the 2010 Microsoft excel too (Sivarajah, Achchuthan, and Umanakenan, 2014).

Result of Observation

The date gathered between 12 weeks of period showed the improvement of junior Rugby football team in Pannipitiya Dharmapala Maha Vidyalaya, Srilanka. As the result of action plan, sample was achieved the main objective. Beck's Anxiety Inventory (BAI) was used for the assessment of anxiety levels of subjects.

Table 4 : evaluation criteria

Anxiety Level	Number of players
Very low anxiety	2
Moderate anxiety	21
Potential cause for concern	0

Different between pretest result and posttest result

Data Analyzing

This research is a qualitative research. According to the pre-test and post-test, the researcher gathered data was ordinary data and parametric data. The researcher analyzed the data statistically using Paired T-Test in Mini Tab Software. The significant level was accepted to 95%.The null hypotheses (There is no significant difference of the mean value of the performance achievement of rugby players after the training intervention) of this study is $H_0; \mu_1 = \mu_2$ and alternative hypotheses (There is a significant difference of the mean value of the anxiety reduction of rugby players after the training intervention) $H_1; \mu_1 > \mu_2$ (Nimalathasan and Achchuthan, 2013).

According to the data the researcher used basic static functions to identify whether there is significant difference between pretest and posttest, by Paired T-Test.

Probability Plot of pretest-posttest (Kolmogorov-Smirnov)

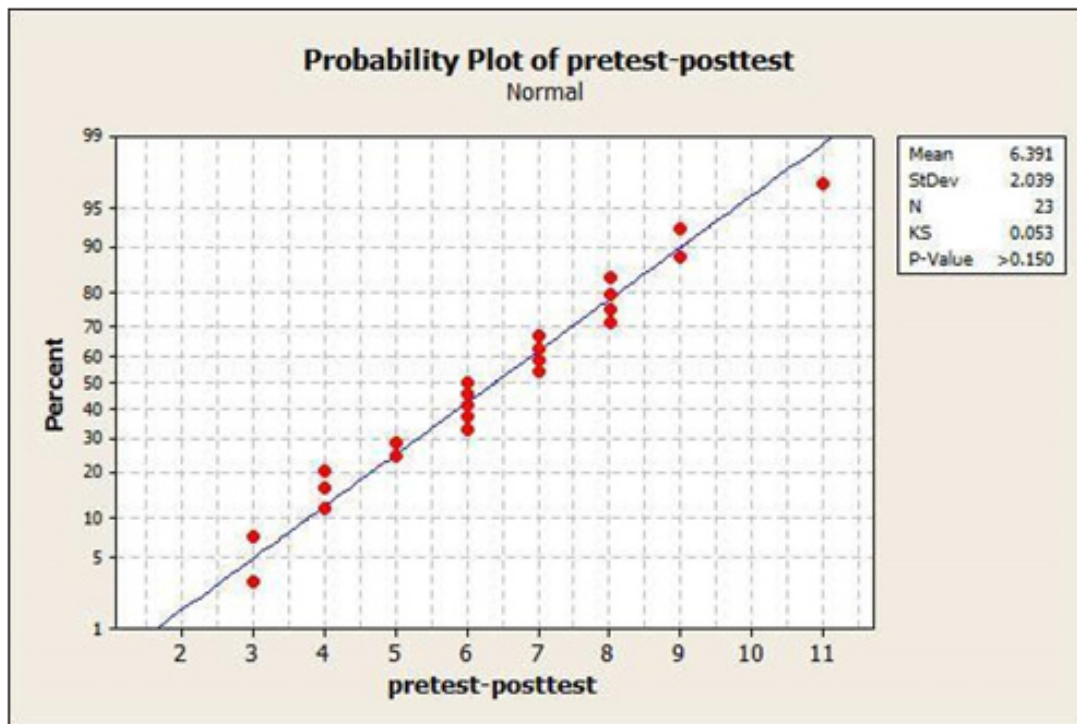


Figure 1: Probability Plot of pretest-posttest (Kolmogorov-Smirnov)

Probability Plot of pretest-posttest (Anderson-Darling)

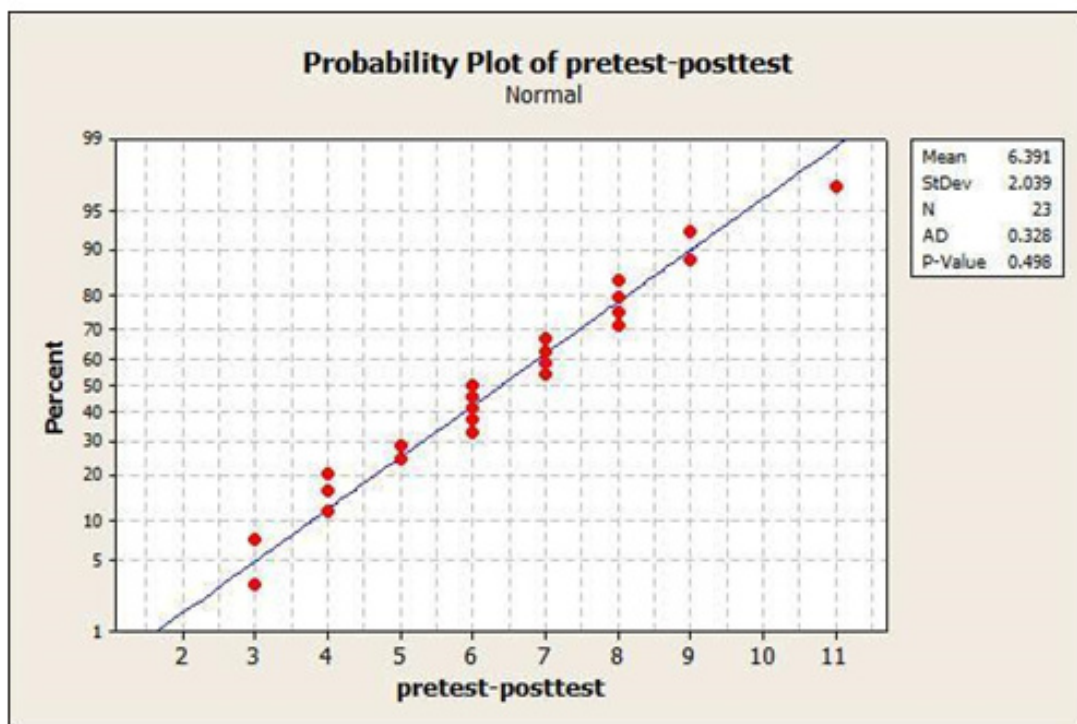


Figure 4.2.2: Probability Plot of pretest-posttest (Anderson-Darling)

Paired T- Test for performance evaluation

Paired T-Test and CI: Pre Test, Post Test

Paired T for Pre Test - Post Test

	N	Mean	StDev	SE Mean
Pre Test	23	28.6087	3.0112	0.6279
Post Test	23	22.3478	1.4336	0.2989
Difference	23	6.26087	2.15781	0.44993

95% CI for mean difference: (5.32776, 7.19397)

T-Test of mean difference = 0 (vs not = 0): T-Value = 13.92 P-Value = 0.001

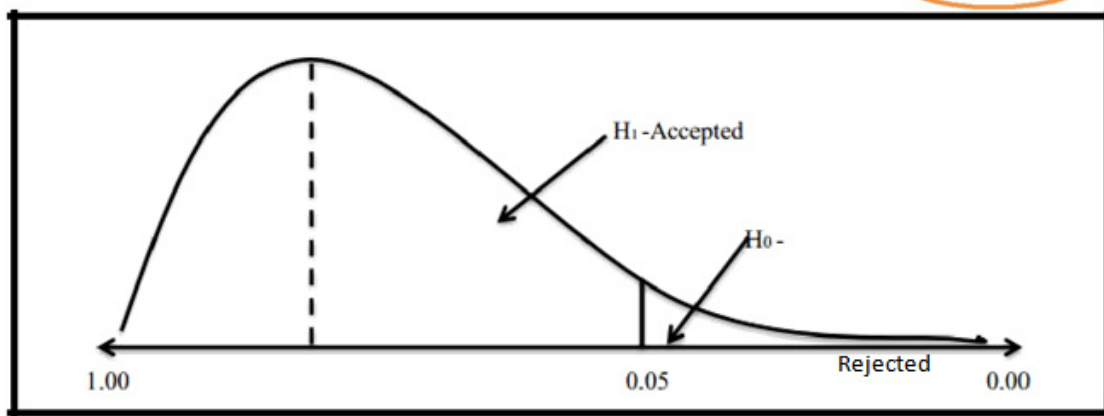


Figure .3: Probability curve

According to the statistical analysis P value of this research was 0.001. So it proved there is a significance difference between pretest and post results. In this research null hypothesis was rejected and alternative hypothesis was accepted. It means the researcher's pre competition anxiety reduction training schedule directly affected to the improvement of the posttest results. The improvement of the selected samples was due to the researcher's schedule.

The researcher used mean values to analyze gathered data:

Below chart present the different between mean values of pretest and posttest.

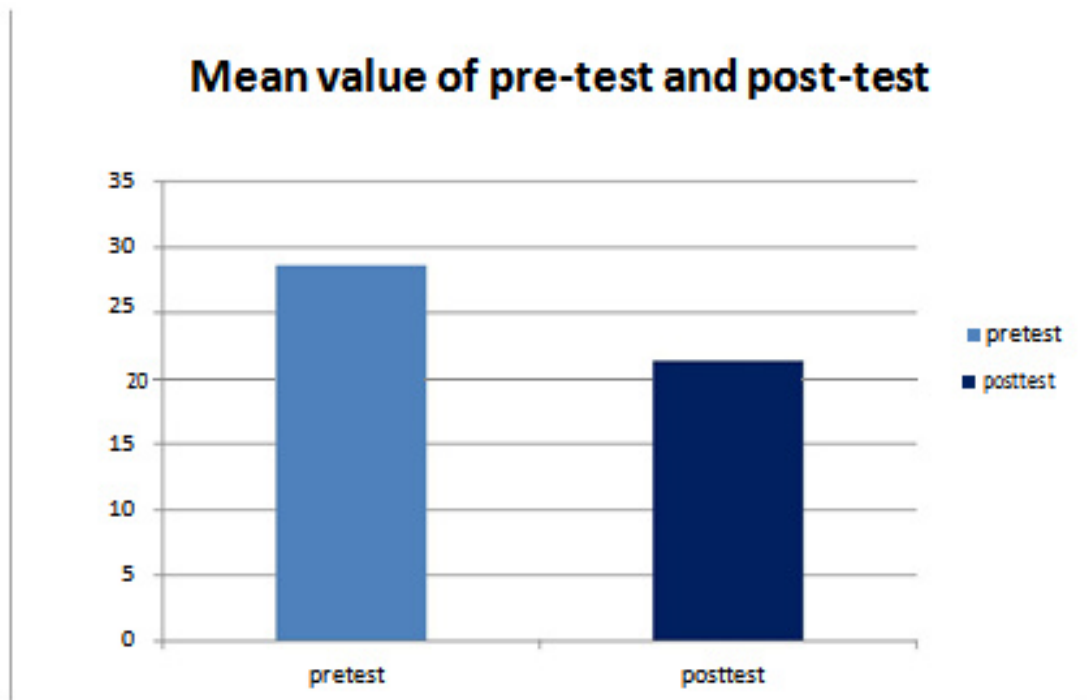


Figure4.2.4: Pre-test, Post-test Mean value

The mean value of the performance achievements have been decreased 28.608 to 21.391. The researchers identify the pre competition anxiety reduction training

Discussion

According to the results, it emphasizes that minimum twelve weeks effective training schedule will be enough to reduce the pre competition anxiety level in junior rugby players. The subjects suffered moderate level of anxiety. Sample was under 19 years junior rugby football team with reference to Pannipitiya Dharmapala Maha Vidyalaya, Sri Lanka. The results were obtained from the pre-test and post-test of the subjects. According to Minitab Paired T-Test parametric statistical method, results showed that significant differences between pre and post-test. By comparing pre-test results and post-test results and there mean values, it showed the effectiveness of the action plan. In this research null hypothesis (H_0) was rejected and alternative hypothesis (H_1) was accepted. Researcher could identify that the training plan have implemented on positive manner on the sample. And also action plan was implemented throughout the duration of six weeks of the research. Thus results emphasizes there is significant reduction of pre competition anxiety level by the effect of overall action plan. There had been seen better improvement in each session of participants. Using specified techniques could overcome technical problems when practicing.

For further analysis researcher could consider about the mean value of the pre-test and post-test of the sample. Mean of the pre competition anxiety reduction of the treatment group has reduced. It is considerable amount of reduction for this much of short period training session.

Conclusions

The purpose of this study is to reduce the pre competition anxiety level in junior rugby football players. To

achieve this purpose the researcher selected under 19 years 23 male rugby football team players. Action plan given by the researcher was able to reduce the pre competition anxiety level in selected sample within twelve weeks. The result show that there were significant different between P values (probability value). According to the results of P values (probability value), the alternative hypothesis (H_1) was accepted and null hypothesis (H_0) was rejected. The P value was 0.001 and it proved that the reduction of pre competition anxiety level of selected rugby football players was the result of effective action plan of the researcher.

Recommendations

Rugby football players, coaches and other sport organizers may pay their concentration to reduce pre competition anxiety level among players. The researcher recommended this research can be utilized for a same group of rugby football players to reduce pre competition anxiety from them within short time period as twelve weeks. There may be some obstructs to reduce anxiety in rugby players. The researcher recommends obstructs in rugby players can be broken by utilizing action plans like this.

Through modifications of same action plan, the researcher recommends that this plan can be utilized to reduce pre competition anxiety level of rugby players. Sometimes modification of this action plan may be the time period.

Also the researcher recommends this frame of action plan can be established to reduce pre competition anxiety even the other sports.

There are millions of people suffering from more anxiety all over the world. If they implement this type of action plans it would be helpful for them to reduce their anxiety level. The researcher recommends this action plan to solve those problems among human beings in the same context.

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