

A Comparative Study of Sports Competition Anxiety within Jimma University Male Players of different Sports

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Abstract

The purpose of the study was to analyze and compare the Sports Competition Anxiety between Jimma university players. For the purpose of this study 50 players (Football, Basketball, Table Tennis, Athletics and Gymnastics) were selected from Jimma University, Ethiopia as the subject. All these players were going to represent Jimma University in 9th Ethiopian Governmental Higher Institutions Sports Festival in 2016. For this study sports competition anxiety test (SCAT, Martens et al., 1990) questionnaire was used to measure sports competition anxiety. Descriptive Statistic (Mean, Standard Deviation), Independent t-test was applied to analyze and compare the degree of Sports Competitive Anxiety between Jimma university male players. The level of Significance was set at 0.05. Results indicated that there are significant differences found within Jimma University male players (Football, Basketball, Table Tennis, Athletics and Gymnastics) in their Sports Competition Anxiety.

Keywords: Competition, Anxiety, Football, Basketball, Table Tennis, Athletics and Gymnastics

1. Introduction

As we know that competition is a social process that takes place when prizes are given to people on the basis of the comparison of their performance with the performance of others participating in the same event (Coakley, 1994). In sport, pre-competitive anxiety refers to an unpleasant emotion which is characterized by imprecise but persistent feeling of uneasiness and fear before competition. Anxiety is a reaction to impending danger: real or imaginary. It contains of two subcomponents, namely cognitive (mental) and somatic (physiological), which influence the performance before and during competition.

Cognitive is the mental component, characterized by negative expectation about success or self-evaluation, negative self-talk, inability to cope, worry about performance, fear of failure, inability to concentrate and attentional narrowing (Jervis, 2002). Worry is identified as a defining characteristic of trait anxiety (e.g., Eysenck & Van Berkum, 1992; Schwarzer, 1996). That is, players who are prone to experiencing anxiety have a tendency to worry because they have an attentional disposition to observe situational threats (e.g., Mathews, 1990).

Worry is also a component of “cognitive interference,” which refers to a class of cognitions that are intrusive, unwanted, undesirable and at times disturbing to the individual (Sarason, Pierce, & Sarason, 1996). The somatic is the physiological element which is related to autonomic arousal, and negative symptoms such as feeling of nervousness, increased muscle tension, profuse sweating, high blood pressure, dry throat, rapid heart rate and butterflies in the stomach (Martens, et al., 1990).

The problem of pre competitive anxiety is the most pressing problems in modern sports psychology. It has recognized that the psychological factors, particularly anxiety, play a great role in competition, every player experience fear and nervousness before, during and after events (Lizuka, 2005). Moran (2004), found in his study that, factors such as fear of failure and lack of confidence persuade feeling of anxiety in players. Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they are faced with challenges (Athan & Sampson, 2013).

Anxiety is a negative emotional state in which feeling of fear, nervousness, uneasiness and apprehension is associated with activation or arousal of the body (Weinberg and Gould, 2007). Competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens, 1979). Our ability to obtain independent measure of cognitive and somatic state anxiety has greatly improved our knowledge about the athletic situation. The factor which significantly influences the qualities of the athletic experience is the level of state anxiety during the time leading up to competition. Pre competitive anxiety starts relatively high and remains high and stable as the time of the event approaches (Richard, H. Cox, 2007).

Anxiety in sports is such a huge issue for many athletes. The logic is that, the better you become, the higher the level of competition, the more anxiety you experience. Anxiety can have a devastating effect on the performance of an athlete (Athan & Sampson, 2013). It doesn't matter how much skill or talent anyone may have, he can never perform at his best if he feels fear before the event. In the world today, nearly every concern

of human being endeavor is believed to be affected by anxiety. A lot of theories exist concerning how anxiety has an effect on performance.

Sometimes, anxiety may be helpful in tasks that require strength or powers but in some other events, a high level of anxiety may be harmful. In their studies the researchers (Tutko, 1971) have found supporting evidence for the inverted 'U' hypothesis, measuring the effect of anxiety on the performance of players. The inverted 'U' hypothesis states that a player will perform best when anxiety is moderate. Performance inclines to deteriorate when anxiety is either too low or too high (Burton, 1988. Weinberg & Genuchi, 1980 as cited in Caruso et al, 2002).

With the reference of Ethiopia little studies have done on different clubs but not on the university level players so that the researchers try to fill the gap of sports competition anxiety in different varsity teams.

2. Methodology

2.1 Study design and Area

Only the cross sectional study design was employed because of the data was collected at once from the subjects according to the nature of the problem found in Jimma university varsity players.

2.2 Subjects

For the purpose of this study 50 players (football, Basketball, Table Tennis, Athletics and Gymnastics) were selected from Jimma University, Ethiopia as the subject using availability simple random sampling. All these players were going to represent Jimma University in 9th Ethiopian Governmental Higher Institutions Sports Festival in 2016.

2.3 Administration of the Test

Based on the expert's opinion and personal understanding the Sports Competition Anxiety Test (SCAT) by Martens et al., 1990 was used. 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. SCAT has fifteen questions out which five were spurious questions which was added to the questionnaire to diminish response bias towards actual test items these five questions were not scored. The subjects were asked to respond to each question honestly how they generally feel at the time of competition. Every player had three possible responses i.e. Rarely (b) Sometimes (c) Often

2.4 Scoring of SCAT

Sports Competition Anxiety Test (SCAT) by Martens et al.1990 consists of total 15 questions. Scores obtained for each question was calculated and added which represent an individual's total score on Sports Competition Anxiety (SCAT Score). Then the SCAT score was analyzed.

2.5 Statistical Analysis

Descriptive Statistic (Mean, Standard Deviation), Independent t-test was applied to analyze and compare the degree of Sports Competitive Anxiety between Jimma university male players. The level of Significance was set at 0.05.

3. Results

Table 1. Descriptive table of varsity level male players in relation to sport Competition Anxiety

Types of Sport	Sport Competition Anxiety	
Football	Mean	16.47
	SD	3.18
Basketball	Mean	19.22
	SD	3.23
Table Tennis	Mean	18.00
	SD	2.92
Athletics	Mean	17.69
	SD	3.86
Gymnastic	Mean	15.17
	SD	2.48

Table 2. Comparison between Varsity level Male Players in Sports Competition Anxiety

Independent Samples Test							
	t-test for Equality of Means						
	t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
						Lower	Upper
Football	6.96	32.00	0.000	5.88	0.84	4.16	7.60
	6.96	22.06	0.000	5.88	0.84	4.13	7.63
Basketball	2.28	16.00	0.037	2.67	1.17	0.19	5.15
	2.28	10.76	0.044	2.67	1.17	0.09	5.25
Table Tennis	2.95	8.00	0.018	4.80	1.62	1.05	8.55
	2.95	7.39	0.020	4.80	1.62	1.00	8.60
Athletics	3.95	24.00	0.001	4.69	1.19	2.24	7.14
	3.95	17.24	0.001	4.69	1.19	2.19	7.19
Gymnastics	5.86	10.00	0.000	6.83	1.17	4.23	9.43
	5.86	7.94	0.000	6.83	1.17	4.14	9.53

From the above mentioned table 2, when we compared sports competition anxiety it is documented that there was significant difference found within the groups of Jimma university varsity players of different games (Football, basketball, table tennis, athletics and gymnastics).

4. Discussion on Findings

In sports, anxiety plays a significant role. It is a challenge in sports participation which produces anxiety. How one player handles the anxiety determines how successful he would be. Anxiety may be a positive motivating force or it may obstruct with successful performance in sports events. The level of anxiety also varies with different conditions. Anxiety is likely to be greater in competitive sports than non competitive sports, because in the competitive sports players are expected to win a great demand are made up on them to success.

It is revealed from the above findings showed by t test, there are significant differences within the Jimma university varsity players of different games (Football, basketball, table tennis, athletics and gymnastics). Our findings are supported by the other research study by Dabir, 2015, indicates that there was a significant difference between the means of Table Tennis players and Volleyball players on scores of sports competition anxiety test score. The findings of our study also in line with the findings by Rastogi and Katiyar, 2014, they found that there was a significant difference between the chess players and cricket players on the scores of sports competition anxiety test.

While, another study by Kerketta, 2015, has a contradictory result shows that there was no significant difference between the Competitive Anxiety of the two groups of District level Volleyball and Soccer players of Bilaspur. A study by Khan and Aziz, 2015, revealed the same contradictory result with our study as they found that there were no significant difference found between basketball players and track running athletes of their sports competition anxiety.

Conclusions

On the basis of the findings we can conclude that there are significant differences in Sports Competition Anxiety within Jimma university players of different sports.

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