

Comparative Study of Sport Competition Anxiety Between Track Events And Field Events Athletes

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Abstract

In present research showed relationship of Sports Competition Anxiety was with track events and field events athletes. For the purpose of this study 38 male Athletes (track events athletes = 18 and field events athletes = 18) who participated of All India sports meet in February, 2017 at Integral University Lucknow, were enrolled as samples, their age were from 17 to 24 yrs. For the attainment of data contestants on competition anxiety an Inventory developed by Martens (1990) were used. The 'T' test was employed to examine data. Outcomes revealed that significant difference found between track events and field events athletes on their competition anxiety.

Keywords: Sports Competition, Anxiety, Track Events, Field Events

INTRODUCTION

Sports are one of the most prominent activities that people engaged in for enjoyment or interest. Motivation is one of the most important elements of effective performance. Its driving force compels individual athlete to achieve difficult and challenging tasks. There are many reasons and motives to perform well in sports.

Sport is an activity in which people engaged him or herself for enjoyment. Every individual is said to be enthused for participating in activity out of interest and for the satisfaction. Task leaning goal of sports has conceptually related with motivation.

In the stressful setting provided by competitive athletics, it is not usual to observe an athlete who either "choked" or whose fears at least interfere with effective performance. Athletes who chock or get psyched out during athletic competition are those who cannot cope with the anxiety that is always present in games.

The current investigation is aimed to explore the difference on anxiety between track events and field events athletes.

METHOD AND PROCEDURE

Participants

The present research Endeavour was designed to explore the differences between track events and field events athletes on sports competition anxiety. The age of samples was from 17 to 24 yrs. For this purpose 18 track events (100 mt. = 06, 200 mt. = 06, 400 mt.=06) and 18 field events athletes (Long jump = 06, High jump = 06, Triple jump =06) who participated of All India sports meet, for the finals were recruited as subjects for data collection during All India sports meet in February, 2017 at Integral University Lucknow, U.P. India.

Tools

For measuring competition anxiety of the samples, Inventory made by Martens (1990) was used. There were 15 statements in which 5 statements were false. Every item has their 3 answers i.e. Hardly-ever, some-time and often. Ten test items was taken for scoring items 2,3,5,6,8,9,11,12,14 and 15. The remaining five items i.e. false statement 1, 4,7,10 and 13 were not scored.

Procedure

Investigator personally approached participants to cooperate in data collection. The investigator gave them the required instructions in clear terms in order to fill their candid responses on the questionnaire.

Data Analysis

The obtained data were systematically arranged, tabled and subjected to statistical treatment using 't' test for finding difference between two groups of athletes. The results have been showed in given table

Results

Table 1 showed difference between track and field events athletes on competition anxiety.

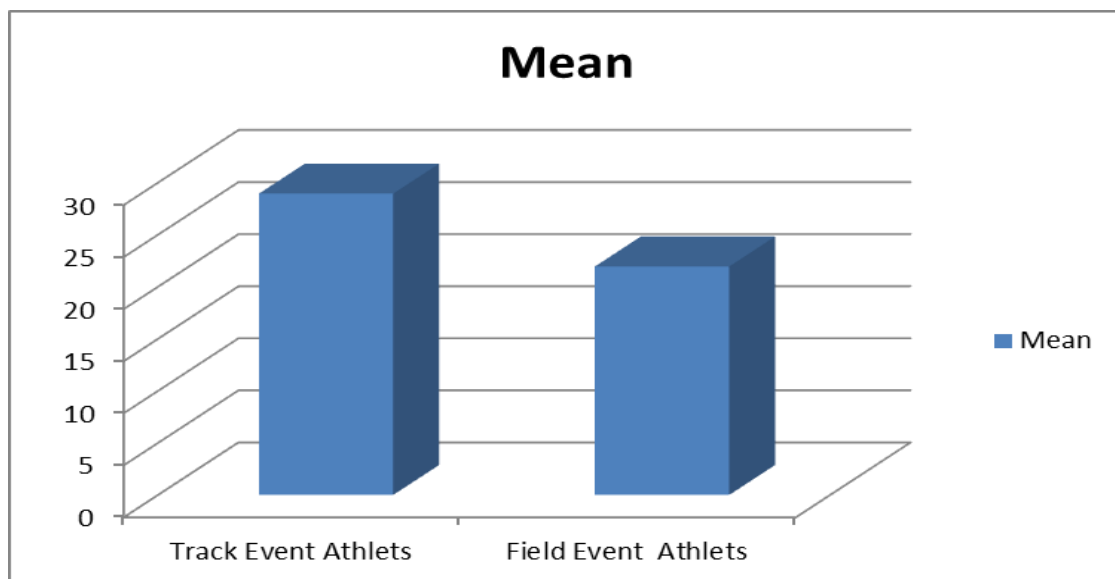
Subjects	N	Mean	SD	t-value	P
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Track events athletes	18	28.94	5.620050473	4.09102071	> 0.24
Field events athletes	18	21.94	4.595039		

*Significant at 0.05 level with $t(34) = 4.09$, $p > 0.24$

As can be seen from table-1, significant difference was found between track events and field events athletes on competition anxiety.

Figure 1 Showed mean difference, of competition anxiety between track and field events athletes.



DISCUSSION

The present study deals with the study of sports competition anxiety of track events and field events athletes. The result of study was obtain that significant differences were found between track events and field events athletes in their sports competition anxiety.

It may be inferred that since the duration of track events athletes are quite meager, it manifests a high level of cognitive and somatic arousal/ activation that tend to substantially raise the level of anxiety of sprinters. Whereas in field events athlete's level of arousal/

activation does not go much high and thus their anxiety level also remain contained to the low level.

CONCLUSIONS

On the basis of the results concluded that track events and field events athletes significantly vary on sports competition anxiety. The field events athletes remain calm and maintain mental poise during the competition. Contrary to it, the level of anxiety of track events athletes reported to be high due to the high pace, duration and nature of activity wherein arousal and activation levels shoot-up very high.

The similar results have been reported by a host of researchers who have found significant difference among various sports groups on anxiety level (Jagbir, Naseem and Khan 2007,. Kumari and Kamlesh 1990, Debnath and Bawa 2005).However, Debnath and Bawa (1986) did not find significant difference on competition anxiety among cyclists and gymnasts of national coaching camp.

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