



Sports Competition Anxiety Between State Level Chess and Cricket Players

- A Comparative Study

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Abstract

The purpose of the study was to compare the degree of sports competition anxiety between state level chess and cricket players. The study was conducted on 40 state level male chess and 40 male cricket players ranging from 18 to 25 years.

In this study Sports Competition Anxiety test (SCAT Martens et.al.1990) was used to measure sports competition anxiety. Questionnaire was distributed among the Chess and Cricket players 1 hour before the competition. It was hypothesized that there would be no significant difference in the Chess and Cricket players on the degree of sports competition anxiety. Descriptive statistics (mean and standard deviation) and t-test were used to analyze the data.

Findings : To analyse the SCAT-score t-test was employed. The level of significance for letting the hypothesis was set at 0.05 level or significance. The mean of the SCAT score of Chess players was 19.20 and that of Cricket players was 22.60. The calculated value was 3.95 which showed significant difference in sports competition anxiety between the state level Chess players and Cricket players ($t_{cal} = 3.95 - t_{tab} = 1.99$) The Sports competition anxiety of Cricket players was found to be higher than the Chess players. The value required to be significant for 78 degree of freedom was 1.99 at 0.05 level of significance.

Keywords: Sports Competition. Anxiety Test (SCAT), anxiety, chess players, cricket

Players.

Introduction:

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Applications of psychology to sports and athletics are numerous. They focus both on the individual athlete and on the team. Psychology is increasingly involved with athlete's coaches and trainers to enhance athletic performance through improved physical and mental training. Knowledge of psychology is essential for understanding each individual's motivation and developing that motivation to an optimal level for athletic performance. In order to facilitate peak performance by athletes, sport psychologists must consider the three different facts of anxiety, cognitive anxiety, somatic anxiety and self-confidence. In many sports athletes are expected to deliver perfect performance outcomes, perfectionism in athletes has been shown to be related to characteristics that may undermine performance, particularly competition anxiety. Anxiety is a negative emotional state in which feeling of nervousness worry and apprehension are associated with activation of arousal of the body (Weinberg : 1999) Another important point that needs to be clarified is the difference between state and trait anxiety (Spielberger, 1966) While state anxiety can be considered to be more situational in nature and is often associated with arousal of the autonomic nervous system, that anxiety can be thought of as a world view that an individual uses when coping with situation in his or her environment (Spielberger 1966) Researchers have found that high level of anxiety can be deteriorating effects on athlete's performance (Parnabas 2010).

Competitions requiring the fruits of training and experience to be transformed into top performances under the critical evaluation of opponents. Teammates, coaches and spectators may be associated with heightened competitive anxiety (Martens, Veale and Burton (1990). Research in sport psychology showed the male athletes reported lesser anxiety level than female players (Barksy, Peekna and Burus 2001 :Lorimer, 2006 ; Thout, Kavouras and Kenefic,1998: Jones and Cale, 1989 Cartoni,. Minganti and Zelli, 2005; Pranabas, 2010, Scanlan and Passer, 1979; Deutch, 1999; Thatcher, Thatcher and Dotting, 2004; Wark and Wittig,1979; Krane and Williams,1994) Researchers base found that competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon and Martens,1977).

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Methods:

Subjects:

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With the end goal of the examination, 40 chess players and 40 cricket players were arbitrarily chosen to fill in as subjects of the investigation, who had taken part in state level (West Bengal) rivalry. Age of the subjects extended somewhere in the range of 18 and 25 years.

Collection of Data:

In this examination, Sports Competition Anxiety Test (SCAT) Martens et al., 1990 was utilized to quantify Sports Competition Anxiety

Hypothesis:

The speculation was that there would be no critical contrast between the Chess and Cricket players on the level of Sports Competition Anxiety

Administration of the test :

Based on expert opinion and by personal understanding the Sports Competition Anxiety Test (SCAT) by Martens et al., 1990. The Sports Competition Anxiety Test (SCAT0) was administered one hour prior to the competition to collect the data for the study. 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.

Scoring of SCAT:

Sports Competition Anxiety Test (SCAT) Martens et al., 1990 consists of total 15 statements. Scores obtained for each statement was added up which represent an individual's total score on Sports Competition Anxiety Test (SCAT Score). The SCAT scores was analyzed.

STATISTICAL ANALYSIS:

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For the purpose of analysis of data, Descriptive Statistic (Mean and Standard Deviation and Independent test was applied to compare the degree of Sports Competitive Anxiety between Chess and Cricket players. The level of significance was set at 0.05 levels ($p < 0.05$)

Results:

The scores were obtained by using the key as suggested by Martens et al. 1990. All the individual SCAT score was used to judge the level of anxiety.

The data was analyzed by using 't' test. The significance of mean difference was found between scores obtained on Sports Competition Anxiety by Chess and Cricket players have been presented in Table 1.

Significant difference of mean on sports competition anxiety between cricket and chess players				
Variable	Chess Players	Cricket Players	Mean Difference	t-ratio
Sports Competition Anxiety	19.20 $\pm$ 4.06	22.60 $\pm$ 3.506	3.40	*3.95

* Significant at 0.05 level of significance [$t'_{.05(78)} = 1.99$]

It is evident from table 1 that there was a significant difference between the means of Chess and Cricket players on the scores of Sports competition Anxiety (SCAT 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.

Discussion:

The mean value (22.60) of Cricket players on Sports Competition Anxiety was found to be higher than the Chess players (19.20) which revealed that Cricket players are more prone to Sports Competition Anxiety compared to the Chess players. The reason behind this state of

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condition may be the nature as well as the demand of these sports activities. While Chess is the individual sports activity, Cricket is team sport activity. Researchers have found that Competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon and Martens, 1977). During Chess competition no. of spectators is generally less than the no. of spectators in a Cricket competition watching the sports. So the audience effect on the Cricket competition is more than that on the Chess game. The chance factor in Cricket competition is more than that in the Chess competition. Although one wrong decision in a Chess competition may badly affect the results of the competition but the Chess players gets some chances to recover the faults while in a cricket competition one wrong decision on the part of the batsman sends the batsman back in the pavilion and any misfiling or any bad deliver from the fielders side may change the entire fate of the match. These may be some possible reasons why the Cricket players are more anxiety prone than the Chess players.

Conclusion:

In regard to Sports Competition Anxiety there was a significant difference between the means of State Level Chess and Cricket players. It may be concluded that the Cricket players are more prone to Sports Competition Anxiety compared to the Chess players.

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