



Full Length Research Article

A COMPARATIVE STUDY ON COMPETITION BEHAVIOR PRECOMPETITION ANXIETY BETWEEN HILL AND PLAIN AREA LEVEL UNIVERSITY FOOTBALL PLAYERS

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ABSTRACT

The purpose of the study was to find out Competitive Behavior and Pre-Competition Anxiety between hill and plain area level university football players. Due to the fact that during competition mental state of players greatly affect their stamina explosion, which finally influence the result of final competition. Competitive Behavior and Anxiety in sports is considered to be an important issue for many footballers. It refers to a sort of nervous and fear emotion formed due to frustration of self-esteem and self- confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles at the right time. For the purpose of the study the subjects were selected randomly from the East Zone Universities which participated in interuniversity tournaments during 2012-13. To measure the Pre-Competition anxiety questionnaire on Sport Competition Anxiety Test (SCAT) developed by Rainer Marten and Competitive Behavior was observed by the Competitive Behavior Questionnaire developed by Frank Tyson. 25 hill football players and 25 from plain area university level football players were selected randomly. To find out Pre-Competition Anxiety and Competitive Behavior of hill and plain area university football players 't' test was applied. The result shows that there was no significant difference in pre-competition anxiety between hill and plain area level university football players. In other hand the result also shows that there was significant difference in Competitive Behavior between hill and plain area level university football players.

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INTRODUCTION

A competition is a social and cultural activity. Competition in performance sports has far reaching social, political, cultural and economical influence on the society. The importances of competition for sports training can hardly be overestimated. Competitions represent a special type of physical and psychic load, which is indispensable for performance improvement. Due to psychic factors the load during a competition is much more than estimated during training. The main aim of modern sports competitions is to detect and diagnose the human ability at an early stage of life and channelize it in the right direction to realize the achievements aimed at in a particular sports or game. Competition in sports is always connected with the aspiration of individual for achieving higher goals. In high-class competition, one always plans to create a new record to become the champion in a particular sport. Participation in competition, always has a social significance, as the team or

individual represent the city, state or the country. His performance is, therefore, bound to be evaluated by other people. Competitive Behavior includes the notion that several functions are being enacted that enables a group to perform successfully. These qualities typically include those that reflect some kind of managerial competencies, including planning, as well as a second set of tasks that includes enhancing human relations and many also include various interpersonal skills that help individual and group motivations. Anxiety refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self- confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles (Akbar et al., 2011). 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

Statement of the Problem: The purpose of the study was to analyze the competitive behavior and pre-competition anxiety between hill and plain area University level football players.

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MATERIALS AND METHODS

For the purpose of the study, 25 male players belonged to hill area and 25 male players from plain area were selected at east zone university meet as a representative of their university. The subject was selected randomly. The age of the subjects were ranged between 21 to 24 years. To compare the pre competition anxiety between the football players the data were collected by using Sport Competition Anxiety Test (SCAT) questionnaire developed by Rainer Marten and the competitive behavioral data of the players was obtained through a questionnaire developed by FRANK TYSON. The questionnaire contained 50 questions covering different dimensions for measuring competitive behavior; the questions contained 3 possible answers. Student's 't' test was applied to calculate the significance of difference between hill and plain area university level football players.

FINDING

Significance of Differences of Mean and Standard Deviation competitive behavior and pre-competition anxiety between hill level football players and plain area level university football players.

which is found to be at 0.05 level of confidence is significant. The 't' value of pre-competition anxiety is 1.20 which is not significant.

DISCUSSION OF FINDING

Anxiety plays a paramount role in sports. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be a positive motivating force or it may interfere with successful performance in sports events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non competitive sports, because in the competitive sports, participants are expected to win a great demands are made up on them to succeed. It is revealed from the above findings that the hill football players are more prone to pre-competition Anxiety than plain area university level football players. This study highlighted the anxiety levels by utilizing both psychological and physiological measures of anxiety as the competition approached among hill university level football player and plain area university level football player. The mean and S.D for pre-competition Anxiety scores shown higher in hill university level football player compared

Table 1.

Groups	Hill university level football player (Mean)	Plain area university level football player (Mean)	Hill university level football player (Std- deviation)	Plain area university level football player (Std- deviation)	t- Ratio
Competitive Behavior	99.92	92.92	8.42	5.97	3.36*
pre-competition anxiety	19.24	18.08	3.27	3.50	1.20

Tob-: $t_{0.05}(48)=2.00$, *= Significance



Figure 1

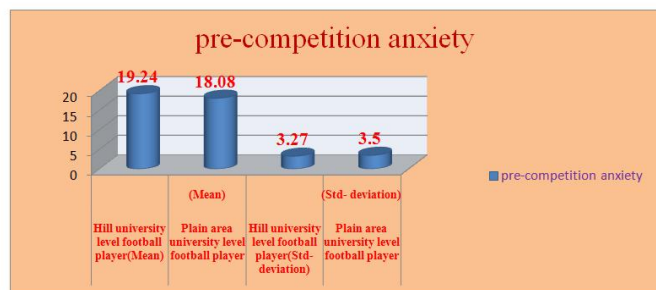


Figure 2

It is found from Table 1 that the mean and standard deviation of hill level football players and plain area level university football players on competitive behavior has been found to be 99.92 ± 8.42 and 92.92 ± 5.97 . The mean and standard deviation of hill and plain area level university football players on pre-competition anxiety has been found 19.24 ± 3.27 and 18.08 ± 3.50 . The 't' value of competitive behavior is 3.36

to plain area university level football player. Douglas et al (2006) stated that the major sources of pre-competitive anxiety include: fear of failure, thinking too much on what people may say about the performance, and lack of confidence. They concluded however, that pre- competitive anxiety is dependent upon factors such as: skill level, experience and general level of arousal in daily activities in present study the hilly football players show more Pre-Competition anxiety that may be due to that they are not too much experienced and exposed to competition like plain area university level football player. The plain area university level football players are more experienced and have adjustable ability with the environment and situation before competition. They are able to control their emotion and anxiety. Their nutritional status, blended demand with training for skill development in their training schedule and previous record in competition increase their confident level before competition and experience. These have been reflected in the result of the present study. In case of competitive behavior result reflected significant difference of mean between hill university level football player and plain area university level football player. This significant difference may be because in plain area the number of competition are more than that of hilly area so the plain area football player participated in more number of competition and the more participation in tournaments the players will reveal their behavior. These have been reflected in the result significantly.

Conclusion

Based on the findings and within the limitation of the present study, following conclusions were drawn:-

- Hill university level football player, are much more Prone to pre-competitive anxiety due to fear of failure, thinking too much on what people may say about the performance, and lack of confidence , skill level, experience and general level of arousal in daily activities
- Plain aria university football players are subjected to less pre-competitive anxiety due to more experience and adjustable ability with the environment and situation before competition, control their emotion and anxiety, their training schedule and previous record in competition and practice.
- Hill university level football player are less competitive behavior due to lack of different type of tournament and environment before competition.
- Plain aria university football players are more competitive behavior due to more experience about environment and adjustable ability with the environment and situation before competition

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