

## SPORTS COMPETITIVE ANXIETY AMONG MEDALIST AND NON-MEDALIST SOFTBALL FEMALE PLAYERS

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### ABSTRACT

*The purpose of present study was to access the Sports Competitive Anxiety between Medalist and Non-Medalists female softball players in the age group of 17-25 years. In the present study, the subjects for data collection were collected from Inter-College Female Softball Championship. The subjects were purposively selected in the case of Medalists and Randomly in the case of Non-Medalists. The sample consist of 76 Inter-College Female Softball players which further divided into two groups (N=38) Medalists and (N=38) Non-Medalists Female Players. To measure the level of Sports Competitive Anxiety of the subjects, Sports Competition Anxiety test constructed Marten's was applied. The result revealed significance difference between Medalist and Non-Medalists Female Softball Players. It has been observed that Medalist Female Softball Players had higher level of overall Sports Competitive Anxiety than the Non-Medalists Female Softball Players.*

**Keywords:** Sports Competitive Anxiety, Medalist and Non-Medalists, Softball Players.

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### INTRODUCTION:

In the present Scenario, the standard of all games has increased considerably. The ability to deal with anxiety is an integral part of sports training. People, who are able to overcome their anxiety, perform much better than some of the strongest contenders of the game. Sports bring out the best quality in every individual. Elite sportsperson are finding it increasingly difficult to sustain their dominance in their respective sports. Anxiety sets in when an individual begins to doubt his or her capacity to deal with situation which builds stress. Competitive anxiety is a negative emotional state that is generated when a person feels unable to cope with competitive demands. The increased mental stress of sports competition can cause player to react both psychologically and physiologically in a manner that can negatively affect their sports performance.

## SPORTS COMPETITIVE ANXIETY

Sports Competitive Anxiety has been defined as the tendency to perceive competition situation with feeling of apprehension or tension. It is a natural phenomenon. No human being is free from fear and anxiety. The well trained athlete is less affected by emotionally arousing stimuli as a compared to an average athlete. During competition, the sportsman are fearful to some degree which eventually affects their sports performance. Anxiety has to be used as a booster to improve performance, to achieve sporting glory.

Link (1993) Anxiety starts gradually and increases step by step. In case not to be controlled, it rises and irritates the people. The main reasons of anxiety are business travel, smoking, alcohol, over weight, failure, inappropriate physical appearance. Anxiety indications may be bone pains, being tired, headache, nervous, poor sleeping, forgetting, hesitation, hypochondriacs etc.

### METHODOLOGY:

In the study , the subjects for data collection were collected from Inter-College Female Softball Championship. The subject were purposively selected in the case of Medalists and Randomly in the case of Non-Medalists. The sample consist of 76 Inter-College Female Softball players which further divided into two groups (N=38) Medalists and (N=38) Non-Medalists Female Players. To measure the level of Sports Competitive Anxiety of the subjects, Sports Competition Anxiety test constructed Marten's was applied. The t-test was used to compare the significance difference between Medalist and Non-Medalist Female softball Players. The level of significance was set at 0.05 level  $t > 2.00$  (df=74).

**RESULTS:**

**Table-1**  
**Mean Differences in the Scores of Sports Competitive Anxiety of Medalist and Non-Medalist Female Inter-College Softball Players**

	Variable s	Medalist Players = 38		Non Medalist Players = 38		Mean Difference	SEDM	t- Value
		Mean	SD	Mean	SD			
1	Sports Competitive Anxiety	20.210	1.975	21.130	1.833	-0.920	0.437	- 2.105*

\*Significant at 0.05 level of significance with  $t > 2.00$  (df=74)

The results shown in Table-1 indicate significant difference on the variable Sports Competition Anxiety between inter-college medalist and non-medalist female softball players. The medalist subjects had Mean value 20.21 and S.D. value 1.975 respectively, whereas the non-medalist subjects had Mean value 21.13 and S.D. value 1.833 respectively. The calculated t - value between these two groups was -2.105 which was found to be significantly higher than the table value of 2.00 at 0.05 level of significance with (df=74). It demonstrated from the above results that female non-medalist players had higher level of Sports Competitive Anxiety than medalist players who had demonstrated the moderate level of Anxiety resulting which they had performed better than non-medalist players in the competition.

**DISCUSSION:**

The results revealed that inter-college female medalist had moderate level of Sports competitive Anxiety than the non-medalist female softball players. Morgan and Johnson (1978) is revealed

that successful athletes possess higher perceived ability, greater satisfaction and a lower state of anxiety than less successful athletes. Martin et. al. (1975) described relationship of competition anxiety and sports performance and found that state anxiety registered by a person in competitive situation is determined by the person's perception of likelihood of success.

### CONCLUSION:

It can be concluded by above findings that statistically significance difference were found among Medalist and Non-Medalist Female Softball Players in Sports Competitive Anxiety. It is further concluded that Medalist Female Softball Players have moderate Sports Competitive Anxiety compare to their counterpart in relation to their performance. If the athletes had higher as well as low anxiety, the performance is likely to be less desirable

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