

A COMPARATIVE STUDY ON SPORTS COMPETITION ANXIETY OF NATIONAL AND INTER-UNIVERSITY LEVEL FEMALE JAVELIN THROWERS

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ABSTRACT

Sports psychology has contributed a lot in improving the performance of sportswomen. Anxiety is directly related to performance. In this study, the scholar has taken from 60 javelin throwers from the national level and the interuniversity level as subjects. The data was collected from 3rd National Open Javelin Throw Championships 23-24 October, 2021 at JLN Stadium New Delhi. The subjects' age ranged from 16-25 yrs. The result indicates the tabulated t-value 2.04 is greater than the calculated t-value 0.68, indicating no significant difference in the anxiety parameter of both the group of javelin throwers

.Keywords: Sports Competition Anxiety, Javelinthrow, Inter-University Level, National Level, Female Javelin Throwers

INTRODUCTION:

Sports psychology has contributed a lot in improving performance of sportswomen. It has helped coaches to coach more effectively and athletes to perform better in national and international

level competition. Sports administrators are becoming more aware of the psychological aspect of sports. The rapidly growing area of sports psychology is contributing in terms of career orientation, stress management, and relaxation training for athletes (Robert, 1941). The origin of anxiety may be either psychic or somatic or even both. The most vital point in each case is the intensity of abating, that triggers off psychochemical reaction on the body and creates a vicious circle. Complex psychic state like depression, helplessness, threat to ego and aggressions etc. may produce psychological imbalance (Craty, 1984). Sports competition Anxiety has a temporal relationship to performance. The level of anxiety evidenced prior to performance may be different from arousal during performance. During performance anxiety is often reduced since the individual must concentrate on his own actions rather than on his internal fears. Post-task anxiety may then abruptly rise as the individual seem to lower his defence and admit his fear more freely. High anxiety sometimes results in more activity on the part of the individual but often this activity is pointless, inflexible and rigid. Since anxiety increase tension levels within the organism, as might be expected in efficient performance, is the result in competed tasks.

Today, in the modern competitive age, athletes are in a race to excel, and competition has become one of the most important methods of human expression as it is a way for athletes to achieve recognition and prestige on a national and international level. The perception of javelin throw has changed if we compare it with the earlier times. When we talk about javelin throw, it is 90% physical + 10% mental but that 10% can wipe out every bit of that 90%, the psychology of javelin throw has been divided into 3 C's i.e. Confidence, Concentration and Compose. This study describes the level of sports competition anxiety experienced by female javelin throwers competing in inter-university and national level competitions.

METHODOLOGY

This study was conducted on 25 female javelin throwers from the national level and 25 female javelin throwers from the inter-university level were selected as subjects. The data was collected from the 3rd National Open Javelin Throw Championships 23-24 Octobers,

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2021Jawaharlalnahru Stadium New Delhi. The subjects' age ranged between 16-25 years. The psychological characteristics as sports competition (SCAT Rainer Martens, 1990) anxiety were being relevant and contribute factors for performance efficiency of the event. Hence, this variable was considered appropriate for purpose of the study and use the test protocol as per given by SCAT test.

STATISTICAL ANALYSIS AND RESULTS

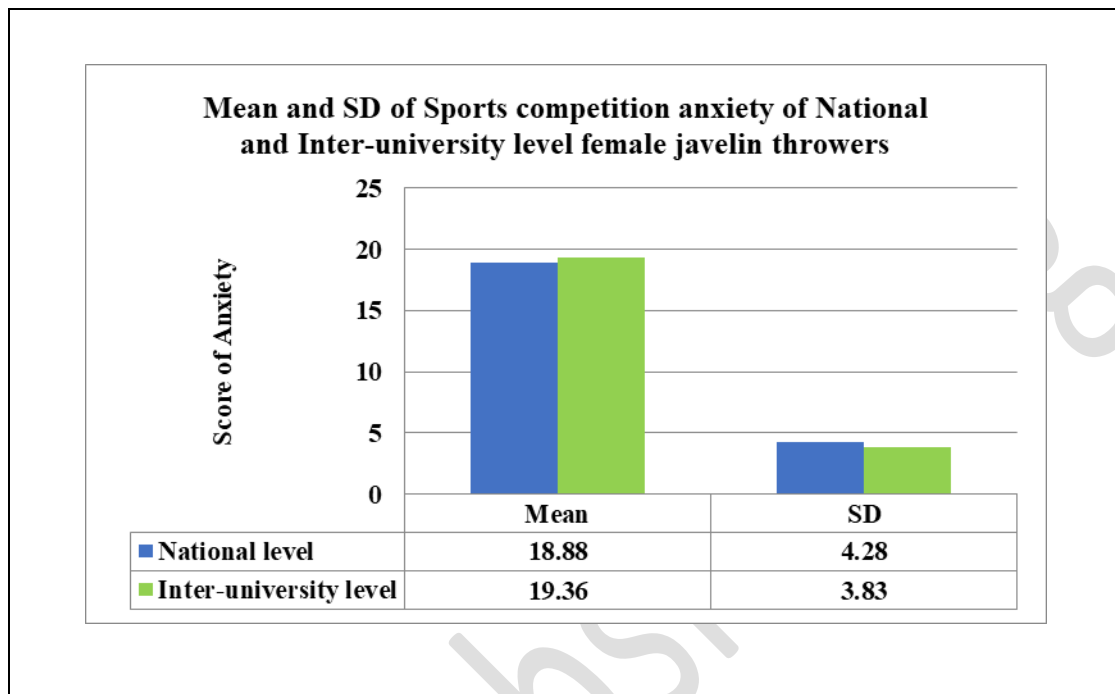
Table- Sports competition anxiety of National and Inter-university level female javelin throwers using t-test

Female Javelin throwers	N	Mean	SD	t-value
National level	25	18.88	4.28	0.68
Inter-university level	25	19.36	3.83	

Level of significance at 0.05

Tab. $t_{05}(2, 48) = 2.02$

The above results shows that the Mean and SD value of sports competition anxiety of National and Inter-university level female Javelin throwers is 18.88, ± 4.28 and 19.36, ± 3.83 respectively which state that there is no meaningful difference in both the anxiety parameters of national and inter-university level female javelin throwers. The t-value comes to be 0.68 which is less than the table value which is 2.04. Thus it states that there is no significant difference.



Graphical representation of sports competition anxiety of National and Inter-university level female javelin throwers

DISCUSSION

Anxiety is one of the most serious challenges of modern athletes. Cultural conflict, economic concerns, and industrialization all contribute to man's dilemma, raising anxiety levels. Anxiety is defined as an emotional state in which there is a strong fear of danger or loss of suffering. It usually occurs as a result of apprehension about something unknown, causing stress and disruption. Anxiety is a difficult feeling to identify, and even more difficult to detect reliably in performance. "Anxiety and nervousness are frequently used interchangeably" (Kumar, 2020). The current study findings that Female javelin throwers competing at the inter-university level have a higher level of anxiety than those competing at the national level. National-level female

javelin throwers were the experienced than the inter-university level throwers this is the reason behind it. According to **Sigmund Freud and Thomas A. Tutko**, anxiety can be so powerful that it produces leg motion and was fundamentally. When an athlete is overcome with anxiety, he or she often loses constructive and tries to cope by avoiding the need to work. This resulted in a bad work habit, as well as a loss of athletic technique and confidence. The impact of anxiety on performance is directly proportional to the task at hand. **Rahapan, (2016)** The purpose of this study is to compare the anxiety levels of sprinters, jumpers, throwers and long-distance runners study from the University of Kerala. For this, 120 male athletes (N = 120) were randomly selected from each group of sprinters, jumpers, throwers and long-distance runners who participated in the 2014 Inter-collegiate Games15, a total of 120 athletes of all the universities in Kerala. The age of the athlete is between 18-24 years. Research is limited to psychological variables such as anxiety. Use the SCAT questionnaire to assess player anxiety. The experimental design of this study is a static group comparison design. One-way analysis of variance (ANOVA) is used to find the differences in selected variables among college sprinters, jumpers, throwers, and long-distance runners. Since the obtained ratio is significant, the Scheffe test is used as a post-doctoral test to find the significant difference between each cell. Sprinters, jumpers, throwers and long-distance runners have significant differences in the psychological variables of anxiety. In addition, compared with jumpers, throwers, and long-distance runners, anxious sprinters have a higher degree of anxiety

Anxiety is one of greatest problems of modern trends in scientific knowledge, cultural conflict, economic problems, industrialization, all add to the problem of man, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear of something unknown which creates tension and disturbance. Anxiety is an emotion that is difficult to define and even more difficult to reliably detect in performance. "Nervous-ness is often used synonymously with anxiety. (Kumar, 2020)

Sigmund Freud and Thomas A. Tutko are in the opinion then anxiety can be so power full that causes mobility of legs and were essentially. The athlete who is gripped by anxiety often loses constructive and may attempt to handle anxiety by denying the need to work hand. This lead to poor work habit lose of sports technique and confidence. The effect of anxiety on performance depends directly on the type of task considered

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