



A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY AND SELF-EFFICACY BETWEEN THE FEMALE ATHLETES OF TRACK AND FIELD EVENTS

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ABSTRACT

The purpose of the study was to find out the difference of sports competition anxiety and self-efficacy between the female of track and field events. The subjects for the present study were selected from the B.H.U. The total number of subjects for the present study was 10 athletes (5 female from track event and 5 female from field events). The data was collected with the help of questionnaire for psychological variable i.e., Sports Competition Anxiety & Self-Efficacy. The questionnaire developed by Martens, Burton, (1990) & Sonali Sub, Ralf Schwarzer & Mathias Jerusalem et. al. was introduced for the collection of data. The level of significance chosen was 0.05 and degree of freedom was 8. There was no significant difference between female athletes of track and field events in relation to sports competition anxiety and self-efficacy.

Key Words: Sports Competition Anxiety, Self-Efficacy, Athletes, Track, Field

Introduction

Sports psychology has a unique place in sports sciences. There are numerous factors that are responsible for the performance of sports persons including track and field athletes as fundamental skill, technique, physiological, anthropometrical etc. along with these factors; the

performance of athletes is also determined by certain psychological variables. It plays an important role with increasing, managing and sustaining the sports performance by emotion and minimizing the psychological effect on individual behavior and poor performance.

Sports psychology is the scientific study of behavior in sports or sports related context. It is an attempt to understand 'how and why' underlying sports behavior. Sports psychology is defined as the study of mental processes related to human sports performance. It consists of theories and laws of learning, the important of reinforcement, and the linking of perceptual abilities with motor performance contribute to the body of knowledge. Sports psychologists utilize the information when studying topics such as achievement motivation, arousal, attribution and personality development. (Angela,1986)

Anxiety may be positive motivating force or it may interfere with success full athletic performances. As a positive motivating force it can be instrumental in motivating the athlete to work harder to find new and better ways to improve performances and to help set goals. The athlete who uses his anxiety in this way will seek out ways to improve himself. This not only reduces his anxiety but helps him increase his athletic skill s and self-confidence. As a negative motivator anxiety may interfere with productive as well as constructive thinking. Athletes may attempt to handle anxiety by denying the need to work hard. This can lead to the development of poor work habit or athletic techniques. These often lead to failure and, in turn, lack of confidence and increased anxiety.

Self-efficacy is the individual's assessment of their capabilities to organize and execute action required to achieve successful level of performance (Bandura, 1986). Therefore, it makes a difference in how people feel, think and act. In terms of feeling a low sense of self-efficacy is associated with dispersion, anxiety and helplessness. In terms of thinking, a strong sense of competence facilitates cognitive process and performance in a variety of settings, including quality of decision-making and related performance with comparison to low self-efficacy athletes. Athletes with high self-efficacy choose to perform more challenging tasks; they set for themselves higher goals and stick to them. Actions are reshaped in thoughts, and people anticipant either optimistic or pessimistic scenarios in line with their level of self-efficacy.

Methodology

The subjects for the present study were selected from the B.H.U the total number of subjects for the present study were 10 athletes (5 female from track event and 5 female from field events).

Selection of Tool

The psychological variables were measured by (SCAT) and (GSES) as they are considered most reliable and valid for the purpose.

Administration of Tools

1) Sports Competition Anxiety (SCAT)

The sports competition anxiety test (SCAT) contains fifteen items. Subjects asked to indicate about their feelings during sports and game and respond to each item using a three point ordinal scale (hardly ever, sometimes, or often). Ten of the items (2,3,5,6,8,9,11,12,14,15) assess individual differences in competitive trait anxiety; five spurious items (1,4,7,10,13 are not scored) were also included to reduce possible bias responses. Total score might for the SCAT ranged from 10 (low competitive trait anxiety) to (30 highest competitive trait anxiety).

2) Self-efficacy (GSES)

Self-efficacy scale was a 10 items psychometric Scale that was designed to assess optimistic self-efficacy to cope with a variety of difficult demands in life. The scale had been originally developed in Germany by SonaliSud, Ralf Schwarzer, & Matthias Jerusalem in 1981. First as a 20 items version and later as a reduced 10-item version and later as a 10-item version by Sud. R. Schwarrzer. Along and M.Jerusrlem (1995), and the test is evaluation questionnaire consisting of 10 statements related to situation.

Results of the Study

The results pertaining to analysis of data between pertaining to comparison of the two Psychological variables i.e., Sports competition anxiety, Self-efficacy between Track and Field events Descriptive Statistics and Independent sample t – test was used. The data pertaining to the results of analysis of students have been presented through the table No.1-2

TABLE 1

Comparison of **Anxiety** between female athletes of track and field events

Event	N	Mean	S.D	t- value
Track	5	19.0000	3.08221	0.745
Field	5	21.0000	5.14782	

Significant at 0.05 level

Tabulated t-value required to be significant at $df (8) = 2.306$

It is evident from Table-1 that the calculated t-value (0.745) is less than the tabulated t-value (2.306) which means that there is no significant difference between the mean scores of Track and Field events in relation to Anxiety.

Fig.1

Graphical Representation of Mean and Standard Deviation Score of Anxiety of Female

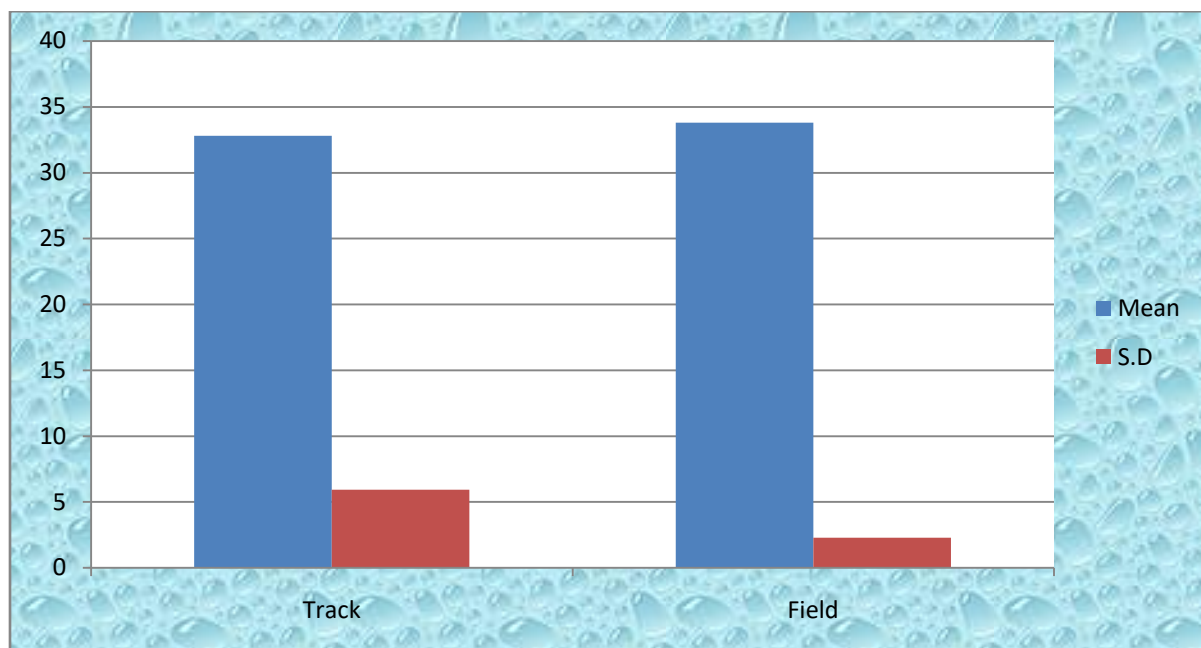


TABLE- 2

Comparison of **Self-efficacy** between female track and field events

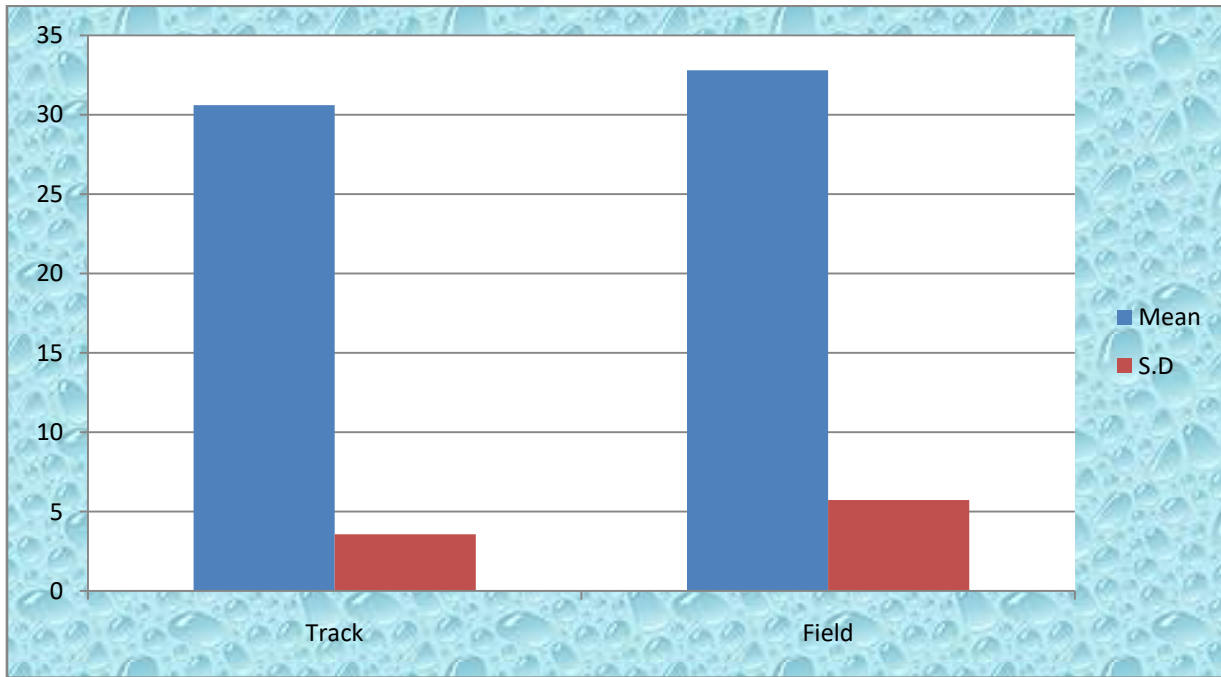
Event	N	Mean	S.D	t-value
Track	5	30.6000	3.57771	0.729
Field	5	32.8000	5.71839	

Significant at 0.05 level, Tabulated t-value required to be significant at d.f. (8) = 2.306

It is evident from Table-1 that the calculated t-value (0.729) is less than the tabulated t-value (2.306) which means that there is no significant difference between the mean scores of Track and Field events in relation to Self-efficacy.

Fig.2

Graphical Representation of Mean and S.D. Score of Self-efficacy of Female



SUMMARY, CONCLUSIONS, AND RECOMMENDATION

Summary

The objective of the study was to compare the female athletes from Track event in relation to their sports competition Anxiety and Self-efficacy further the second objective of the study was to compare the female athletes from Field events in relation to their sports competition Anxiety and Self-efficacy.

For the purpose of the study 10 Athletes (5 Track event and 5 Field events) were selected for this study. The age of the subjects ranged from 18 to 25 years and all were regular students of the university. The data pertaining to the psychological characteristics were collected from the subjects belonging to Banaras Hindu University.

The data were collected by administration of the questionnaire for all psychological variables with the help of questionnaire.

The data collected were analyzed with the help of Mean, Standard Deviation and finally the mean for two groups were analyzed and compared with the help of another technique called independent sample t - test, which was evaluated and compared for the purpose of finding significance relationship. The level to find out significant relationship was set at 0.05 levels.

The result of the present study shows there is no significant difference between athletes of track and field events in relation to sports competition Anxiety; it also shows there is no significant difference between female athletes of track and field events in relation to Self-efficacy. The present study was also supported by the following studies conducted in the past.

Conclusions

From the above tables the study is hereby concluded that:

1. There is no significant difference between female athletes of track and field events in relation to sports competition Anxiety.
2. There is no significant difference between female athletes of track and field events in relation to Self-efficacy.

Recommendations

In light of the conclusion drawn, the following recommendations are made:

1. Effort was made to reveal the psychological characteristics of the Athletics players there is a need of doing research taking some more psychological variables.
2. A similar study may also be conducted on players of different games.
3. A study can also be conducted by taking much larger sample.
4. A study can also be conducted on players of different countries participating in international competitions.

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