



AN ANALYSIS OF SPORT COMPETITION ANXIETY AMONG COLLEGE-LEVEL CRICKET PLAYERS

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ABSTRACT:

This research work compared the level of “fear of athletic competition” among cricket at the college level players. In search of investigation of this project, 8 college cricket players (male) at Murshidabad quarterfinalist team 2021-2022, (Sripat Singh College, Dumkal College, Murshidabad Adarsha Mahavidyalaya, Raja Birendra Chandra College, Haji A K Khan College, Jalangi Mahavidyalaya, Prof. Syed Nurul Hasan College, and S. R. Fatepuria College) were carefully picked on purpose to serve as the study. Out of eight colleges four colleges have been selected in semifinal team namely Haji A K Khan College, Raja Birendra Chandra College, Jalangi Mahavidyalaya, Prof. Syed Nurul Hasan College. Competition anxiety in sports was assessed for this study using the ‘Sport Competition Anxiety Test’ (SCAT), the Hypnosis Works questionnaire from 2006. The required information was gathered with the aid of an evaluation form connected to fear of athletic competition. 80 male cricket players provided information on the sport competition anxiety variable. Mean, SD, and Analysis of Variance, three descriptive statistics, were employed to examine the data (ANOVA). The important threshold was placed at 0.05. According to the study’s findings, there is no statistically considerable difference between Haji A K Khan College and Jalangi Mahavidyalaya in terms of competition anxiety in sports.

KEYWORDS:

SPORTS, COMPETITION, ANXIETY, AND CRICKET PLAYER.

INTRODUCTION

There are two ways that anxiety is multidimensional. Like all feelings, anxiousness has a characteristic, element, and an aspect of component. While the trait element resembles to attitude in psychology, the State element is a set of circumstances response. A current emotional condition recognised as “state anxiety” is characterised by feelings of discomfort, fear, tension, and an increase in arousal, physiologically. However, “trait anxiety” refers to a tendency to identify particular eco-friendly circumstances to view these circumstances as harmful and to react to them by increasing state distress (Spielberger, 1971). Large amounts of competitive trait anxiety in athletes increase their likelihood of experiencing large amounts of concern about being competitive in actual competitive situations.

Aside from, anxiety is multimodal in that it is thought to include both physical and cognitive components. The mental element of anxiety, such as the dread of failure, the fear of cultural rejection, and the worry of losing one’s self-esteem, is known as “cognitive anxiety”. The somatic aspect of anxiety refers to the experience of physical symptoms like tense muscles, an elevated heart rate, and increased respiration. There are thought to be cognitive and physical components to both state and trait anxiety. The “multidimensional anxiety theory” is the term used in

the literature on sports psychology to describe the idea that anxiety has all the cognitive and physical elements. Your performance as an athlete can be hampered by anxiety before or during sporting tournaments.

When your body is tense, it becomes progressively difficult to coordinate the movements needed for sports activity. Physical arousal at a specific level aid in competition readiness. However, if your physical signs of anxiousness are too severe, they could substantially hamper your ability to compete. Similar to how worrying about how you perform in competition can be helpful, significant cognitive anxiety symptoms like deleterious thought trends and failure aspirations could indeed result in a self-fulfilling prophecy. When you notice a discernible difference between your performance in practice and during competitions, anxiety may be affecting it.

Anxiety’s detrimental effects on effectiveness are much more likely to affect some athletes. This makes sense given amateur athletes’ relative inexperience in both competition and arousal management, who are more prone than seasoned pros to feel anxiety that impairs their performance in competition. It has also been discovered that athletes who compete in solitary sports feel more anxiety than those who compete in team sports. Having a

team to compete on should reduce some of the strain that individuals who compete alone endure. Martens (1977) suggested that “Worry” is a well-known major element in the competitive sport anxiety system, which is a cognitive anxiety element. According to Borkovec et al (1983) “worry” is “a sequence of ideas [that are] negatively impact loaded [and] generally uncontrollable,” (p.10) and it is frequently felt when a person’s attention is focused on perceived environmental threats or dangers (Mathews, 1990). Schwarzer (1996) expresses his views that when a potential occurrence is perceived as “aversive, likely, immediate, and resource intensive,” people tend to worry (p.105). Consequently, a major cause for worry is that it typically has a futuristic focus, highlighting the that it is concentrated on impending danger (Borkovec, 1994). “Worry” is commonly mentioned as a part of “cognitive interference,” which refers to a certain class of troublesome cognitions, invasive, unwelcome, as well as occasionally upsetting to the person (Sarason, Pierce, & Sarason, 1996). This consequences of anxiety on productivity have been carefully examined in a variety of circumstances due to the invasive nature of concern (such as academic assessments and athletic performance). The term “distress” is frequently used in “concern” or “cognitive anxiety” in sports contexts; for instance, Burton (1988). According to empirical research (e.g., Sarason & Sarason, 1987), concern negatively affects efficiency on both mental and physical activities (including sport settings).

A further manifestation of innate anxiousness is worry (e.g., Eysenck & Van Berkum, 1992; Schwarzer, 1996). In other words, those who are truly frightened often worry due to their a tendency to focus on potential threats in their surroundings (e.g., Mathews, 1990). Eysenck and Van Berkum, for instance, watched that individuals with high trait anxiety (M age = 32.3 years) had a propensity for more anxiety frequently than individuals who experience less generalised anxiety than those who do. The

connection between worry therefore the subject of trait anxiety is one that a number of well-known “sport anxiety” scholars have taken a similar stance. They contend that “competitive trait anxiety” (CTA), which is a psychological condition reflecting a person.

OBJECTIVE:

This study compares college-level cricket players’ levels of anxiousness over sporting competitions.

METHODOLOGY:

Sample: Eight male college cricket players from the Murshidabad college level team (Sripat Singh College, Dumkal College, Murshidabad Adarsha Mahavidyalaya, Raja Birendra Chandra College, Haji A K Khan College, Jalangi Mahavidyalaya, Prof. Syed Nurul Hasan College, and S. R. Fatepuria College) who competed in the 2021–2022 season were chosen for the study. Their ages varied from 17 to 28. For this investigation, deliberate sampling was employed. Measurement criterion: Sport Competition Anxiety was assessed for this study using the “Sport Competition Anxiety Test” (SCAT) questionnaire, which was created by Hypnosis Works in 2006.

STATISTICAL METHODOLOGY:

Analysis of variance and descriptive statistics were employed to contrast the sports competition anxiety among men who competed in the all-India semi-finals of cricket at the university level. 0.05 was used as the significant level.

RESULT AND DISCUSSION:

The illustrative statistical findings for “sport competition anxiety” male cricket players from four colleges from the Murshidabad college cricket team (Haji A K Khan College, Raja Birendra Chandra College, Jalangi Mahavidyalaya, Prof. Syed Nurul Hasan College) have been arranged in a table for display.

TABLE-1: STRESS RELATED TO ATHLETIC COMPETITION, DESCRIPTIVE STATISTICS HAJI A K KHAN COLLEGE, RAJA BIRENDRA CHANDRA COLLEGE, JALANGI MAHAVIDYALAYA, PROF. SYED NURUL HASAN COLLEGE.

Haji A K Khan College		Raja Birendra Chandra College		Jalangi Mahavidyalaya		Prof. Syed Nurul Hasan College	
Mean	19.50	Mean	20.30	Mean	20.10	Mean	20.70
Standard Error	0.91	Standard Error	0.97	Standard Error	1.39	Standard Error	0.76
Median	19.50	Median	21.00	Median	20.00	Median	21.00
Mode	19.00	Mode	22.00	Mode	20.00	Mode	19.00
Standard Deviation	2.88	Standard Deviation	3.06	Standard Deviation	4.41	Standard Deviation	2.41
Sample Variance	8.28	Sample Variance	9.34	Sample Variance	19.43	Sample Variance	5.79

Kurtosis	2.12	Kurtosis	-1.00	Kurtosis	2.00	Kurtosis	-1.49
Skewness	-1.19	Skewness	-0.59	Skewness	-0.42	Skewness	-0.16
Range	10.00	Range	9.00	Range	17.00	Range	7.00
Minimum	13.00	Minimum	15.00	Minimum	11.00	Minimum	17.00
Maximum	23.00	Maximum	24.00	Maximum	28.00	Maximum	24.00
Sum	195.00	Sum	203.00	Sum	201.00	Sum	207.00
Count	10.00	Count	10.00	Count	10.00	Count	10.00
Confidence Level (95.0%)	2.06	Confidence Level (95.0%)	2.19	Confidence Level (95.0%)	3.15	Confidence Level (95.0%)	1.72

The conclusions regarding statistics that are specific to “sport competition anxiety” male cricket players from eight colleges from Murshidabad college cricket team, (Sripat Singh College, Dumkal College, Murshidabad

Adarsha Mahavidyalaya, Raja Birendra Chandra College, Haji A K Khan College, Jalangi Mahavidyalaya) are displayed in a table.

TABLE-1: DETAILED STATISTICS OF “SPORT COMPETITION ANXIETY” AMONG HAJI A K KHAN COLLEGE, RAJA BIRENDRA CHANDRA COLLEGE, JALANGI MAHAVIDYALAYA, PROF. SYED NURUL HASAN COLLEGE

Variable	Groups	Mean	Std. Deviation
Sport Competition Anxiety	Haji A K Khan College	19.5	2.87711275
	Raja Birendsra Chandra College	20.3	3.056868405
	Jalangi Mahavidyalaya	20.1	4.408325457
	Prof. Syed Nurul Hasan College	20.7	2.406010991

The Mean and SD scores of the data in Table 1 are clear. Haji A K Khan College having Mean 1.95 and SD 2.87711275, Raja Birendra Chandra College having Mean 20.3 and SD 3.056868405, Jalangi Mahavidyalaya having Mean 20.1 and SD 4.408325457, Prof. Syed Nurul Hasan College having Mean 20.7 and SD 2.406010991 in relation

to “Sport Competition Anxiety”. The results of 80 cricket players were studied using one-way analysis of variance (ANOVA) to determine their level of competition anxiety (20 from every college, Haji A K Khan College, Raja Birendra Chandra College, Jalangi Mahavidyalaya, Prof. Syed Nurul Hasan College) have been offered in table No.2.

TABLE-2: A COMPARISON OF THE VARIANCE IN “SPORT COMPETITION ANXIETY” AMONG HAJI A K KHAN COLLEGE, RAJA BIRENDRA CHANDRA COLLEGE, JALANGI MAHAVIDYALAYA, PROF. SYED NURUL HASAN COLLEGE

Anova: Single Factor						
SUMMARY						
Groups	Count	Sum	Average	Variance		
Haji A K Khan College	10	195	19.5	8.277778		
Raja Birendra Chandra College	10	203	20.3	9.344444		
Jalangi Mahavidyalaya	10	201	20.1	19.43333		
Prof. Syed Nurul Hasan College	10	207	20.7	5.788889		
ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	7.5	3	2.5	0.233402	0.8725	2.866266
Within Groups	385.6	36	10.71111			
Total	393.1	39				

* Significance at 0.05 level of confidence. Tab F (3, 56) = 2.76

Table 2 demonstrates that there is no significant difference between Haji A K Khan College, Raja Birendra Chandra College, Jalangi Mahavidyalaya, and Prof. Syed Nurul Hasan

College with regard anxiety over athletic competitions as discovered the tabulated value of 2.76 needed for significance at the 0.05 level with (3,56) degree of freedom

is less than the "F" ratio of 0.8725. Because the F-ratio was revealed to be negligible in the case of Sport Competition Anxiety, the least significant difference (L.S.D.) test of post-hoc was not performed to investigate the significant difference between matched means. The sequence of performance among Haji A K Khan College, Raja Birendra Chandra College, Jalangi Mahavidyalaya, Prof. Syed Nurul Hasan College were the colleges of Murshidabad Haji A. K Khan College < Raja Birendra Chandra College < Jalangi Mahavidyalaya < Prof. Syed Nurul Hasan College.

DISCUSSION AND FINDINGS:

The study's conclusions regarding sport completion anxiety revealed that there are no appreciable differences between Prof. Syed Nurul Hasan College, Haji A K Khan College, Raja Birendra Chandra College, and Jalangi Mahavidyalaya. According to Onions (1996), the term in Latin *angor*, that means "to choke," is the main origin of the term *anxiousness*. The prevalence of choking under pressure in sports makes this Latin root intriguing. An unpleasant emotion known as anxiety in sport psychology has as its hallmarks nebulous yet enduring worried and dreadful feelings (Cashmore, 2002). Buckworth and Dishman (2002) offered a similar interpretation of this concept, describing the feeling of *anxiousness* as "worry, fear, or tension that frequently occurs in the absence of genuine or visible threat." A higher level of physiological arousal, regulated by the autonomic nerve system, is typically present along with the tension experienced by anxious people. In an examination of anxiety in the brain in collegiate players of ice hockey, Dunn (1999) and Dunn and Syrotuik (2003) identified four major themes. Anxiety about physical harm or danger, concerns about receiving a poor review from others, and an unidentified dread of the unknown were among these themes. In comparison to the other two worry areas, individuals in the study were generally more worried about underperformance and negative feedback. Cognitive distress generally has a devastating effect on a person's capacity to perform in sports. (Cashmore, 2002). The term "somatic anxiety" relates to the way that anxiety manifests physically and is generally understood to be "one's perception of the physiological-affective elements of the anxiety experience, that is, indications of autonomic arousal and unpleasant feeling states such as nervousness and tension" (Morris et al., 1981). When an athlete experiences signs of the body like enlarged sweating, quick shallow breathing, sweaty

hands, and a pounding heart, or feeling like one stomach is like "butterflies", this aspect of anxiety is evident in sports. Somatic anxiety is linked to symptoms of autonomic arousal, while cognitive anxiety is characterised by unfavourable thoughts and anxieties. Considering that several research (Kerr, 1997) have hypothesised that arousal levels may rise together with other factors with emotions other than fear should be acknowledged. Particularly, it seems that exhilaration and fury have physiological underpinnings with worry. Anxiety's third component is behaviour. Faces with tense muscles, changed ways of communication, particularly irritability

and agitation, as well as rapid speech delivery are all indicators of worry in this area (Gould et al., 2002). Participants in this study were cricket players with a similar level of playing experience and exercise. The participants have previously taken part in several, even more difficult events or tournaments. According to this project, many university cricketers had lower levels of anxiety related to sports competitions than players with similar levels of anxiety. The David Matsumoto research also provided confirmation for the study's findings (2000).

CONCLUSIONS:

Insignificant difference exists among Haji A K Khan College, Raja Birendra Chandra College, Jalangi Mahavidyalaya, Prof. Syed Nurul Hasan College in relation to Sport Competition Anxiety. The order in which each of the performances (Sripat Singh College, Dumkal College, Murshidabad Adarsha Mahavidyalaya, Raja Birendra Chandra College, Haji A K Khan College, Jalangi Mahavidyalaya, Prof. Syed Nurul Hasan College, and S. R. Fatepuria College was Haji A K Khan College < Jalangi Mahavidyalaya < Raja Birendra Chandra College < Prof. Syed Nurul Hasan College.

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