



A COMPARISON OF SPORTS PERFORMANCE ANXIETY AND SPORTS CONFIDENCE AMONG SUB-JUNIOR SOCCER PLAYERS

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ABSTRACT:

Purpose of this study to measure the level of sports performance anxiety and sports confidence among block level soccer players, compare these two constructs, and examine the relationship between sports performance anxiety and sports confidence. A descriptive comparative research design to examine differences in Sports Performance Anxiety and Sports Confidence among soccer players. . Participant were selected from various schools and club within the Lalgola block, Murshidabad, of W.B, India. The mean anxiety score (~21.30) indicates that block-level football players experience moderate competitive anxiety and the SD shows low to moderate variability, meaning most players have similar anxiety levels. The Z-value (27.52) is highly significant at the 0.001 level, indicating a statistically significant difference between sports competition anxiety and sports confidence among block-level football players and p-value < 0.001 highly significant.

KEYWORDS:

SPORTS PERFORMANCE ANXIETY, SPORTS CONFIDENCE.

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INTRODUCTION:

In modern sports, psychological factors play a crucial role in determining performance outcomes. Two of the most influential psychological variables are **sports performance anxiety** and **sports confidence**. While anxiety can negatively impact performance by increasing nervousness and tension, confidence enhances an athlete's belief in their ability to succeed. Sports Performance Anxiety, emotional and cognitive distress before/during competition, Cognitive: negative thoughts, self-doubt, Somatic: increased heart rate, muscle tension, Individual sport athletes often experience higher anxiety, Team sport athletes may have lower anxiety due to social support. Sports Confidence, Belief in one's ability to perform successfully, High confidence → better focus, decision-making, reduced anxiety, Low confidence → self-doubt, hesitation, decreased performance, Individual athletes rely on self-confidence, Team athletes rely on collective confidence.

Football players at the block level often experience varying levels of competitive pressure, which may influence their psychological state and overall performance. Therefore, it is important to study and compare these two variables.

This study was employed with a non-experimental comparative design. Specially, this study was applied for a comparative study approach since the study seeks to compare different individual in respect of their psychological variables as well as the relationship of different variables will also be considered in the study and the mean confidence score (80.47) suggests high

confidence among players.

OBJECTIVES:

1. To measure the level of sports performance anxiety among block-level soccer players
2. To assess the level of sports confidence among block-level soccer players
3. To compare sports performance anxiety and sports confidence
4. To examine the relationship between anxiety and confidence

HYPOTHESES

H₀₁: There is no significant difference in sports performance anxiety among block-level football players

H₀₂: There is no significant difference in sports confidence among block-level football players

H₀₃: There is no significant relationship between sports performance anxiety and sports confidence

METHODOLOGY:

This study employed a descriptive comparative research design to examine differences in Sports Performance Anxiety and Sports Confidence among soccer players.

LOCATION OF THE STUDY:

This study was carried out in the Lalgola block, Murshidabad, of W.B, India. Participant were selected from various schools and club within the district.

SUBJECT:

The subjects of the study were block level sub- junior boys football players. Who attended football competition schools and clubs in Lalgola, Murshidabad block level. 120 Subject were selected from two different psychological Variables vis Sports Competition Anxiety And Sports Confidence.

CRITERION MEASURE:

The study was conducted on two psychological variables i.e., Sports Performance Anxiety (SPA) and Sports Confidence (SC).Sports Competition Anxiety as one of the variables analyze for sub- junior boys football players in this study led this academic work to the indicator of how a competitor was affected by anxiety in their spots performance. In this study Sports Competition Anxiety was measured by the questionnaire Sports Competition Anxiety Test (SCAT) and Sports Confidence was measured by the questionnaire Vealey's Trait Sports Confidence Inventory (TSCI).

RESULT AND DISCUSSION:

TABLE NO. 1 TWO SAMPLE Z-TEST, USING NORMAL DISTRIBUTION OF FOOTBALL PLAYERS

Psychological Variables	Mean	SD	z	p-value
SCAT	21.30	4.85	27.52	0.000
TSCI	80.47	10.71		(p < 0.001)

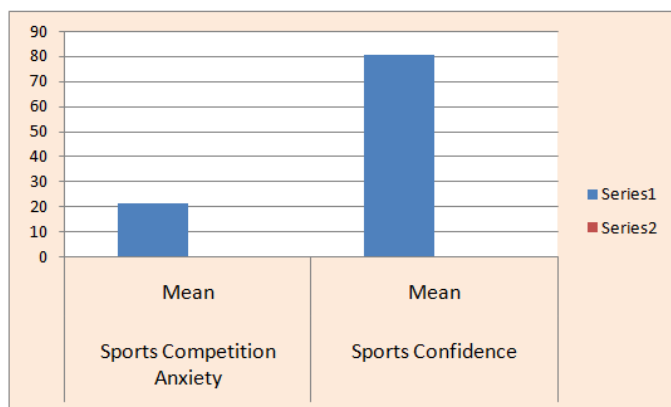


FIGURE NO. 1

ANALYZE TABLE NO. 1

The Mean and SD of SCAT score is 21.3± 4.85 and TSCI score is 80.47± 10.71 respectively the mean anxiety score (~21.30) indicates that block-level football players experience moderate competitive anxiety and the SD shows low to moderate variability, meaning most players have similar anxiety levels. And other side the mean confidence score (80.47) suggests high confidence among players and the SD (10.71) indicates moderate variation, meaning some players are very confident while others are less so. The calculated Z-value (27.52) is highly significant at the 0.001 level, indicating a statistically significant difference between sports competition anxiety and sports

confidence among block-level football players and p-value< 0.001 (Highly Significant).

CONCLUSION:

The result suggests a moderate to strong inverse relationship, highlighting that confidence plays a crucial role in managing competitive anxiety. Therefore, enhancing confidence may help in reducing anxiety and improving sports performance. This is also suggests that confidence levels are significantly higher than anxiety levels.

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