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Comparative Study of Sports Competition Anxiety among Hockey Players of Different Levels of Madhya Pradesh

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Abstract: The purpose of the study was to compare sports competition anxiety in Madhya Pradesh's senior, under-17, and under-19 male hockey players. For the study, a total of 90 male hockey players 30 in each group were chosen. The Sports Competition Anxiety Test (SCAT) was used to gage sports competition anxiety, created by Rainer Martens (1991), was used to gauge sports competition anxiety. Using SPSS-21 software, descriptive statistics and Analysis of Variance (ANOVA) were performed, with a significance level of 0.05. Sports competition anxiety did not differ statistically significantly between the three groups, according to the results ($F = 1.581$, $p = 0.212$). It was determined that there was no identifiable difference in SCAT scores between the various competitive levels. The study may aid coaches and physical education instructors in comprehending hockey players' anxiety related to sporting competitions.

Keywords: Sports Competition Anxiety, Hockey Players, State Anxiety, Trait Anxiety, Sports Psychology, Competitive Anxiety, Senior Players, Under-17 Players, Under-19 Players, Madhya Pradesh, Sports Competition Anxiety Test (SCAT).

Introduction

Hockey is the national game of India and Indian team had once been the undisputed champion of the game. Several Indian and international tournaments have been held in the Indian hockey stadiums in past and during its hay days, Indian domestic tournaments of Hockey were of equal standards to the world class tournaments. The game of field hockey is played widely across the India. Field hockey is, in fact, the second largest team sport in the India after cricket. The game is also played in many schools and offers a scholarship and social opportunities for players.Athletes physical and mental development is greatly influenced by sports. For athletes to succeed, mental preparation is just as important as physical fitness, technical proficiency, and consistent training. Due to competition, expectations, and the need to perform well, athletes frequently face pressure. Anxiety associated with sports competition is a major psychological factor that may impact an athlete's self-assurance, focus, and performance. Therefore, improving athletes' psychological readiness and competitive performance requires an understanding of anxiety.Hockey is a fast-paced team sport requiring endurance, strength, speed, agility, flexibility and quick decision making. These skills are necessary for players to perform actions such as dribbling, tackling, scooping and hitting effectively. Players need to handle the psychological pressure of competition, in addition to physical and technical skills. Sports competition anxiety is defined as the feeling of apprehension, nervousness, and worry that occurs before or during competitive situations. These feelings may differ between athletes, depending on their personal characteristics and competitive experiences. The Sports Competition Anxiety Test (SCAT) was developed by Rainer Martens and is a standardized measure of competition anxiety in sport.The title of the present study is “Comparative Study of Sports Competition Anxiety Among Hockey Players of Different Levels of Madhya Pradesh”. The purpose of the present study is to study and compare the sports competition anxiety among the male hockey players of senior, under-17 and under-19 level. The Sports Competition Anxiety Test (SCAT) is used in the study to measure anxiety in these three groups. Comparison of players at different levels of competition may help to better understand the psychological experiences in sports. The results can be useful for physical education teachers and coaches to understand the anxiety levels of hockey players and to understand the importance of mental preparation together with physical training for effective sports performance.

Methodology

The present investigation was undertaken to compare the sports competition anxiety of male hockey players of different levels in Madhya Pradesh. A total of 90 male hockey players were selected. The players were divided into three groups: senior, under 17 and under 19, with 30 players in each group. The main variable of the study was sports competition anxiety. The comparison was made to examine differences in the anxiety scores between the three groups.

Form A of the Sports Competition Anxiety Test (SCAT), created by Rainer Martens (1991), was used to gage sports competition anxiety. Descriptive statistics and One-way Analysis of Variance (ANOVA) using SPSS-21 software were used to evaluate the gathered data. The three groups' means and standard deviations

were computed. A significance level of 0.05 was established. Senior players scored 18.90 on the SCAT, under-17 players scored 22.47, and under-19 players scored 19.59. The significance value was 0.212 and the F-value was 1.581. There was no statistically significant difference between the three groups.

Discussion of Findings

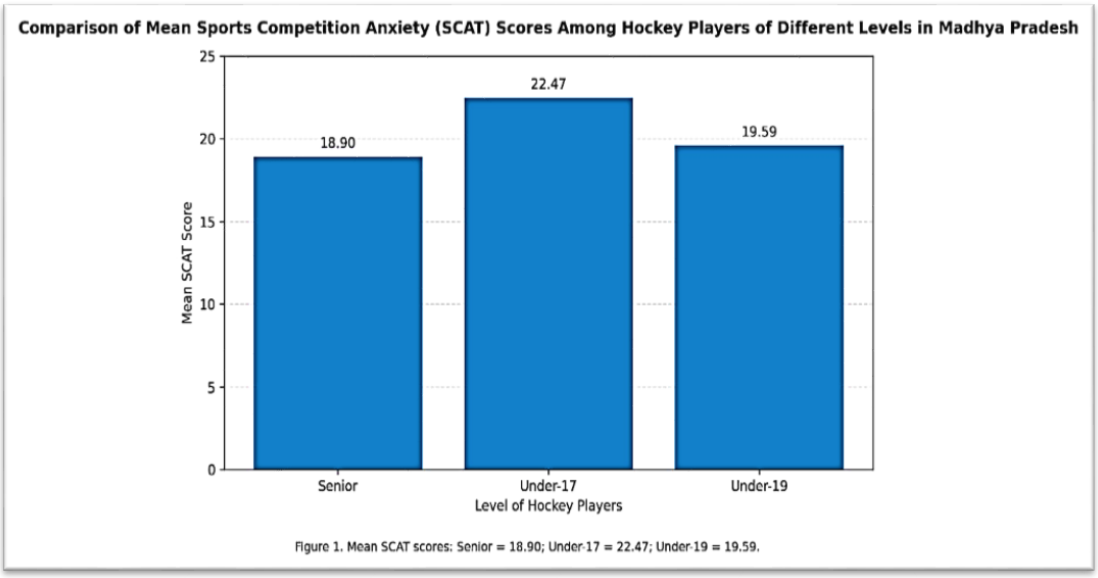


Figure 1. Mean SCAT scores: Senior = 18.90; Under-17 = 22.47; Under-19 = 19.59.

The study found no statistically significant difference in the levels of competitive anxiety among Madhya Pradesh's senior, under-17, and under-19 male hockey players. The average anxiety score was 18.90 for senior players, 22.47 for under-17 players, and 19.59 for under-19 players. At the traditional 0.05 significance level, the variance analysis produced an F-statistic of 1.581 with a p-value of 0.212, indicating the lack of statistical significance. The lack of statistically significant variation may be explained by the similar psychological pressures and competitive experiences that all three cohorts encountered. Variations in training techniques, the frequency of competitive participation, physical characteristics, and training schedules may also have an impact on fluctuations in anxiety manifestation. Furthermore, the results may have been influenced by other individual characteristics and the size of the participant sample. These findings suggest that the three levels of male hockey players from Madhya Pradesh did not significantly differ in terms of sports competition anxiety.

Recommendations

1. Research of a similar nature might be done with hockey players of all ages and skill levels.
2. Similar research might be done on other sports like basketball, badminton, football, and volleyball.
3. Both male and female hockey players may be included in future research.
4. A bigger sample size may be used in studies.
5. Other Indian states might carry out comparable research.
6. Future studies could look at anxiety's connection to motivation, self-assurance, and athletic performance.
7. Additional research might examine anxiety in hockey players at the school, collegiate, and national levels.

Conclusion

This investigation sought to examine the comparative levels of sports competition anxiety across ninety male hockey players from Madhya Pradesh, distributed equally among three competitive categories: senior level, under-17 level, and under-19 level, with each category comprising thirty participants. The assessment of sports competition anxiety was conducted utilizing the Sports Competition Anxiety Test (SCAT), an instrument developed by Rainer Martens in 1991. The collected data underwent analysis through the application of descriptive statistical methods and One-way Analysis of Variance (ANOVA), with statistical significance established at the 0.05 threshold.The results demonstrated mean SCAT scores of 18.90 for senior-level players, 22.47 for under-17 level players, and 19.59 for under-19 level players. The statistical analysis produced an F-value of 1.581 and a corresponding significance value of 0.212, which demonstrated the absence of statistically significant differences among the three competitive groups. Consequently, the null hypothesis was retained at the 0.05 significance level. These findings may serve to enhance the comprehension of competition anxiety

among physical education instructors and coaching professionals, thereby enabling them to deliver targeted psychological interventions and support services to hockey athletes.

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