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RESEARCH ARTICLE

COMPARATIVE STUDY OF SPORTS COMPETITIVE ANXIETY AMONG ATHLETES AND NON-ATHLETES

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Abstract

This study aims to explore sports competitive anxiety among athletes and non-athletes. Sports competitive anxiety is characterized by heightened arousal, worry, and fear of failure in competitive sports settings. The causes, effects, and management strategies of sports competitive anxiety will be examined. Athletes experience pressure to perform well, fear of failure, and high expectations, while non-athletes may fear judgment and social comparison. Both groups may experience a decline in performance and enjoyment due to anxiety. To manage sports competitive anxiety, cognitive restructuring, relaxation techniques, goal setting, social support, and seeking professional help are suggested strategies. The study emphasizes the importance of addressing sports competitive anxiety for optimal performance and well-being in sports participation. Understanding the experiences of athletes and non-athletes can inform interventions to alleviate sports competitive anxiety and enhance the overall sports experience for individuals involved.

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Introduction:-

Sports competitive anxiety is a common phenomenon experienced by both athletes and non-athletes, albeit with some variations. This form of anxiety is characterized by heightened arousal, worry, and fear of failure in competitive sports settings. It affects individuals differently, impacting their performance, psychological well-being, and overall experience of sports participation. This aims to delve deeper into the nature of sports competitive anxiety among athletes and non-athletes, highlighting its causes, effects, and potential management strategies.

The causes of sports competitive anxiety can be attributed to various factors. For athletes, the pressure to perform well, fear of failure, high expectations from coaches, teammates, and spectators, and the competitive nature of sports can contribute to anxiety. They often face intense scrutiny, especially in high-stakes events, which can exacerbate their anxiety levels. Non-athletes, on the other hand, may experience competitive anxiety when participating in sports activities due to the fear of judgment, social comparison, and feelings of inadequacy. They may feel anxious when engaging in sports that they are less skilled or experienced in, as they fear being judged or embarrassed by others.

Sports competitive anxiety can have a profound impact on both athletes and non-athletes. Athletes may experience a decline in performance due to anxiety-induced physiological changes, such as increased heart rate, tense muscles, and impaired focus. This can lead to a decrease in their overall enjoyment and satisfaction in sports. Non-athletes who experience competitive anxiety may avoid participating in sports altogether or may not fully engage in the activity. This fear of competition and failure can limit their exploration of new sports, potential skill development, and overall physical and mental well-being. Sports competitive anxiety affects both athletes and non-athletes, albeit in slightly different ways. The pressure to perform, fear of failure, and competitive nature of sports can induce anxiety in athletes, whereas non-athletes may experience anxiety due to social comparison and fear of judgment. It is crucial for individuals to recognize and address their anxiety to ensure optimal performance, enjoyment, and overall well-being.

Objectives/ Goals of the Study:-

These are the objectives of the current study:

- i. To Study about the mental well-being of athletes and non-athletes.
- ii. To know the competitive anxieties of athletes and non-athletes.
- iii. To compare the competitive anxiety of athletes and non-athletes.

Sampling

For the present study, The data for this study on a total of 300 i.e., 150 athletes and 150 non-athletes of various instructive phases of Anantnag and Kulgam regions of Jammu and Kashmir.

Analysis of Data

The statistical analysis of data on psychological variables i.e. Competitive Anxiety on a total of 300 i.e., 150 athletes and 150 non-athletes of various instructive phases of Anantnag and Kulgam regions of Jammu and Kashmir U.T has been introduced in this part. Every one of the subjects was arbitrarily chosen for the review. The information relating to different mental factors have been broke down by utilizing the elucidating measurements for example mean, middle, mode, kurtosis, skewness, range and standard deviation, and to figure out the massive distinction among the method for knowledge and the ability to appreciate anyone on a profound level, free t-tests were used for looking for the outcomes. Further, to find out the connection among insight and the ability to appreciate people on a profound level among the athletes and non-athletes, the item second technique for relationship was utilized.

Level of Significance

The level of significance to check the connection between the factors and the t-value was set at 1%, 5% and 10%, which was viewed as fitting with the end goal of the study.

Findings of the Study

The discoveries relating to spellbinding insights, free t-test and item second strategy for relationship procedures for the different mental factors on 200 each in athletes and non-athletes" bunch from college and college have been introduced beneath:

The finding and conversation of discoveries with respect to the current review have been introduced in three segments. In first area, the illustrative measurements of knowledge and the capacity to appreciate people on a deeper level of public athletes and non-athletes of Anantnag and Kulgam Locale of Jammu and Kashmir (U.T) have been managed

In second area, the examination of the connection among knowledge and the capacity to understand people on a deeper level of athletes and non-athletes of various instructive phases of Anantnag and Kulgam region of Jammu and Kashmir (U.T) has been managed. In third area, the examination was directed to evaluate and look at knowledge

and the ability to appreciate people on a profound level athletes and non-athletes of Anantnag and Kulgam Region of Jammu and Kashmir (U.T).

Table 1: Means and Standard Deviations of Competitive Anxiety between Athletes and Non athletes

Variable	<i>M</i>	<i>SD</i>	<i>t</i> (87.68992)	<i>p</i>	Cohen's <i>d</i>
Anxiety					
Non Athletes	2.04	.00	5.407	<.001	.776
Varsity Student athletes	1.25	1.03			

Hypothesis Testing

Mean ratings of anxiety will be statistically significantly different between student-athletes and their non-student athlete peers. Mean non-athlete student GAD scores were $2.04 \pm .99$ and the varsity student-athletes' GAD scores were 1.25 ± 1.03 . There was homogeneity of variances for anxiety scores for non-athlete students and varsity student-athletes, assessed by Levene's test for equality of variances ($p = .547$). Non athlete student GAD scores were .786, 95% CI [.50 to 1.07] higher than varsity student-athlete GAD scores. There was a statistically significant difference in mean GAD scores between non-athlete students and varsity student-athletes $t(192)=5.407$, $p<.001$. The effect size for this analysis ($d = .776$) was found to exceed Cohen's (1988) convention for a medium effect size. This result suggests non-athletes endorse higher self-reported levels of anxiety than student-athletes. Therefore, the null hypothesis is rejected.

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