



## **A Comparative study of sport competition anxiety level between indoor and outdoor players.**

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### **Abstract-**

The purpose of the study was to compare sport competition anxiety level between indoor and outdoor players. For this study total 80 players were Saikheda college, Nashik, which is 40= indoor players (Chess, Carom etc.), 40= outdoor players (Kho Kho, Football, Hockey etc.). To achieve the purpose of the study sports competition level test developed by Markens 1990 was used. For data analysis descriptive statistics. Results shows that there is significant difference between sport competition anxiety level between indoor and outdoor players. Physical exercise (e.g. running, swimming, cycling, and team sports) is very effective in reducing anxiety and stress. Physical activity release happy hormone in the brain, which naturally improve mood and relieve symptoms of anxiety.

**Key words-** Anxiety, indoor players, outdoor players.

### **Introduction**

Anxiety is an emotion characterized by an unpleasant state of inner turmoil and includes feelings of dread over anticipated events. Anxiety is different from fear in that fear is defined as the emotional response to a present threat, whereas anxiety is the anticipation of a future one. It is often accompanied by nervous behavior such as pacing back and forth, somatic complaints, and rumination.

Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue, inability to catch one's breath, tightness in the abdominal region, nausea, and problems in concentration. Anxiety is closely related to fear, which is a response to a real or perceived immediate threat (fight-or-flight response); anxiety involves the expectation of a future threat, including dread. People facing anxiety may withdraw from situations which have provoked anxiety in the past.

### **Symptoms:**

Symptoms of anxiety can range in number, intensity, and frequency, depending on the person. However, most people do not suffer from chronic anxiety.

Anxiety can induce several psychological pains (e.g., depression) or mental disorders, and may lead to self-harm or suicide.

The behavioral effects of anxiety may include withdrawal from situations which have provoked anxiety or negative feelings in the past. Other effects may include changes in sleeping patterns,



changes in habits, an increase or decrease in food intake, and increased motor tension (such as foot tapping).

The emotional effects of anxiety may include feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching for signs of danger, and a feeling of emptiness. It may also include a feeling of helplessness.

The physiological symptoms of anxiety may include:

- Neurological, as headache, paresthesia, fasciculations, vertigo, or presyncope.
- Digestive, as abdominal pain, nausea, diarrhea, indigestion, dry mouth, or globus. Stress hormones released in an anxious state have an impact on bowel function and can manifest physical symptoms that may contribute to or exacerbate IBS.
- Respiratory, as shortness of breath or sighing breathing.
- Cardiac, as palpitations, tachycardia, or chest pain.
- Muscular, as fatigue, tremors, or tetany.
- Cutaneous, as perspiration, or itchy skin.
- Uros-genital, as frequent urination, urinary urgency, dyspareunia, or impotence, chronic pelvic pain syndrome.

## **Types**

There are various types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face mathematical anxiety, somatic anxiety, stage fright, or test anxiety. Social anxiety refers to a fear of rejection and negative evaluation (being judged) by other people.

### **Existential**

The philosopher Søren Kierkegaard, in *The Concept of Anxiety* (1844), described anxiety or dread associated with the "dizziness of freedom" and suggested the possibility for positive resolution of anxiety through the self-conscious exercise of responsibility and choosing. In *Art and Artist* (1932), the psychologist Otto Rank wrote that the psychological trauma of birth was the pre-eminent human symbol of existential anxiety and encompasses the creative person's simultaneous fear of – and desire for – separation, individuation, and differentiation.

## **Test, performance, and competitive:**

Test anxiety is the uneasiness, apprehension, or nervousness felt by students who have a fear of failing an exam. Students who have test anxiety may experience any of the following: the association of grades with personal worth; fear of embarrassment by a teacher; fear of alienation from parents or friends; time pressures; or feeling a loss of control. Sweating, dizziness, headaches, racing heartbeats, nausea, fidgeting, uncontrollable crying or laughing and drumming on a desk are all common. Because test anxiety hinges on fear of negative evaluation, debate exists as to whether test anxiety is itself a unique anxiety disorder or whether it is a specific type of social phobia. The DSM-IV classifies test anxiety as a type of social phobia.

**Performance and competitive:**

Performance anxiety and competitive anxiety (competitive trait anxiety, competitive state anxiety) happen when an individual's performance is measured against others. An important distinction between competitive and non-competitive anxiety is that competitive anxiety makes people view their performance as a threat. As a result, they experience a drop in their ordinary ability, whether physical or mental, due to that perceived stress.

Competitive anxiety is caused by a range of internal factors, including high expectations, outside pressure, lack of experience, and external factors like the location of a competition. It commonly occurs in those participating in high-pressure activities like sports and debates.

There are 4 major theories of how anxiety affects performance: Drive theory, Inverted U theory, Reversal theory, and The Zone of Optimal Functioning theory.

*Drive theory* believes that anxiety is positive and performance improves proportionally to the level of anxiety. This theory is not well accepted. The *Inverted U theory* is based on the idea that performance peaks at a moderate stress level. It is called Inverted U theory because the graph that plots performance against anxiety looks like an inverted "U".

*Reversal theory* suggests that performance increases in relation to the individual's interpretation of their arousal levels.

**Stranger, social, and intergroup anxiety**

Humans generally require social acceptance and thus sometimes dread the disapproval of others. Apprehension of being judged by others may cause anxiety in social environments.<sup>[50]</sup> Anxiety during social interactions, particularly between strangers, is common among young people. It may persist into adulthood and become social anxiety or social phobia. "Stranger anxiety" in small children is not considered a phobia.

Social anxiety varies in degree and severity. For some people, it is characterized by experiencing discomfort or awkwardness during physical social contact (e.g. embracing, shaking hands, etc.), while in other cases it can lead to a fear of interacting with unfamiliar people altogether.

**Trait**

Anxiety can be either a short-term "state" or a long-term "personality trait". Trait anxiety reflects a stable tendency across the lifespan of responding with acute, state anxiety in the anticipation of threatening situations (whether they are actually deemed threatening or not). A meta-analysis showed that a high level of neuroticism is a risk factor for development of anxiety symptoms and disorders. Such anxiety may be conscious or unconscious.

**Choice or decision**

Anxiety induced by the need to choose between similar options is recognized as a problem for some individuals and for organizations. In 2004, Capgemini wrote: "Today we're all faced with greater choice, more competition and less time to consider our options or seek out the right advice." Overthinking a choice is called analysis paralysis.



In a decision context, unpredictability or uncertainty may trigger emotional responses in anxious individuals that systematically alter decision-making.

**Objective:**

The purpose of the study is to compare the sports competition anxiety level between indoor and outdoor players.

**Hypothesis:**

There will be significant differences sports competition anxiety level between indoor and outdoor players.

**Variables:**

1)

**Independent variables-** a) Indoor player b) Outdoor player

2)

**Dependent variable** - Anxiety

**SAMPLE-** This test have administered of the total 80 (N= 80) subjects ;(N=40) indoor players 0) coll subjects out door players from Saikheda college,Nashik .The age group of 18-25 years.

**TOOL:** - Markens (1990) sport competition anxiety test (SCAT) Scores were used for this study.

**Data Analysis-**‘t’ on the basis of data collection the results were analyzed by calculating mean values, SD and‘t’ ratio.

**Results-**

| No. | Class           | N  | Mean   | SD    | ‘t’  | Level of sig. |
|-----|-----------------|----|--------|-------|------|---------------|
| 1   | Indoor players  | 40 | 20.425 | 4.36  | 2.28 | 0.05          |
| 2   | Outdoor players | 40 | 18.025 | 5.045 |      |               |

**Df= 78**

**Standard error of differences =1.055**

In the above table indoor players mean is 20.425 (SD=4.36) and outdoor players mean is 5.045 (SD=5.045). The obtained ‘t’ value is 2.28 which is significance(0.05). This means that there is significant differences between competition anxiety level between indoor and outdoor players. This means outdoor players have found less competition anxiety level than indoor players. Physical exercise (e.g. running, swimming, cycling, team sports) is very effective in reducing anxiety and stress. Physical activity release happy hormone in the brain, which naturally improve mood and relive symptoms of anxiety.

**Conclusion-**

Research indicates that outdoor players have found less competition anxiety level than indoor players.



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