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COMPETITIVE ANXIETY BETWEEN CRICKET AND FOOTBALL PLAYERS

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Abstract: The purpose of the doctoral study was to find out the differences of personality and of elite level Cricket and Football playersTwo groups were targeted . The 100 Cricket and 100 Football players participated in the study and their age ranged between 18-28 years. The players divided into two age categories between 18-22 and 23-28. The data was collected through questionnaires of 100 Cricket and 100 Football players . The instruction was given by the investigator to the students before filling these questionnaires. To measure competition related anxiety of the players Sport Competition Anxiety Test (SCAT, developed by Rainer Martens in 1977) was used.No significant difference was found out in Anxiety of Cricket and Football Players. no significant difference was found out in Anxiety of Age group (18-22) Cricket and Football Players and insignificant difference was found out in Anxiety of Age group (23-28) Cricket and Football Players

INTRODUCTION

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination. All athletes experience the anxious thoughts that so frequently occur in response to stress. Throughout the course of one‟s career, however, the sources of stress and the kinds of anxious thoughts experienced change. Anxiety before or during athletic competitions can hinder athlete‟s performance as an athlete. The cricket has a complicated history camas from the West Indies. Cricket originated from West Indies the cricket has played in terms of resistance to the postcolonial hegemonic order in the West Indies is widely debated. Cricket also more popular games in India today's cricket global environment has altered a great deal by new techniques and technology capitalism and revised geo-political landscapes. The intrinsic value of cricket in culture, postcolonial scholars and fans have looked to this new form of global cricket in an attempt to understand its full implications. Football has a long and unique history. The first known version of football was called tsu-chu (kicking ball with feet) invented by the Chinese Emperor Huang-Ti in1697 B. C. A thousand years later, the Japanese started playing kemari, a game that was probably copied from tsu-chu. The two games evolved enough that a Chinese writer Li-Ju in 50 B. C. recorded the first ever-international match between the two countries. The ancient Egyptians also claim to have originated football, citing balls placed in tombs that were used for playing and kicking as evidence. The seventh century B.C., Berbers played a football-related game called koura as a fertility rite. Kicking a ball over the fields taught the crops how to abundantly grow. The founders of the Olympics, the ancient Greeks had their own version-episkiros. This form included kicking and throwing the ball and was the first game to have boundary lines. The Romans plagiarized the Greeks with their own more physical game called harpastum. It was the Romans who brought this game to the shores of England in 43 A.D.

METHODS

Two groups were targeted. The 100 Cricket and 100 Football players participated in the study and their age ranged between 18-28 years. The data collected from U.P States. The data was collected through questionnaires of 100 Cricket and 100 Football players. The instruction was given by the investigator to the students before filling these questionnaires.

Tools of the study

To measure competition related anxiety of the players Sport Competition Anxiety Test (SCAT, developed by Rainer Martens in 1977) was introduced. Score was analyzed according to SCAT score analysis norms. The SCAT contains 15 items, 10 of which measures symptoms associated with anxiety

Data processing:

Data processing play very significant role in the interpretation of numerical data obtained from individuals by giving numerical expressions to the relationships and the variations with respect to different aspects. The collected data was analyzed as a whole and fragments .The data was checked for accuracy and completeness and was coded and put up into the SPSS Descriptive statistics for all studied variables, T-test, was considered statistically technique throughout the study. The level of significant was set-up at 0.05 level

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RESULTS OF THE STUDY

Table – 1

Means &SDs of selected components of Cricket and Football players

Sr.No.	Components	Cricket	Football
		Mean	Standard Deviation
1)	Age (Year)	22.23	2.11
2)	Weight (Kg)	33.03	7.23
3)	Height (Cm)	167.23	12.12
4)	Training days (Week)	3.47	1.02
5)	Training duration (Hours)	2.08	.78
6)	Competition in one year	7.09	2.11

TABLE -2

MEANS, SDS AND T-RATIO OF ANXIETY OF CRICKET AND FOOTBALL PLAYERS

Dimension	Players	Number	Means	Standard deviation	t-ratio
Anxiety	Cricket	100	12.56	2.12	1.23
	Football	100	12.45	2.07	

NS = Not Significant

Table 2 shows that the mean , standard deviation and t-ratio of **Anxiety** of Cricket and Football Players.With regard to **Anxiety** of Cricket and Football Players they have obtained the mean values of 12.56 and 12.45 respectively, which are given in table-2 reveals that the no significant difference was found out in **Anxiety** of Cricket and Football Players. The hypothesis, that it was hypothesized that there would be significant differences of anxiety of Cricket and Football Players was rejected.

TABLE -3

MEANS, SDS AND T-RATIO OF ANXIETY OF AGE GROUP (18-22) CRICKET AND FOOTBALL PLAYERS

Dimension	Players	Number	Means	Standard deviation	t-ratio
Anxiety	Cricket	64	12.34	2.14	1.45
	Football	64	12.41	2.12	

NS = Not Significant

Table 53 shows that the mean, standard deviation and t-ratio of **Anxiety** of Age group (18-22) Cricket and Football Players. With regard to **Anxiety** of Age group (18-22) Cricket and Football Players they have obtained the mean values of 12.34 and 12.41 respectively, which are given in table-53 reveals that the no significant difference was found out in **Anxiety** of Age group (18-22) Cricket and Football Players

Mean and SDs of**Anxiety** of Age group(18-22) Cricket and Football Players are presented graphically in figure-53.

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FIGURE- 1 SHOWS MEAN AND SDS OF DEVELOPMENT OF MORAL SELF- CONCEPT OF AGE GROUP(18-22) CRICKET AND FOOTBALL PLAYERS.

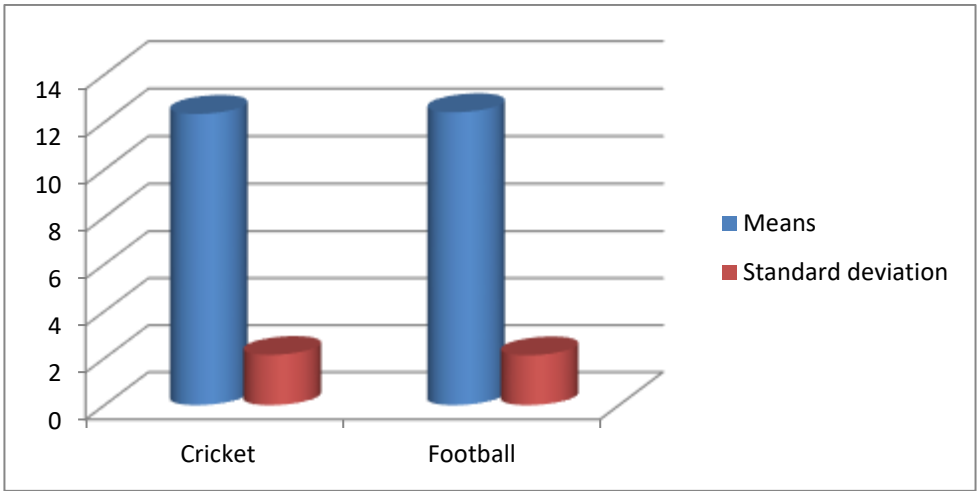


TABLE -4

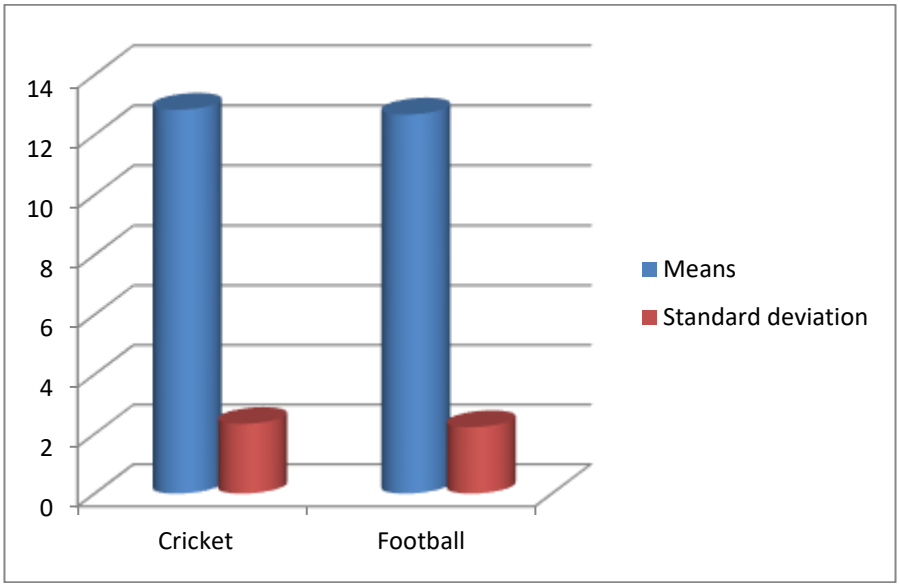
MEAN S, SDS AND T-RATIO OF ANXIETY OF AGE GROUP (23-28) CRICKET AND FOOTBALL PLAYERS

Dimension	Players	Number	Means	Standard deviation	t-ratio
Anxiety	Cricket	36	12.84	2.34	1.65
	Football	36	12.68	2.23	

NS = Not Significant

Table 4 shows that the mean , standard deviation and t-ratio of **Anxiety** of Age group (23-28) Cricket and Football Players. With regard to **Anxiety** of Age group (23-28) Cricket and Football Players they have obtained the mean values of 12.84 and 12.68 respectively, which are given in table-4 reveals that the no significant difference was found out in **Anxiety** of Age group (23-28) Cricket and Football Players. Mean and SDs of**Anxiety** of Age group (23-28) Cricket and Football Players are presented graphically in figure-2.

FIGURE- 78 SHOWS MEAN AND SDS OF ANXIETY OF AGE GROUP (23-28) CRICKET AND FOOTBALL PLAYERS.



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DISCUSSION

With regard to Anxiety of Cricket and Football Players result reveals that the no significant difference was found out in Anxiety of Cricket and Football Players. The hypothesis, that it was hypothesized that there would be significant differences of anxiety of Cricket and Football Players was rejected. With regard to Anxiety of Age group (18-22) Cricket and Football Players result reveals that the no significant difference was found out in Anxiety of Age group (18-22) Cricket and Football Players. With regard to Anxiety of Age group (23-28) Cricket and Football Players result reveals that the no significant difference was found out in Anxiety of Age group (23-28) Cricket and Football Players**.**

In modern competitive sports, the role of anxiety in sports performance has attracted the attention of sports scientists. As the physical load during training of sportsmen for international competition is increasing day-by-day, the psychic stress during competition has been intensified. It has been realized that during their participation in competitive sports, the players and athletes are also anxiety-prone. Hence in these days, psychological training of the players and athletes has attracted a greater attention than in the past. It is agreed by most of the sports scientists that besides developing the physical and physiological aspects of the players i.e. power, strength, endurance, agility and speed as well as providing the best type of the training, unit and unless the players and athletes the mentally prepared for contest, they cannot win in any competition or attain their peak performance which is considered the optimum objective of the modern sports. Thus, it has become necessary to conduct research to know which low level of anxiety enhance sports performance. There is a need to conduct research on the national and international sportsmen with respect to some psychological characteristic. It is also essential to know what type of emotional problems like anxiety, occur when they have to face some strong opponent and how to overcome these problems to achieve the optimum level of achievement/performance

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