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GRT A COMPARATIVE STUDY OF SPORTS COMPETITIVE ANXIETY AMONG BASEBALL PLAYERS

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Abstract:-The purpose of this study was to compare sports competitive anxiety among male and female state level baseball players of Gulbarga. In this study Sports Competitive Anxiety Test (SCAT Martin et al., 1990) was used to measure sports competitive anxiety. Questionnaire was distributed among 40 (20 each) male and female players 30 minutes before the warm-up session. Descriptive statistics (mean and standard deviation) and t- test were used to analysis the data. The results showed significant difference ($p=0.05$) in sports competitive anxiety between male and female state level baseball players.

Keywords:Baseball, Anxiety.

INTRODUCTION:

One of the most important issues which has attracted the attention of sports scientist and psychologist are to identify the factors affecting sports performance, and it has been recognized that psychological factors, in particular anxiety play an important role in competition. Researchers have found that high level of anxiety can have deteriorating effects on athlete's performance (Parnabas, 2010). Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension are associated with activation or arousal of the body (Weinberg, 1999).

Anxiety is multidimensional in two different ways. Like all other emotions, anxiety has both a trait component and a state component. The trait component is like a personality disposition, whereas the state component is a situation specific response, characterized by apprehension, fear tension and an increase in physiological arousal (Cox, 2002). Research in sport psychology showed the male athlete reported lesser anxiety level than female players (Barksy, Peekna and Borus, 2001 ; Lorimer, 2006; Thuot, Kavouras and Kenefick, 1998; Jones and Cale, 1989; Cartoni, Minganti and Zelli, 2005; Pranabas, 2010; Scanlan and Passer, 1979; Deutch, 1999; Thatcher, Thatcher and Dorling, 2004; Wark and Wittig, 1979; Krane and Williams, 1994). However some other studies has shown that there is no significant difference in the level of anxiety between male and female players (Seeley, Storey, Wagner, Walker and Watts, 2005; Ramella- DeLuca, 2003; Ali et al, 2010; Ampong, 2001).

Therefore, objective of the research was to compare anxiety among male and female players, and it was hypothesized that, there will be significant difference in the sports competitive anxiety level between Male and Female baseball players.

METHOD

Martin's Sports Competitive Anxiety test (SCAT) was administrated among the 40 male and female baseball players half an hour before the onset of warm- up and competition. (Mean age of male was 18.85 ± 2.30 and female 17.10 ± 2.15 years.). Twenty male and twenty female players were selected randomly among the players who participated in a baseball championship held at Chandrashekhhar Patil Stadium Gulbarga playground. Descriptive statistic (Mean and Standard Deviation) and Independent t- test were used to analysis the data, and level of significant was set at 0.05.

RESULTS

Table1 shows that the value of t-statistic is 2.34. This value is significant at ($p? 0.05$). Thus the null hypothesis of equality of population means of two groups are rejected and it may be concluded that the anxiety level of male and female baseball players are different, and female players has more sports competitive anxiety then male players

Group	Mean	SD	T value	df Sig.	Mean difference
Female	18.50	1.82		38	
			2.34*	.027	2.10
Male	16.40	3.59			

*Significant at .05 level.

DISCUSSION

The results showed that the female players' level of sports competitive anxiety was higher than that of the males. This result is supported by the findings of many other researchers such as Barsky, Peekna and Borus (2001), Thuot, Kavouras and Kenefick, (1998), Jones and Cale (1989), Cartoni, Minganti and Zelli (2005), Scanlan and Passer (1979), Deutch (1999), Thatcher, Thatcher and Dorling (2004), Wark and Wittig (1979), Krane and Williams (1994) who also found that the levels of anxiety among the female athletes was higher than that of their male counterparts. But in some other studies such as Seeley, Storey, Wagner, Walker and Watts (2005), Ramella-DeLuca (2003), Ali et al. (2010), Ampongan (2001) has not found any significant difference between anxiety of male and female players. Studies have revealed that skilled and elite level athlete has less anxiety than less skilled athlete, in this study male have found less anxiety than female as it may be the reason that male are more skilled than female.

Experience athlete has lesser anxiety, and it may be one of the reasons that male has more years of experiences; other reasons may be fear, social, biological, and stereotype. Fear of being failure, fear of being hit by the speed of ball and fear of being negatively evaluated by the spectators could be the some probable reasons. Some hormonal and biological reasons may be behind the higher anxiety of female over the male. Male player may be using more coping skills to control their anxiety than female players (Parnabas, 2009). Lorimer (2006) revealed that self presentational concern is correlates with higher level of anxiety among female player. Coaches can make use of the finding of the present study in providing appropriate coping strategies for female players who showed the higher level of anxiety so as to reduce their anxiety level before the competitions.

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