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A comparative study of anxiety level between male and female soccer players during competition

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Abstract

Purpose of the study was to examine the level of sport competitive anxiety (SCAT) among male and female soccer players at intercollegiate level of CCS University, Meerut. For this purpose 50 subjects (N= 25 male, and N=25 Female) were selected from CCS University, Meerut age ranged between 18-25 years. Further, to collect the data on sport competitive anxiety SCAT questionnaire developed by Martin 1977 were used to collect the data. The results and findings of the study shows no significant difference between male and female soccer players at intercollegiate level of CCS University, Meerut in their sport competitive anxiety.

Keywords: SCAT, anxiety, intercollegiate, soccer, competitive anxiety

Introduction

Sport has been, over time, referred to by different authors (Sagar, *et al.*, 2007)^[13] as an activity that generates pressures that influence the increase of the levels of stress and anxiety, with reflexes in the sports performance, being able to be enhancer or weakening of the results obtained in the competition (Dias, *et al.*, 2009)^[3]. Further, performance is not only a physical qualification but also a psychological process. Furthermore, anxiety, a fundamental human emotion, emerges during distressful situations and affects psychological factors like self-confidence, motivation, coordination, and decision-making. Moreover, Castro-Sánchez, *et al.* (2019)^[1] argue that cognitive factors like anxiety and motivation are crucial for achieving good results in technical-tactical aspects.

However, anxiety can lead to physiological hyper alertness and tension, affecting self-confidence, motivation, coordination, and decision-making. Therefore, understanding and managing these factors is crucial for athletes' success in competition. Further, anxiety increases in athletes just before competition completion, depending on their initial, present, and future involvement with the sport (Weinberg & Genachi 1980)^[19]. Furthermore, previous researchers also indicated that anxiety levels in athletes can be influenced by various factors such as competition timing, environment, and opponent abilities (Terry, *et al.*, 1998; Courneya & Carron, 1992; Ruiz-Juan and Zaraus, 2014; and Silva, *et al.*, 2016)^[18, 2, 11, 15]. Along with this, (Fernandes & Nunes, 2006; and Saavedra, *et al.*, 2015)^[4, 12] also identified the factors such as public influence, terrain knowledge, and competition importance can also influence anxiety levels.

Soccer players' performance varies based on gender and experience, with anxiety-related studies gaining significance. Male players' somatic and cognitive anxiety is affected by opponent skills and winning perception, while female athletes focus on performance and competition preparation. Further, coping with pressure and anxiety is crucial for elite athletes. Previous research of sports indicated that the ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes (Hardy, *et al.*, 1996; Olrick and partington 1988)^[5, 8]. While, Munhóz and Teixeira-Arroyo (2012); and Ribeiro *et al.* (2014)^[10] founded that high complexity and importance of competition increases anxiety in athletes, however, they add that there is no concrete evidence of the level of competition as a determining factor for the increase in anxiety levels in soccer players. For this reason, the investigators was interested to analysis of anxiety of football players (male and female) at intercollegiate level.

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Statement of the problem

The purpose of this study was to compare the Sports Competitive Anxiety between male and female soccer players at intercollegiate level of Chaudhary Charan Singh University, Meerut.

Objective of the study

- To compare the sports competitive anxiety between male and female soccer players at intercollegiate level.
- To find out who feel more anxiety during competition among male and female soccer players at intercollegiate level.

Hypothesis

It was hypothesized that there will be no significant difference between anxiety level among male and female soccer players of Chaudhary Charan Singh University, Meerut during competition at intercollegiate level.

Methodology

Research Design: The study used a Cross sectional study design to compare between anxiety level among male and female soccer players of Chaudhary Charan Singh University, Meerut during competition at intercollegiate level.

Selection of subjects

For the purpose of this study total 50 soccer players (25 males and 25 female) were selected as subjects. The age of the subjects was ranged between 18-25 years. For the purpose of selection of the subject of the present study purposive sampling technique was applied.

Selection of variables

For the purpose of the proposed study the selected variable are following:

Dependent Variables: Sports Competition Anxiety Test (SCAT)

Independent Variables: Intercollegiate tournament, Male and Female

Tools used

Martens (1977) Sports Competition Anxiety Test (SCAT) was used to analyse the anxiety level of the sports person during the competition.

Criterion measures

Martens (1977) Sports Competition Anxiety Test (SCAT) consists of total 15 statements. Scores were obtained 1 to 3 for each statement and further all the obtained score for each statement were added up which represent an individual's total score on Sports Competition Anxiety (SCAT Score).

Collection of data

The data on anxiety was collected by using Martens (1977) Sports Competition Anxiety Test (SCAT) questionnaire. The questionnaire contains in rarely, sometimes or often response based, which was provided to the subject by hand during the intercollegiate tournament of CCS University, Meerut. Further, all the necessary information regarding the questionnaire was provided to the subjects beforehand.

Statistical technique

The collected data was analysed by using descriptive statistics mean, and standard deviation. Further, to assess difference between male and female soccer player on the anxiety level t-test were used. The level of significance was set at 0.05.

Table 1: Analysis of Sports Competitive Anxiety Level (SCAT) among the male and female soccer players of CCS University, Meerut at intercollegiate level

Variable	Group	No. of Subjects	Mean	Degree of Freedom	T-Ratio	P-Value
Anxiety (SCAT)	Male	25	17.44±3.05	48	-4.41	0.46
	Female	25	21.68±3.71			

N= 25 (Each group)

*Significant at 0.05 level

Table 1. Reveals that the mean and standard deviation score of male soccer player are lowest i.e. 17.44±3.05, while female soccer players has the highest mean and standard deviation value i.e. 21.68±3.71 for Sports Competitive Anxiety Level (SCAT). Further, Table-1 also indicate the no significant difference among the male and female soccer players of CCS University, Meerut at intercollegiate level as the obtained P value (0.46) is higher than 0.05 (T=-4.41, P>0.05) at 0.05 level of confidence. Further, the graphical representation of mean and standard deviation of sports competitive anxiety level of male and female soccer players of CCS University, Meerut at intercollegiate level are shown in Figure 1.

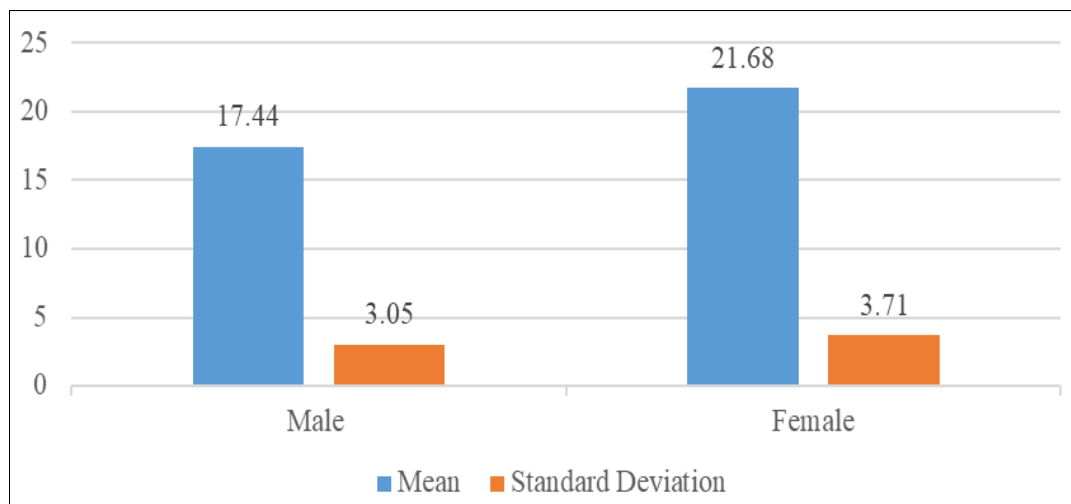


Fig. 1: The graphical representation of mean and standard deviation of Sports Competitive Anxiety Level (SCAT) of male and female soccer players of CCS University, Meerut at Intercollegiate Level

Discussion of findings

The study was conducted to assess the level of sports competitive anxiety (SCAT) among male and female soccer players of CCS University, Meerut at intercollegiate level. Further, the descriptive statistics of table-1 reveals that female intercollegiate soccer players of CCS University, Meerut have higher mean value than the male intercollegiate soccer players of CCS University, Meerut along with their graphical representation in figure-1. Furthermore, independent t-test exhibits no significant among the male and female soccer players of CCS University, Meerut at intercollegiate level at 0.05 level of confidence. Moreover, this no significant difference occur due to the fact that the level of participation of both groups are similar that's why no difference were found among the male and female soccer players CCS University, Meerut at intercollegiate level. Apart from this, anxiety in athletics, primarily due to fear of failure, increases in athletes just before competition completion, with the degree of anxiety varying depending on the athlete's initial, present, and future involvement with the sport (Weinberg & Genachi, 1980; and Spielberger, 1966)^[19, 14]. Similar results were found in previous research of Kumar (2016)^[6] revealed no significant differences among male and female soccer players on sports competition anxiety at college and university level. However, Singh and Singh conducted study in 2015 in which the result showed that Sports Competitive Anxiety of boys and girls football players have no significant difference on SCAT Score. Further, male and female had no difference in not only soccer but also in badminton and softball on their sport competitive anxiety at collegiate level, Singh *et al.* (2013)^[16] and Rahamn (2019)^[9] reported this in their study that male and female inter-collegiate badminton and softball players of Manipur did not significantly differ on their sports competition anxiety. The findings also suggest that the level of competition anxiety of these badminton players (male and female) falls in the average range which seemed to be necessary for excelling maximum competitive sporting spirit.

Conclusion

Based on the results and findings of the study it was concluded that there was no significant difference on Sports Competitive Anxiety (SCAT) between male and female soccer players of CCS University, Meerut at intercollegiate level.

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