



---

## ANALYSIS OF ANXIETY LEVEL AMONG CRICKET AND FOOTBALL PLAYERS

---

**Dr Keshao P Bhagat**

Associate Professor

Ishwar Deshmukh College of Physical Education, Nagpur

---

### Abstract

Sports psychology is an important ingredient of sports training programmer and deals with the way in which various psychological states and trails influence sports performance. It is the application of psychology to the issues and problems in the field of sports as the problems of sports persons are quite unique. Different, subtle and complex. Therefore, the main purpose of sports psychology is to understand the behavior of an athlete, to modify it according to the demands of situation, and to optimize the benefits for elite performance and excellence. This study was performed to find of the level of anxiety among Cricket & Football Players. To find out the results 30 Cricket & Football Players were selected for the study and Eysenck Personality Questionnaire (EPI), Sports Competition Anxiety Test (SCAT) was applied on players. After analysis of collected data; it is found that there is no significant difference found in the level of Anxiety among Cricket and Football players.

**Keywords: Psychology, Stress, EPI, SCAT, Extraversion, Neuroticism, psychoticism.**

### INTRODUCTION

The origin of psychology is often traced to the Greek philosophers. The term Psychology is derived from two Greek words "Psycho" and "Logos". Where in psyche means the soul or mind and the meaning of logos is to tell about or science or study. Thus the literal meaning of Psychology is the science or study of soul. Greek philosophers believed that soul was responsible for various mental activities such as learning, thinking, feeling etc. It was believed that soul was the essence or true being of an organisms, the cause and the principle of life. As the relation of soul to the body and function of soul could not be explained some philosophers tried to define Psychology as a science of the mind.

Modern Psychology has incorporated within itself many of the principles discussed above. Modern Psychology, in the words of Decider to, Hokinson and Jackson (1976) "is the investigation of human and animal behavior and of the mental and Psychological processes associated with the behavior."

The word Psychology refers to the study of human behavior, and sports psychology denotes a sub category of psychology that deals with the behavior of athletes and team engaged in competitive sports. Sports psychology is that branch of psychology which is intimately connected with human behavior on the play field. Both under practice and competitive situation, with a view to bring about qualitative improvement in performance and maintain the some even during the stress of competition. It is the study of human behavior. According to Browne and Mahoney "Sports psychology is the application of psychology principles to sports and physical activity at all levels of skill improvement."

### **Need and importance of sports Psychology :-**

- i. Sports psychology helps to predict the sportsman's behavior performance varied may be due to psychological and biological factors.
- ii. It is easy to find out the problems of athletes.
- iii. It helps to find out the athletes behavior under stress and tension.
- iv. With the help of psychological inventories self-esteem, self-concept, tension emotion, aggression and various other personality traits could be measured.
- v. It helps to find out the different traits of athletes, non-athletes and various team players by using

inventory techniques.

- vi. It helps to find out the traits of teachers and coaches.
- vii. Psychological disorders could be assessed.

#### **STATEMENT OF THE PROBLEM**

The purpose of the study was to study the levels of Anxiety among cricket and football players.

#### **Objectives of the study:-**

1. To find out the Anxiety level among cricket and football players.

#### **Hypothesis:-**

It was hypothesized that there would be no significant difference of Anxiety between Cricket and Football players.

#### **Delimitations:-**

1. The study was conducted only sports players of cricket and football players of IshwarDeshmukh College of Physical Education Nagpur.
2. The subjects were only male sports players.

#### **Limitations:-**

1. The tests were administrated at different points of time consider in the availability of the subjects, their mood states as a result of winning or losing a particular match.
2. Questionnaire research has its limitations.

#### **Significance of the Study:-**

The findings of the present study would help the physical education teachers, sports trainers, administrators and the physical educationists in their professional which are discussed below:

Once the causes of the psychological problems in the Cricket and other sports players are understood by the coach with the help of sports psychologist, various types of remedial techniques may be applied and help may be rendered to overcome the excessive emotional problems which affect their performance.

#### **METHODOLOGY**

##### **Selection of Subject:**

The present study was conducted on thirty (30) Cricket and football players. Keeping in view the objectives, the players were categorized into two main groups: Cricket (N=15), and Other Team Game (N=15) players. The sample representing the college of ISHWAR DESHMUKH COLLEGE OF PHYSICAL EDUCATION

##### **Selection of Variables :-**

At the present study as to find out the significant difference of Extroversion, Neuroticism, Psychoticism and Anxiety among Cricket and football players of ISHWAR DESHMUKH COLLEGE OF PHYSICAL EDUCATION

##### **Selection of Test:-**

For collecting data following two tests were selected

1. Eysenck Personality Questionnaire (EPI)
2. Sports Competition Anxiety Test (SCAT)

As explained in the foregoing pages, the tests were administrated onto the two sample groups - Cricket and Football players. The managers of all the teams were contacted personally and requested to permit their respective team member to serve as subjects for this study. Subjects were contacted personally."

##### **Test Administration:-**

Sports Competition Anxiety Test (SCAT)

##### **Purpose:**

The Sports Competition Anxiety Test is latest and most popular sport - specific anxiety test whose purpose is to assess individual difference in sports competitive trait anxiety or the tendency to pursue competition situation, as threatening, and / or to respond to their situation with elevated state anxiety. Sports Competition Anxiety Test Questionnaire (SCAT)

**Procedure:**

The SCAT questionnaire contains fifteen items. The subject were asked to indicate how they generally felt in competitive sports situation, and responded to each item using a three point ordinal scale sometimes, or often)

**Scoring:-**

There ten items were: 2, 3, 5, 6, 8, 9, 11, 12, 14, and 15. The remaining five test items were the spurious items, which were added to the questionnaire to diminish response bias towards the actual test (e.g. "Something against others is socially enjoyable"). These five spurious items werenot scored. These spurious items were: 1, 4, 7, 10 and 13. Every statement had three possible responses i.e.

- i. Hardly ever
- ii. Sometimes
- iii. Often

**ANALYSIS AND INTERPRETATION OF DATA**

The research scholar selected thirty (30) players for the study in which fifteen (15) were cricket payers and fifteen (15) were football players of Ishwar Deshmukh College of Physical Education.

**TABLE NO. 1 AND 2**  
**PERCENTAGE OF THE ANXIETY LEVEL OF CRICKET ANDFOOTBALLPLAYERS OF ISHWAR**  
**DESHMUKH COLLEGE OF PHYSICAL EDUCATION**  
**CRICKET PLAYERS**

Sr. No.	Items	SCAT Scores	No. of Players	Percentage	SCAT level
1	Anxiety	Less than 17	4	26.667%	Low Anxiety
		17-24	11	73.33%	Average Anxiety
		More than 24	0	0%	High Anxiety
	Total		N=15	100%	

The above table gives description of the Cricket players of total sample (N-15) regarding Anxiety characteristic of personality.

The above table indicates that out of 15 players 4 players (26.667 %) have low Anxiety,11 students (73.333 %) have average Anxiety respectively.

These categories are nothing but behavioral pattern of the players or individual differenceof the person.

**FOOTBALL PLAYERS**

Sr. No.	Items	SCAT Scores	No. of Players	Percentage	SCAT level
1	Anxiety	Less than 17	6	40%	Low Anxiety
		17-24	9	60%	Average Anxiety
		More than 24	0	0%	High Anxiety
	Total		N=15	100%	

The above table gives description of Football players of total sample (N-15) regarding Anxiety characteristic of personality.

The above table indicates that out of 15 players 6 players (40%) have low Anxiety, 11 students (60%) have average Anxiety respectively.

These categories are nothing but behavioral pattern of the players or individual differenceof the person.

**TABLE No. 3**  
**THE DIFFERENCE BETWEEN THE MEAN OF ANXIETY LEVEL OF CRICKET ANDFOOTBALL**  
**PLAYERS OF ISHWAR DESHMUKH COLLEGE OF PHYSICAL EDUCATION.**

Sr. No.	Items	Category	Mean	Mean Difference	S.E	"t"-Ratio
1	Anxiety	Cricket Players	18	0.4	1.033	*0.388
		Football Players	18.4			

\*Not Significant at .05 level of confidence

*Dr Keshao P Bhagat*

**FINDINGS**

The Mean value of Cricket and Football players in Anxiety is 18 and 18.4 respectively.

The difference between the mean is 0.4. This mean difference is not significant as the value of "t" ratio is 0.388.

To be significant at 0.05 level, the value of t' ratio should be greater or equal to 2.02.

**DISCUSSION OF FINDINGS**

The purpose of the study was to compare levels of Anxiety among Cricket and Football players of Ishwar Deshmukh College of Physical Education, Hanuman Nagar, Nagpur.

Table No. 3 Shows that there is no significant difference found in Anxiety between Cricket and Football players of Ishwar Deshmukh College of physical Education, Hanuman Nagar, Nagpur.

**DISCUSSION OF HYPOTHESIS**

In the beginning it was hypothesized that there would be no significant difference of Anxiety levels among cricket and football players. After the analysis it was revealed that

- i. There was no significant difference found in Cricket and Football players in Anxiety. Hence the hypothesis is accepted.

**SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

After analysis of collected data; it is found that there is no significant difference found in the level of Anxiety among Cricket and Football players.

**CONCLUSIONS**

In the light of the results of this study, following conclusions were drawn:

This shows that there was no significant difference in Anxiety of Ishwar Deshmukh College of Physical Education Cricket and Football players. It was also observed that even though the average Mean of Cricket and Football players were almost same there was no significant difference among the players.

**RECOMMENDATIONS**

Based on the findings mentioned earlier, the present investigator offers the following problems of further study;

- i. On the basis of findings of the study it is recommended that similar study may be conducted on National Cricket and Football players.
- ii. Similar study may be conducted on Female Cricket and Football players.
- iii. Similar study may also be conducted on Athletes of Sprinters and Long Distance runners.
- iv. Same type of study may be conducted on the players of another game.
- v. It is recommended that the findings of study should be given due consideration while selecting players for specific position in the game or event.

**Bibliography** Behzadi et al. (2012). Eagleton et al. (2007). Karad. (2010).