



**STUDY OF SPORTS COMPETITIVE ANXIETY OF KAYAKING PLAYERS
AND ITS IMPACT**

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Abstract:

The present study was to use descriptive research method and objective to describe the status of sports competitive anxiety of kayaking players from Nashik district kayaking club 25 kayakers in that 15 boys kayakers (Ave. age 19.12 yrs.) as well as 10 girls kayakers (Ave. age 18.25 yrs.) were selected as sample through the simple random sampling method from Nashik district. Present study was selected the anxiety variable those vital to impact to its performance & measure sports competitive anxiety of selected subjects. Sports competitive state anxiety inventory-2 constructed by Martens, Vealey & Burton. Results shown that kayaking boy's player's sports competitive state anxiety in the present study is mostly normal & kurtosis value are -0.359 similarly kayaking girl's player's sports competitive state anxiety in the present study is nearly normal & kurtosis value is 0.754. Therefore, the distribution is Leptokurtic in nature.

Keywords: Kayaking Players, Sports Competitive State Anxiety & Nashik district.

Introduction:

Kayaking water sport involves the execution of several discrete skills that require fine motor control psychological well balance. Performance is dependent on the peak abilities of the smallest muscle groups. Flexibility and core strength are of particular importance in the sport. The sport, therefore, demands specialized training routines that are tailored to meet individual needs. Anxiety is a state of mind in which the individual respond with discomfort to some event that has occurred or is doing to occur. The person's worry about events, their occurrences and consequence, in general are the sources of anxiety. However, anxiety can be either somatic or cognitive in nature. The symptoms of somatic anxiety comprise mental worries and fears. In simple words, it is a type of emotional disturbance. The sports men like other athletes are anxiety prone while participating in competitive sports. Anxiety is one of the most common deterrents to good performance. At worst the effect of the anxiety gets the athlete so tied up in knots that he is frozen in fear. At best anxiety subtly impairs performance by distracting the attention. The purpose of the study was to compare the anxiety levels of individual sports and team game.

Material and Method:

Sample:

The present study the researcher was selected (N=25) Nashik district kayaking club kayakers of 16 to 20 years of age group players of Nashik district. They were includes (n=15) boys kayakers and (n=10) girls kayakers. The simple random sampling technique was used to selection of samples. All the subjects, after has been informed about the objective and protocol of the study was give their consent and volunteered to participate in this study.

Selection of Tools:

Measure sports competitive state anxiety variable of selected subjects Sports competitive state anxiety inventory-2 constructed by Martens, Vealey & Burton was used. The test-retest reliability coefficient of this inventory was 0.81 which was statistically significant and denotes very high level of reliability of the inventory scores.

Procedure of Study:

The present study was to use kayaking boys & girls players selected through the simple random sampling method & Sports competitive state anxiety inventory-2 constructed by Martens, Vealey & Burton was administered to subjects. Scoring of data has been carried out according to author's manual, and descriptive statistics method was used in conducting the profile study. In a typical profile study, we compute various descriptive statistics like mean, standard deviation, standard error of mean, variance, range, skewness, kurtosis, etc. These descriptive statistics explain different feature of the data. The results of statistical analysis were presented in below table.

Results of the study:

The results pertaining to level of status of sports competitive state anxiety of boys & girls kayaking players were assessed using the descriptive statistical test & the results are presented in table 1

Table no 1
Descriptive Statistics of Sports Competitive State Anxiety
For Kayaking Boys & Girls Players

Nashik District	Kayakers	
Variable	Sports Competitive State Anxiety	
Gender	Boys	Girls
Number	15	10
Mean	66.04	68.24
Std. Error of Mean	0.48	0.64
Median	66.00	68.00
Mode	65.00	68.00
Std. Deviation	2.44	3.21
Variance	5.95	10.35
Skewness	-0.237	0.025
Std. Error of Skewness	0.464	0.464
Kurtosis	-0.359	0.754
Std. Error of Kurtosis	0.902	0.902

According the table no. 1, Nashik district 15 boys kayakers mean value of (Combine score of Cognitive Anxiety, Somatic Anxiety and Self Confidence) Sports Competitive State Anxiety is 66.04, median & mode of anxiety variable are nearly equal & standard deviation is 2.44, standard error of mean value is 0.48 the least for the anxiety, skewness value is found to be -0.237 which shows that the skewness is negligible & distribution of boys kayakers Sports Competitive State Anxiety in the present study is mostly normal. & kurtosis value is -0.359. Therefore, the distribution is Leptokurtic in nature. Similarly 10 girls rifle shooters mean value of (combine score of cognitive anxiety, somatic anxiety & self confidence) Sports Competitive State Anxiety is 68.24, median & mode of anxiety variable are nearly equal & standard deviation is 3.21, standard error of mean value is 0.64 the least for the anxiety, skewness value is found to be 0.025 which shows that the skewness is negligible & distribution of girls kayakers Sports Competitive State Anxiety in the present study is nearly normal. & kurtosis value is 0.754. Therefore, the distribution is Leptokurtic in nature.

Discussion of the study:

It was observed from the findings that the Study of Sports Competitive Anxiety of Kayaking Players & its impact. In the result of study from table no. 1 shown that there was Nashik district kayaking boys & girls player's level of sports competitive state anxiety was high. This finding was supported by **Brij Bhushan Singh (2010)** Anxiety experienced

during competition is known as competitive anxiety; it is a feeling of apprehension about the outcome of competition. For the purpose of this study 35 top three ranked power lifters (22 male and 13 female) were selected from the Agra University intercollegiate power lifting championship 2009 held at Shri Varshaney Degree College Aligarh. The sports competition anxiety was measured SCAT developed by Martens (1977). The t-test was applied for assessing the difference between the competition anxiety of intercollegiate male and female power lifters and coefficient-correlation was applied for seeing the relationship of competition anxiety of intercollegiate male and female power lifters with their performance at .05 level of confidence. The results had shown that the competition anxiety of male power lifter was having negative correlation but the competition anxiety of female power lifter was positively correlated with their performance. Also statically no significant difference was observed between the competition anxiety of intercollegiate male and female power lifter.

Conclusion of the study:

The scope of this study, the researcher concluded that Kayaking boys & girls player's sports competitive state anxiety. This study impact on the field of physical education & sports area. Shooters part of various sports & games activities, express important role of Psychology. Sports players and coaches helps to characterized adjustment and managed and know the level of sports competitive state anxiety for that further contribute to better performance.

- It was concluded that anxiety highly related to better performance in sports & games.
- It was concluded that anxiety contribute to enhance and down the sports performance.
- It was concluded that researcher evidence revealed the level of anxiety in kayakers boys & girls players. These psychological variables are vital in the field of sports coaching and performance. It is known from the review of related literature that status to level of anxiety of sports players.
- It was concluded that study may help to developed efficient coaching plan for better performance consider the level of anxiety variables of the psychology in the field of physical education and sports.

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