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## A study on competitive sports anxiety of young female hockey players

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### Abstract

The present study aimed to find out the competitive sports anxiety level of female hockey players. Total (N=18) female hockey players, aged 13 to 24 years were selected for the study. A subjects were from Delhi State who have participated in at least Junior/Senior national or Zonal Inter-University championships. The Sports Competitive Anxiety Test (SCAT: Martens, 1977) was used in the study, which comprises of 15 items that measures competitive sport anxiety. A Google Form was developed in the format of a questionnaire and was shared in Delhi State Hockey group for data collection. Out of 26 responses 18 were selected on the basis of level of participation. For statistical analysis, minimum, maximum, mean and standard deviation of the scores of female hockey players was calculated. The minimum SCAT score of the players is 12 (a Low level of Anxiety) and the maximum score is 21 (an Average level of Anxiety). The mean score is 17 with standard deviation 2.38 showing an average level of anxiety among the players. It is concluded that the female hockey players at Junior/Senior or Zonal Inter-University level have an average level of sports competition anxiety.

**Keywords:** Delhi State, sports competitive anxiety, female hockey players

### Introduction

Anxiety is a reaction to impending danger: Real or imaginary. Anxiety is like worry; it is an unpleasant emotion that most athletes feel at sometimes when they are faced with challenges (Moran, 2004) <sup>[6]</sup>. It contains of two sub-components, namely cognitive (mental) and somatic (Physiological), which influence the performance before and during competition (Weinberg RS, & Gould D, 1999; Martens V, *et al.*, 1990; Jarvis M, 2000) <sup>[7-9]</sup>.

As we all know that competition is a social process that takes place when prizes are given to people on the basis of the comparison of their performance with the performance of other participating in the same event (Coakley, 1994) <sup>[3]</sup>. In sports, pre-competitive anxiety refers to an unpleasant emotion which is characterized by imprecise but persistent feeling of uneasiness and fear before competition. The problem of pre-competitive anxiety is the most pressing problems in modern sports psychology. It has recognized that the psychological factors particularly anxiety, play a great role in competition, every player experience fear and nervousness before, during and after competition (Lizuka, 2005) <sup>[5]</sup>.

Anxiety in sports is such a huge issue for many athletes. The logic is that, the better you become, the higher the level of competition, the more anxiety you experience. Anxiety can have a devastating effect on the performance of an athlete (Athen & Sampson, 2013) <sup>[10]</sup>. It doesn't matter how much skill or talent anyone may have; he can never perform at his/her best if he/she feels fear before the event. Several researches have been conducted on anxiety level among different team game male players but there are less studies were conducted on sports competitive anxiety level among female players of hockey who have participated in junior/senior national or zonal inter university championships. Therefore, the research scholar is paying keen attention to conduct this study.

### Methodology

**Subjects:** The present study was conducted on 18 female hockey players, age ranging from 13 to 24 years. The subjects were from Delhi State who have participated in at least Junior/Senior national or Zonal Inter-University championships.

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The Sports Competitive Anxiety Test (SCAT: Martens, 1977) [11] was used in the study, which comprises of 15 items that measures competitive sport anxiety.

### Collection of Data

A Google Form was developed in the format of a questionnaire and was shared in Delhi State Hockey group for data collection. All the participants were asked to read out each statement of the questionnaire and decide if she "Rarely", "Sometimes" or "Often" feels when they compete in Hockey Tournaments, and then tick the appropriate option to indicate their response. Proper instructions were provided to the players before filling up the forms. Also, if they found any difficulty in understanding anything, they were provided with immediate help through text messages and phone calls. Out of 26 responses 18 were selected on the basis of level of participation.

### Scoring

After that the responses were given scores. The ten test items

which were taken for scoring purpose were 2, 3, 5, 6, 8, 9, 11, 12, 14, 15, there maiming items which were not score doubt were 1, 4, 7, 10, 13. The score for the response to each question according to the situation is 1, 2, 3. The sum of score of each question is the SCAT score.

### Norms of SCAT Score

Less than 17: A Low level of Anxiety.  
17 to 24: An Average level of Anxiety.  
More than 24: A high level of Anxiety.

### Statistical Analysis

For statistical analysis, minimum, maximum, mean and standard deviation of the scores of female hockey players was calculated.

### Results

The findings of the study have been documented in the following table.

**Table 1:** Statistics of the SCAT score of the female hockey players

Subjects	Age (In years)	No of Subjects	Minimum Score	Maximum Score	Mean	Standard Deviation
Female Hockey Players	13 to 24	18	12	21	17	2.38

According to Table 1, the minimum SCAT score of the players is 12 (a Low level of Anxiety) and the maximum score is 21 (an Average level of Anxiety). The mean score is 17 with standard deviation 2.38 showing an average level of anxiety among the players.

### Conclusion

Within the limitations of the study, it is concluded that the female hockey players at Junior/Senior or Zonal Inter-University level have an average level of sports competition anxiety.

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