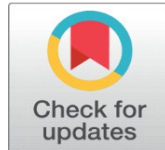


A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY LEVEL BETWEEN HOST PLAYERS AND VISITORS PLAYERS DURING THE 3RD EDITION OF KHELO INDIA WINTER GAMES

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ABSTRACT

Purpose: The purpose of the study was to compare sports competition anxiety level between host players and visitor players those who have participated in the third edition of khelo India Winter Games at Gulmarg.

Methodology: For the investigation of the study, total 80 players were selected by using simple random sampling technique among them 40 were host players who reside in Jammu & Kashmir while as 40 visitor players who came from outside Jammu and Kashmir were selected as participants. To achieve the purpose of the study, Sports Competition Anxiety Level test developed by Martens 1990 was used. For data analysis descriptive statistics i.e Mean, Frequency percentage, S.D and inferential statistics t-test was applied. **Results:** Results shows that there is significant difference between host and visitor players in respect to sports competition anxiety level. Further findings of the study shows that visitor players have high level of sports Competition anxiety level as compare to host players.

Keywords: Anxiety, Sports Competition, Host Players, Visitor Players, Khelo India, Winter Games

1. INTRODUCTION

Anxiety has multiple dimensions and consists primarily of two elements: Somatic anxiety (physical) and cognitive anxiety (Mental). Somatic anxiety involves physical sensations like tension and elevated heartrate while cognitive anxiety associated with unfavorable expectations and worries about performance (Martens et al, 1990). The significance of psychological elements in competition has long been acknowledged. Thus, a lot of research has been done on the connection between anxiety and athletic performance. Among the justifications for this connection is the multifaceted theory (Liebert and Morris, 1967). Sports Competition anxiety refers to the feelings of stress, nervousness, or worries that athletes experience before or during a sports competition (Weinberg and Gould, 2007). It is a common reaction to the perceived pressure to perform well can significantly impact on athlete's performance. Symptoms of sports competition anxiety can vary from person to person but may include increased heart rate, racing thoughts, muscle

tension, sweating, difficulty sleeping, and loss of appetite and a feeling of being overwhelmed (Wikipedia, 2023). Sometimes athletes may also experience negative self-talk or doubt their abilities. Sports competition anxiety can be caused by various factors, such as the importance of the competition, fear of failure, fear of judgement from others, high expectations from coaches or teammates, or lack of confidence in one's abilities (Kharazi, 2023). Past experience of poor performance or traumatic events during competition can also contribute to anxiety. Winter Games is played on high altitudes. Athletes when moving from moderate to high altitudes, a significant percentage of players suffer from acute altitude sickness often known as mountain sickness. Symptoms of this disorder include so many physiological disturbances in body like headache, vomiting, nausea, trouble breathing and insomnia. These signs may appear six to forty-eight hours from arrival at a high altitude (Kenny et al., 2012). Acute altitude sickness is not fatal, but it can cause severe physiological problems to athletes that lasts for many days that results in so many psychological disturbances and athletes end with so many issues like fear competition and fear of losing the matches that's results in high level of competition anxiety among athletes (Fagenholz et al., 2007). Psychological and physiological aspects are significant determinants of performance in sports (Grange & Kerr, 2010). For athletes to compete at their best, they must comprehend and control their nervousness. Sports anxiety is a normal part of the game, but athletes can manage it to achieve optimal performance by learning useful coping mechanisms.

Host Players: Host players are those who belong or reside in J&K and participated in the 3rd edition of Khelo India Winter Games.

Visitor Players: Visitor players are those players who have come, reside outside J&K and participate in the 3rd edition of Khelo India Winter Games. Like Punjab, Delhi, Maharashtra and many more states of India.

KIWG: Khelo India Winter Games.

2. OBJECTIVES OF THE STUDY:

The purpose of the study is to compare the sports competition anxiety level between host players and visitor players those who have participated in the Khelo India Winter Games at Gulmarg.

Variables Selected for the Study: The variable selected for the study was SCAT (Sports Competition Anxiety Test) Questionnaire by R. Martin 1990.

Methodology: For the investigation of the study total (N=80) were selected among them 40 were host players and 40 were visitor players those who have participated in the 3rd edition of KIWG at Gulmarg by using simple random sampling technique. Age of the subjects ranged between 18-25 years.

Administration: Investigator first explained about the questionnaire in detail to the subjects and also gives overview of the study purpose to the subjects. After that Sports competition anxiety test questionnaire was given to each subject and were asked to read the instructions given in the questionnaire carefully. There is no time limit.

Scoring: The SCAT questionnaire contains 15 items, 10 of which measure symptoms associated with anxiety, with five others spurring questions (1, 4, 7, 10 and 8) that are not scored include to reduce the likelihood of an internal response set bias. The scores of the 10 items are summed to provide an overall measure, with a high score reflecting a greater tendency to experience competition anxiety. The responses include 3 scales i.e. Rarely, Sometimes and Often has score of 1, 2, 3.

Norms of SCAT Scores by Martens, 1990

Range Of Scores	Grades or Remarks
Below 17 Score	Indicates Less Anxiety
17 - 24	Average level of Anxiety
Above 24	High level of Anxiety

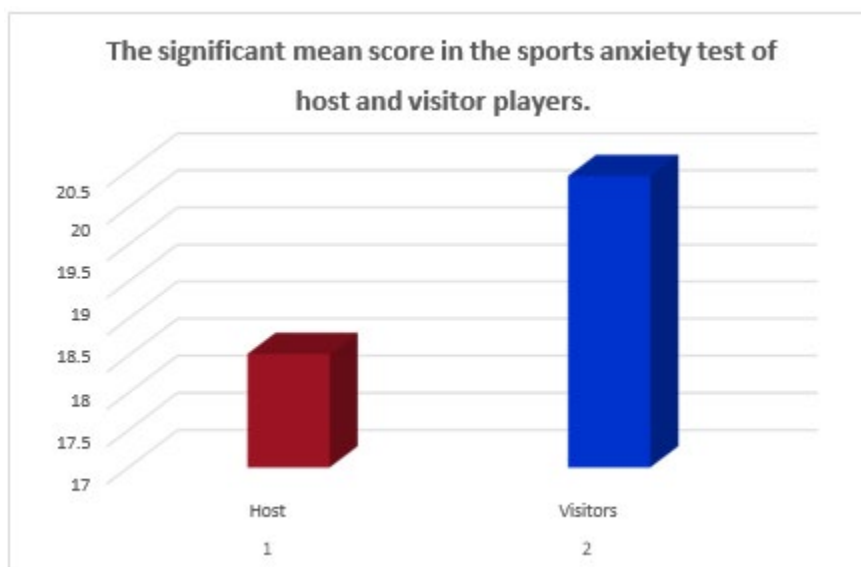
Statistical Analysis: For Comparing Sports Competition Anxiety between Host and Visitor Players descriptive statistics and independent t-test was applied at 0.05 level of significance besides this graphical representation of the results will be used. Data analysis was performed using SPSS latest version.

Table-1: Mean and Standard deviation of sports competition anxiety level of Host and Visitor players during KIWG. Descriptive Statistics.

Groups	N	Mean	S.D
Host	40	18.025	5.0458
Visitor	40	20.425	4.3611

Significant at 0.05 level

Above table reveals that the mean and S.D score of sports anxiety between host and visitor players at KIWG games, host players: 18.025 ± 5.0458 , visitor players: 20.425 ± 4.3611 .

**Fig 1:** Graphical representation of the Sports competition anxiety of host and visitor players in the above figures.**Table 2: Independent t-test of sports competition Anxiety of Host and Visitor Players.**

Groups	N	df	Sig. (2 tailed)	Mean Difference	Sta. Error difference	t- statistics
Host	40	78	0.026	2.40	1.055	2.276
Visitor	40	76.39				

Results: To calculate and characterize the Sports competition anxiety difference between host players and visitor players after analysis table-2 reveals the data t value is 2.276* at the significance level of 0.05 which is more than the tabulated value i.e. P-Value 0.026. Hence after analysis it was found there was a significant difference between sports competition anxiety of host players and visitor players.

Discussions of Findings: Anxiety is a negative feeling with certain characteristics. If left unchecked it causes decreased focus, anxiety and self-doubt and muscle tension, which may lead to a change in technique or efficiency. The confidence and performance of an athlete might be completely destroyed by anyone of these above signs (Martin, 2014). Winter sports involves so much risk and sometimes due to bad weather conditions athletes also having a fear of injuries. Furthermore, previous studies conducted on sports anxiety were mainly focused on summer sports like Kho Kho, Badminton, Basketball, Judo, Taekwondo, Kurash and Volleyball (Laishram et al., 2022, Basanti, 2016, Sarfaraz, 2016). Unfortunately, there are not many studies available which have linked sports competition anxiety in winter games. Like other existing studies related to different summer sports have shown significant difference between the groups in sports competition anxiety of players. Anxiety is very common among winter sports athletes also. It is revealed from the above findings as shown by the t-test, there are significant difference between host and visitors players at winter games.

3. CONCLUSION

As per the above findings and results researcher can conclude that there is significant difference between the sports competition anxiety between host and visitor players those who have participated in 3rd edition of KIWG at Gulmarg. The study conclusions may also be explained by the possibility that winter games competitors from host state have come to understand how crucial it is to manage their anxiety during competition. This has a positive effect on player's performance during tournaments, and at the same time, they are more aware of how to manage their anxiety. The explanations for this could be because players from the host state are more acclimated to high altitudes than players participated from other parts of the country, because abrupt changes in the weather also directly affect's individual psychological characteristics.

CONFLICT OF INTERESTS

None.

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