

A COMARISION OF PRE-COMPETITION ANXIETY OF MALE AND FEMALE BADMINTON PLAYERS

Dr. Rajkumar Sharma*

ABSTRACT

The study examined the multidimensional pre-competitive state anxiety of university badminton players. The sample consisted of 49 male players and 41 female players who had competed in the All India Inter-university badminton competition organized by the Manipur University, Imphal from 25.12.2009 to 31.12. 2009. The Revised Competitive State Anxiety Inventory-2 (CSAI-2R) (Cox, Martens & Russell, 2003) was used to examine their multidimensional pre-competitive state anxiety. Result indicated that there was no gender difference in pre-competitive somatic anxiety, however, gender difference was found with male players experienced higher than female players in pre-competitive cognitive anxiety.

*Grade –I Gymnastic Coach, State Gymnastic Coaching Centre, Department of Sports and Youth Welfare, District Sports Complex, Bilaspur (CG)

INTRODUCTION

. Badminton is an objective and individual sport. However, most of the research uses the sample of team players, such as basketball, volleyball, and rugby. More than that, the format of the competition might influence the result of the study. As the competition format includes 3 single games and 2 double games in one match that each of the player could participate in 1 single game and 1 double game in maximum, therefore, for those who took part in 2 games might elicit higher anxiety levels.

The perception of a substantial imbalance between environmental demand and response capabilities under conditions which a failure to meet demands is perceived as having important consequences will respond to increase levels of cognitive and somatic state anxiety. (Martens et al., 1990).

The state anxiety were “characterized by subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated with activation or arousal of the autonomic nervous system” (Spielberger, 1966). The role of situational factors play in mediating state anxiety of athletes prior to competitions. In this case, the ability to get into the right mindset which prior to competition is a key aspect of the game that discriminates successful from unsuccessful athletes. In order to achieve optimal performance, the identification of factors influencing anxiety is a crucial point (Krane & William, 1994)..

Therefore, the purpose of this study was to examine the multidimensional pre-competitive state anxiety of university badminton players. It was also hypothesized that there will be no significant difference between male and female players in their pre-competitive anxieties.

METHODOLOGY

Selection of Subjects

Samples were both male and female badminton team players from eight tertiary institutes who had competed in the All India Inter-university badminton competition organized by the Manipur University, Imphal from 25.12.2009 to 31.12. 2009. The total number of subjects 90 (49 boys and 41 girls) respectively.

Instrumentation

The Revised Competitive State Anxiety Inventory-2 (CSAI-2R) (Cox, Martens & Russell, 2003) was used to examine the multidimensional pre-competitive state anxiety of university badminton players. The questionnaire contains three subscales: Somatic Anxiety, Cognitive Anxiety and Self-confidence.

Procedure

Questionnaires were administered to subjects within 30 minutes prior to the start of the badminton competition and the nature of study was described at the top of the questionnaire to the subjects. Each questionnaire took approximately 5 minutes to complete. Subjects who had completed the personal information section represented that they had given their consent to provide the data under the condition of anonymity. The administering of the questionnaires was carried out on 21st November 2010. Investigator collected the questionnaires from each team captains before the beginning of the competition. A total of 90 questionnaires were collected.

RESULTS

In comparing the means difference between male players and female players in pre-competitive somatic anxiety and pre-competitive cognitive anxiety, the independent group t-test was computed.. The level of significant was set at .05 level and data pertaining to this have been presented in table 1-3

TABLE 1
DESCRIPTIVE STATISTICS OF PRE-COMPETITION ANXIETIES OF
MALE AND FEMALE UNIVERSITY BADMINTON PLAYERS

S. NO.	Subscales	Male		Female	
		M	SD	M	SD
1.	Somatic Anxiety	10.79	3.52	10.02	3.29
2.	Cognitive Anxiety	11.08	2.11	9.67	1.44

The mean scores on pre-competition anxieties of male and female university Badminton players have been depicted in figures 1 .

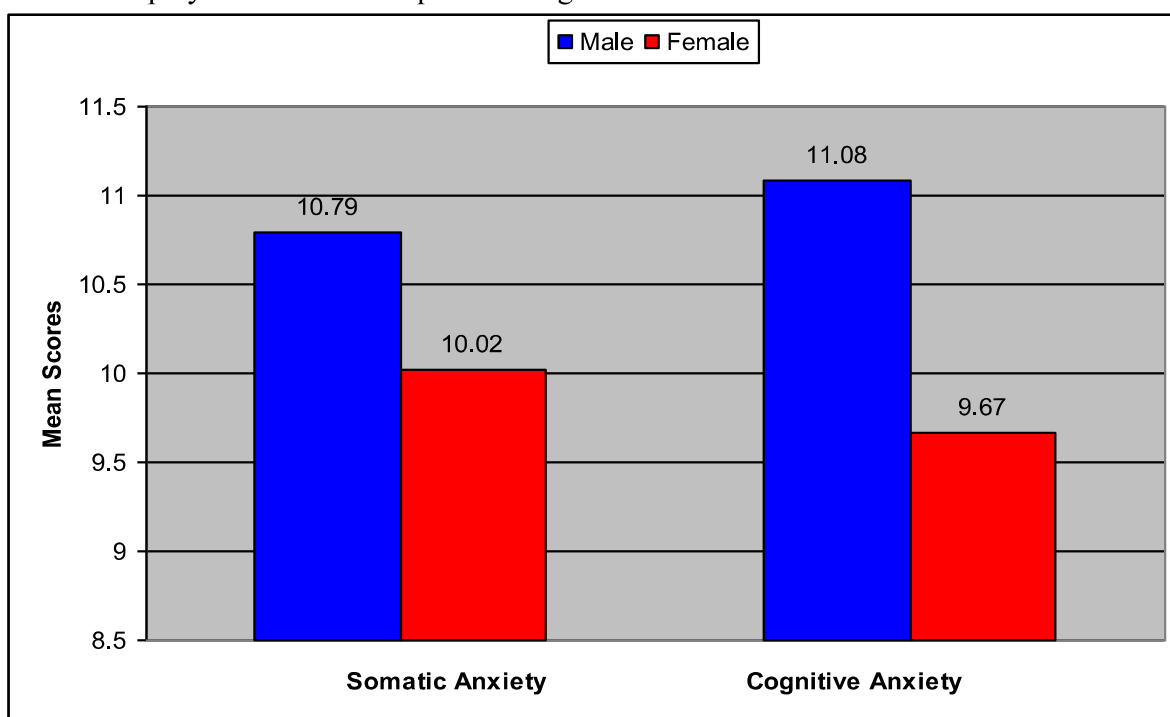


Fig. 1: Mean Scores on Pre-competition Anxieties of Male and female University Badminton Players

TABLE 2

SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF MALE AND FEMALE UNIVERSITY BADMINTON PLAYERS IN PRE-COMPETITIVE SOMATIC ANXIETY

Subscales	Sex	Mean	MD	σ DM	t-ratio
Somatic Anxiety	Male	10.79	0.77	0.83	1.08
	Female	10.02			

Significant at .05 level

t.05 (88)=1.99

It is evident from Table 2 that there was no significant difference between male and female Badminton players in the pre-competitive somatic anxiety, as the obtained t-value of 1.08 was less than the required value t.05 (88)=1.99. Hence null hypothesis was accepted.

TABLE 3

SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF MALE AND FEMALE UNIVERSITY BADMINTON PLAYERS IN PRE-COMPETITIVE COGNITION ANXIETY

Subscales	Sex	Mean	MD	σ DM	t-ratio
Cognitive Anxiety	Male	11.08	1.41	5.17	3.67*
	Female	9.67			

Significant at .05 level

t.05 (88)=1.99

It is evident from Table 3 that there was significant difference between male and female Badminton players in the pre-competitive cognition anxiety, as the obtained t-value of 3.67 was higher than the required value t.05 (88)=1.99. Hence null hypothesis was rejected

DISCUSSION

From the present research, result shown that there was no significant difference between male and female players in pre-competitive somatic anxiety, however, gender difference was found with male players experienced higher than those female players in pre-competitive cognitive anxiety. This phenomenon was partially consistent with the findings of Jones and Cale (1989) and Jones et al. (1991). According to their studies of gender differences in pre-competition temporal patterning of anxiety, no gender differences were reported on the somatic subscale, however, females had higher cognitive anxiety level than males 30 minutes prior to competition.

Apart from such partial consistency, the result of this study was in contrast to certain researches. Alexander and Krane (1996) found that female volleyball players scored higher in

both cognitive and somatic anxiety than male players. Similarly, same result was found in the study of Martens et al. (1990). On the other hand, Krane & Williams (1994) discovered that female athletes displayed higher somatic anxiety than male athletes and no gender differences were found in cognitive anxiety.

CONCLUSIONS

1. Similarity was found between male and female Badminton players in the pre-competitive somatic anxiety,
2. Male and female Badminton players differ significantly in the pre-competitive cognition anxiety,

RECOMMENDATION

1. Similar Study may be conducted on youth squad badminton players or elite badminton players.
2. Similar research should be conducted base on the nature of sports to test for the difference such as objective versus subjective, individual versus team, and contact versus non-contact.

REFERENCES

- Alexander, V., & Krane, V. "Relationships among performance expectations, anxiety, and performance in collegiate volleyball players". Journal of Sport Behavior, 19 :3 (1996): 246-270.
- Cox, R. H., Martens, M. P., & Russell, W. D. "The Revised Competitive State Anxiety Inventory-2 (CSAI-2R)" Journal of Sport & Exercise Psychology, 25 : 4 (2003) : 519-535.
- Jones, J. G., & Cale, A. "Pre-competition temporal patterning of anxiety and self-confidence in males and females". Journal of Sport Behavior, 12 : 2 (1989) : 183-195.
- Jones, J. G., Swain, A., & Cale, A. "Gender differences in pre-competition temporal patterning and antecedents of anxiety and self-confidence" . Journal of Sports & Exercise Psychology, 13 : 1 (1991) : 1-15.
- Krane, V., & Williams, J. M. (1994). "Cognitive anxiety, somatic anxiety, and confidence in track and field athletes: The impact of gender, competitive level, and task characteristics". International Journal of Sport Psychology, 25, (1994) : 203-217.
- Martens, R., Vealey, R. S., & Burton, D. Competitive anxiety in sport. Champaign, IL: Human Kinetics, 1990. .
- Spielberger, C. D. "Theory and research on anxiety". In C. D. Spielberger (Ed.), Anxiety and behavior (pp.3-20). New York: Academic Press, 1966.