

“RELATIONSHIP OF COMPETITIVE STATE ANXIETY WITH HOCKEY PERFORMANCE”

Dr. Vijay Francis Peter
School of Physical Education
D.A.V.V.

ABSTRACT

Anxiety is one of the greatest problems of modern trends in scientific knowledge, cultural conflicts, economic problem, and industrialization, all add to the problem of man, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of hearing is a prominent feature. It generally arises as a result of fear of something, unknown creates tension and disturbance. Anxiety in sports activity is particularly wide-spread because of the fact here, as now here else, a person against a background of sizeable physical and psychic load in training sessions and competitions, is constantly subjected to the action of the most uniform interpersonal and micro environmental influences.

INTRODUCTION

Anxiety is one of the greatest problems of modern trends in scientific knowledge, cultural conflicts, economic problem, and industrialization, all add to the problem of man, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of hearing is a prominent feature. It generally arises as a result of fear of something, unknown creates tension and disturbance. Anxiety in sports activity is particularly wide-spread because of the fact here, as now here else, a person against a background of sizeable physical and psychic load in training sessions and competitions, is constantly subjected to the action of the most uniform interpersonal and micro environmental influences. For this reason in sports earlier than anywhere else, the demands of practice were given the task of operational diagnostics and of regulating the pre-competition conditions of sportsman, the psychological preparedness, which is characterized by a varied level of situational anxiety, adequate or inadequate for the demands of the activity. The state of anxiety or reactive anxiety arises as the reaction of a person to varied, most often socio psychological stress factors (the expectation of a negative evaluation) or aggressive reaction, the perception of an unfavorable attitude toward oneself, a threat to one's self esteem or prestige. On the other hand, personal anxiousness or trait anxiety, characteristics, a disposition, given a statement of individual differences in susceptibility, one's proneness to the action of various stress factors. Consequently it is a question here of the relatively stable disposition of a person to perceive thereat to his "age" in the most varied situations with an increase in A-state. Individuals with high personal anxiousness, more often than low anxiety individuals, even in the most varied situation, develop a rise in state anxiety, which allow the

prediction of the and intensity of his emotional reaction in similar situations in the future. The basic idea of bringing revolutionary changes in the game of hockey was to give greater opportunities and more advantage to young stars to participate in vigorous activities and to be fit. Hockey is a skilled game acquiring the ability to master a ball with a stick physical strength particularly in the forearms and wrists plays an important role in developing of speed of movement over short distance. Hockey is a game in which required to play one game in 70 minutes hence , it is very necessary for a player to have Endurance to play other skills of this game are concerned such as dribbling, scooping and tacking etc. it’s necessary and must for a player to have “flexibility” to perform the above mentioned skills efficiently and here mainly there should be “hip flexibility” and similarly in “hitting” one should have power and strength that is shoulder strength and also it is very necessary to have “speed” while chasing the ball and whenever during a play there is a counter attack “Agility” is a must for a player also it is necessary for a player to have reaction time. Hockey has become one of the most popular games in the world and of the major game it is the only one that has remained entirely amateur, a status which is jealously preserved by all those who play or support. For the game which the present one originated in generally accepted as have been played for over 200 year. It popularity has no doubt, always owned to the fascination man finds in hitting a ball with a stick. Today hockey is essential to a team – game, and has developed into a fast and highly skillful one.

METHODOLOGY

40 subjects were randomly selected from the players representing Madhya Pradesh state University level of hockey tournament conducted for the year 2008-09. The ages of subject were range from 17 to 25 years. The breakup of the subjects on which data was collected has been presented in Table-1. The test was administered to the subjects before thirty minutes of the competition. The subjects were assembled in a group; clear instructions were especially given that all the items in the questionnaire must be attempted.

Table-1
The Details Of The State University Hockey Players

Sl. No.	Name Of State University	No. Of Subjects
1	Devi Ahilya University, Indore	10
2	Barkatullah University, Bhopal	10
3	Rani Durgavati University, Jabalpur	10
4	Drhari Singh Gouruniversity, Sagar	10
Total Number Of Subjects		40

Table-2
Coefficient Of Correlation Between Competitive State Anxiety And Hockey Performance

Variables Correlated	Coefficient of Correlation
Competitive State Anxiety With Hockey Performance	-0.087*

Not Significant at 0.05 level of confidence

$r_{0.05(38)} = 0.312$

The obtained value of $r = -0.087$ (from table) clearly indicates that a very low negative correlation between competition state anxiety and hockey performance score which is not significant because the required value at 0.05 level of confidence with 38 degree of freedom is 0.312.

Table -3
Mean Score On Competitive State Anxiety Test

Mean	Standard Deviation
19.325	2.814

Table -3 Obtain mean value indicates that players participating at state university level possess moderate level of anxiety. Since their mean value falls between 17-24, that is moderate level of anxiety as suggested by Rainer Martens.

DISCUSSION OF FINDINGS

The findings of this study indicate that the competitive state anxiety was negatively correlated with hockey performance but was insignificant. This may be due to the fact that this level of participation anxiety does not have any impact on the performance as the level increases anxiety level also tends to increase, hence it is concluded that moderate level of anxiety does not affect the performance.

CONCLUSION

There was no significant relationship found between anxiety levels of state level hockey players with their hockey performance, hence the study revealed that the players at state level possess moderate level of anxiety.

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