



Analysis of Anxiety of Football Players at the Different Levels of Competition

Nirmaljeet Singh and Rajkumar Sharma

Punjabi University Patiala, Punjab, INDIA

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Abstract

Sports psychology is a branch of psychology which not only studies the behavior of sportspersons but also reveals the impact of all the psychological variables which are directly or indirectly, positively or negatively related to sports performances. Many studies have been done to see the impact of psychological variables on sports performances. Preparation of the mind of players is as important as the preparation of their body, because under the stress of competition players react physically as well as mentally in such a way that it can adversely affect their performance. Players become highly tensed; they worry about their performance and also about the outcome of the competition and find it difficult to concentrate on the given task. In other words, their concentration goes down which leads to poor performance in sports. In the present times, coaches and physical educators have become more aware and concerned about the psychological and sociological aspects of sports rather than merely physiological fitness and skill in various activities. They realize that these characteristics of the participants contribute more towards their success than only physical fitness.

Keyword: Sports Psychology, Performance, character traits.

Introduction

Anxiety has been defined in a variety of ways such as "a disturbed state" of body¹ "emotional reactivity"²

Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth; somatic complaints and rumination³. Fear and anxiety differ in one important respect. Therefore, it tends to be more pervasive and less in responses to the changes in the environment⁴. "A fear", says Rothlisberg after "is a quickly passing cloud that moves across the sun, anxiety is the cloud that lingers and truly beclouds the man"⁵.

In medical terminology, anxiety is defined as "apprehension of danger accompanied by restlessness and a feeling of oppression in the epigastrium"⁶.

Methodology

For the purpose of the study, 191 football players were selected as subjects (male) who had won first four positions in Punjabi University Inter-College Tournament, All India Intervarsity and National level football championship.

The present research work was designed to study Anxiety of football players at the different levels of participation. The following tools have been used by the investigators to collect data. State Trait Anxiety Scale (STAS) by Dr. Govind Triwari and Rama Pal was used to assess the anxiety level of football players at the different levels of participation.

Results and Discussion

Findings of the Study: The data was analyzed by using descriptive statistics and one way analysis of variance method to find out differences between college, university and national level players in the Anxiety. Findings are presented below in tabular form:

Table-1
Descriptive statistics of Inter-college, nationals and intervarsity level competitions in relation to state anxiety

Competition Level	Mean	Standard Deviation
Inter-college	54.28	4.565
Nationals	54.51	6.763
Intervarsity	54.29	6.048

Table-1 revealed mean and standard deviation at three different levels of competitions i.e. Inter-college, nationals and intervarsity level in relation to state anxiety. The mean scores at Inter-college, Nationals and Intervarsity level competition in relation to state anxiety have been found 54.28, 54.51 and 54.51 respectively. The standard deviation scores in relation to state anxiety at Inter-college, nationals and intervarsity level competition have been found 4.565, 6.763 and 6.048 respectively.

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Table of Contents Anxiety Relief Fantasy Football Review

1. Understanding the eBook Anxiety Relief Fantasy Football Review
 - The Rise of Digital Reading Anxiety Relief Fantasy Football Review
 - Advantages of eBooks Over Traditional Books
2. Identifying Anxiety Relief Fantasy Football Review
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Anxiety Relief Fantasy Football Review
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anxiety Relief Fantasy Football Review
 - Personalized Recommendations
 - Anxiety Relief Fantasy Football Review User Reviews and Ratings
 - Anxiety Relief Fantasy Football Review and Bestseller Lists
5. Accessing Anxiety Relief Fantasy Football Review Free and Paid eBooks
 - Anxiety Relief Fantasy Football Review Public Domain eBooks
 - Anxiety Relief Fantasy Football Review eBook Subscription Services
 - Anxiety Relief Fantasy Football Review Budget-Friendly Options
6. Navigating Anxiety Relief Fantasy Football Review eBook Formats
 - ePub, PDF, MOBI, and More
 - Anxiety Relief Fantasy Football Review Compatibility with Devices
 - Anxiety Relief Fantasy Football Review Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Anxiety Relief Fantasy Football Review
 - Highlighting and Note-Taking Anxiety Relief Fantasy Football Review
 - Interactive Elements Anxiety Relief Fantasy Football Review
8. Staying Engaged with Anxiety Relief Fantasy Football Review

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Anxiety Relief Fantasy Football Review
- 9. Balancing eBooks and Physical Books Anxiety Relief Fantasy Football Review
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Anxiety Relief Fantasy Football Review
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Anxiety Relief Fantasy Football Review
 - Setting Reading Goals Anxiety Relief Fantasy Football Review
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Anxiety Relief Fantasy Football Review
 - Fact-Checking eBook Content of Anxiety Relief Fantasy Football Review
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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