

JES-Applied Sciences

Construction and Development of Game-Specific Competitive Anxiety Questionnaire for Cricketers

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Article Info

Article History

Received : 13-03-2011
Revised : 16-04-2011
Accepted : 17-04-2011

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Abstract

The objective of the study was to assess the game-specific competitive anxiety level of the Tamilnadu state cricketers. One hundred and fifteen Cricketers from TNCA first division league cricket teams aged ranged between 16 and 26 years were respondent to questionnaire developed by the investigators and standardized sports competition anxiety questionnaire (SCAT) developed by Martens. The objectivity, reliability and validity of the questionnaire were established using appropriate tools. The three sports psychological experts were asked to subjectively rate the anxiety level of each cricketer in a 10 point scale, ranging from 0 to 10 point. The statistical analysis Pearson product moment correlation was used to find out the inter-relationship between expert rating and collected data. The result reveals that the constructed game-specific competitive anxiety questionnaire for Tamilnadu state cricketers had significant relationship with the expert rating and with SCAT questionnaire.

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Key Words: Anxiety, Cricket, Questionnaire, Tamilnadu

Introduction

The relationship between anxiety and sport performance has attracted much research attention over the past 20 years, and researchers have tried to clarify this relationship by advancing several models and theories. It is generally recognized that psychological factors are of crucial importance in high-level competitive sports. The relation between anxiety and performance has been the subject of many thorough researches Craft et al., [1] Martens et al., [2]. Cognitive anxiety is characterized by negative concerns and worries about performance, inability to concentrate, and disrupted attention Krane et al., [3]. Somatic anxiety consists of an individual's perceptions, which are characterized by indications such as sweaty palms, butterflies, and shakiness Martens et al., [4].

Cricket is the most popular game, which is played in more than 104 countries. Both physical and mental fitness play vital role in performance. The other aspect about cricket is that it is probably one of the fastest evolving sports in the world, constantly adapting itself to the 'demands' of a changing global audience.

Anxiety depending upon the degree is defined in different ways such as tension, panic etcetera. The ability to deal with anxiety is an integral part of sports training. People who are able to overcome their anxiety, perform much better than some of the strongest contenders of the game. Sports bring out the best qualities in every individual. Every faculty of the human body, whether physical or mental, is stretched to its limits while playing a competitive game. In today's world, the standard of all games has increased considerably. Elite sportspersons are finding it increasingly difficult to sustain their dominance in their

respective sports. The mental state of a sportsperson plays a vital role in his or her performance. Anxiety sets in when an individual begins to doubt his or her capacity to deal with the situation which builds stress. Quite often it is not the talent that decides your performance. It simply depends on the way you deal with the ups and downs of the game.

According to Smith, [6]. "Cricket is played in the mind, more than any other game". Anxiety plays an important role in Cricket. Sports anxiety is produced mainly by the fear of failure.

The former Indian Cricket Captain Mohamed Azharuddin, [5]. Who has played more than 300 One day Internationals opines "You must have that fear. It's good to have that fear. Otherwise you tend to take things for granted. Fear will enhance your performance sometimes I still get nervous when I go out to bat".

Need of the study

The assessment of anxiety was done by many in the past but not many studies in game-specific anxiety assessment, which motivated the investigator to take-up the study.

Statement of the problem

The objective of the study was to assess the game-specific competitive anxiety level of the cricket players from Tamil Nadu state.

Methodology

Sample

One hundred and fifteen Cricketers from TNCA (Tamil Nadu Cricket Association) first division league teams aged 16

to 26 years were respondent to questionnaire developed by the investigators and standardized sports competition anxiety questionnaire (SCAT) developed by Martens.

Questionnaire Development

The investigators having been involved with the game of Cricket for more than twenty years in different capacities as player, coach, administrator and observer initially attempted to construct number of question to assess the competitive anxiety level of the Cricketers. The investigators also developed the scoring key. Pre-try out of the questionnaire was administrated to a small sample and refinement of questionnaire was done. Another try out and item analysis was done. Finally the 15 questions were developed with three classifications and each classification had five questions. The objectivity, reliability and validity of the questionnaire were established using appropriate tools.

Tools

To assess anxiety level of the Cricketer, the game-specific competitive anxiety questionnaire developed by the investigators and standardized sports competition anxiety questionnaire (SCAT) developed by Martens was used. The three psychological experts were asked to subjectively rate the anxiety level of each cricketer in a 10 points scale ranging from 0 to 10 points. The averages of the score of each cricketer was taken as expert rating.

Statistical Technique

The statistical analysis Pearson product moment correlation was used to find out the inter-relationship between expert rating and collected data.

Findings and Discussion

Table : I. Mean and standered deviation of the collected data

Sl.No	Items	Mean	Standard Deviation
1	CCAQ	21.30	±1.78
2	SCAT	20.17	±2.01
3	Expert Rating	8.89	±1.01

The descriptive statistics of the data collected was presented in the above table.

Table –II: Inter-relationship between collected data and expert rating

Sl. No.	Factors	CCAQ	SCAT	Expert rating
1.	CCAQ	1	0.89*	0.84*
2.	SCAT	---	1	0.83*
3	Expert Rating	---	---	1

* Significant at 0.05 level of confidence

The above table reveals that there was a significant relationship between the collected data and expert rating. The results also indicate that the CCA questionnaire was highly with the expert rating and SCAT questionnaire.

Conclusion

The result reveals that the constructed game-specific competitive anxiety questionnaire for TNCA first division cricket players had significant relationship with expert rating and Standardized (SCAT) questionnaire.

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