



Competitive Anxiety Compared with Prior Practice before the Match among Cricketers

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Abstract

The aim of this study was to evaluate and compare the competitive state anxiety before practice and match among cricket players in Madurai District. The subjects for this research 100 cricket players of that Madurai District cricket league were selected as subject randomly. A measurement tool in the competitive case study was cricket competitive anxiety questionnaire (Balaji & Kalidasan 2012). Validity and reliability of this tool in this study has been approved. Testing showed that the research level $p < 0.05$ between competitive anxiety cricketers before practice and before the match there is significant difference. Therefore, coaches and officials are recommended in addition to physical fitness cricketer's attention to their psychological fitness and physical training combined with mental exercises to control anxiety and improved performance by athletes to help. This anxiety can be controlled in learning and acquiring skills is an effective champion.

Keywords: State Anxiety, Trait Anxiety, Competitive, Cricket.

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Introduction

Cricket is a game of bat and ball in which each team has to bowl and bat according to certain rules and regulations. A team which scores greater number of runs will be the winner. Cricket is played in more than 105 countries and is also popular in India (Wikipedia, 2009). According to Robin Smith (1994), a former English Cricketer, "Cricket is played in the mind, more than any other game". Physical Education and Sport, which means that the inference is that the claimant provide health body and mind is, but this phenomenon in its evolution reached a stage which forms part of the executive in the sports championship format will be manifest. Championship is any level that athletes are to create psychological pressure. Particularly anxious that a general problem among the athlete. Surveys show that the psychological pressures of performance, liveliness of business activities, sport and relaxation reduce athletes. So much attention to the relationship of anxiety and performance is dedicated to athletes.

The competitive anxiety, create in situations competitive in sport. Competitive anxiety into two categories, competitive trait anxiety and state anxiety have a competitive division. Research to examine the competitive trait and state anxiety before competition and training sessions before the basketball tournament experience is done. Analysis of two questionnaires to two individuals and their significant differences in anxiety associated with physical, cognitive anxiety, and

confidence between practice and competition showed. Due to the above coaches and athletes that the team responsible for guiding the path towards success they must equip themselves with weapons of knowledge to eliminate barriers to the success and possible to control the factors that cause failure to pay cricketers are. Considering the above principles and logical theories, this study of anxiety about the competitive cricketers' Madurai District was studied.

Methodology

The subjects of this research were league cricketer that participants in Madurai District cricket league championship for the year 2011-2012 (N = 500) from the affiliated clubs of Madurai District. To select subjects from a random sampling process was used. Among the cricketers mentioned 100 players were selected as research samples. In this study of cricket competitive anxiety questionnaire – Balaji & Kalidasan (2012) formulation is used. Each question had three options namely "Hardly ever", "Sometimes" and "Often". The scoring key was developed by the investigator. Barring question number 6, all questions were scored as follows.

Hardly ever – 1

Sometimes – 2

Often – 3

Depending upon the response of the questionnaire the total of 15 questions were summed and taken as individual score. Method of descriptive and inferential statistics (mean, standard deviation, maximum and minimum score, dependent t-test, independent groups t test, Pearson correlation) analysis results were used.

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Results

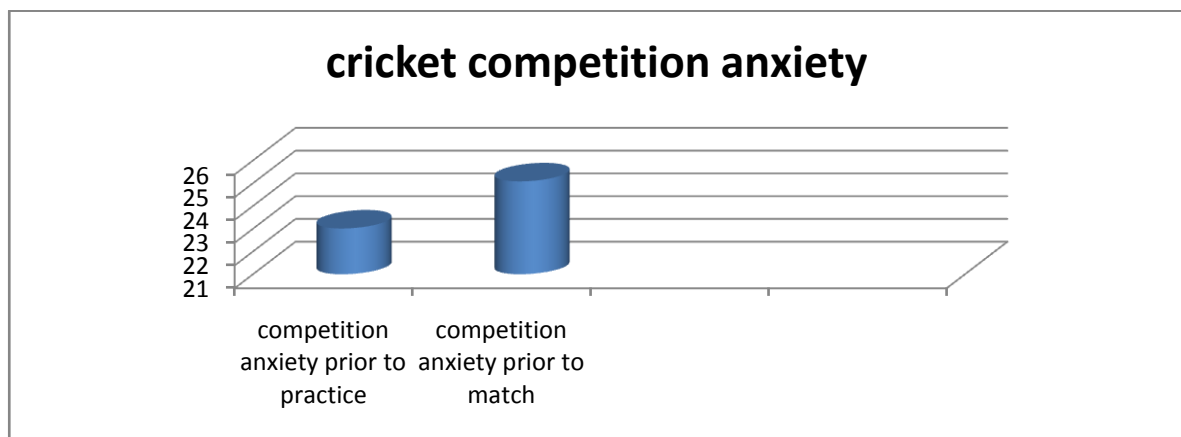
Table I. Results of t test for comparison of related cricket competition anxiety of cricketers before practice and before the match

Variable	Group	Mean	S.D	Mean difference	df	t-value	Table t-value
Cricket Competitive anxiety	Before practice	23.01	4.89175	2.07000	99	3.144*	1.93
	Before match	25.08	4.84441				

Same way that Table I is noted between levels state competitive anxiety of cricketers before practice and before the match there is a significant difference ($t=3.144$ greater than the table t -value 1.93 for the degrees of freedom 1,99). In other words, the rate of

competitive anxiety cricket players do before a game compared with the prior practice has increased. These findings indicate that anxiety level before the match competitive cricketers' greater than before the exercise is.

Figure I. Graph showing the state competitive anxiety of cricketers



Discussions

Based on the findings of the study of competitive anxiety cricketers do before a game compared with the prior practice has increased. This result findings When McCain et al, Morris and Hutchings, Huband and Kelive, Huddleston and Gill, consistent with the results of the investigation, but had Gravaska et al, and Caruso et al does not meet. Researchers believe that the practice sessions there is no anxiety, but a few hours before major competition, athletes focus on this phenomenon reduces the force. Anxiety is an unpleasant emotion that often accompanied by physical protests, Vegetative nervous system, biochemical, endocrine and behavior are clear. That there is no training of any anxiety, but a few hours before the major competition, athletes focus on this phenomenon reduces the force. Maintain self-control and maintain its status is a determining role, so if athletes cannot control his condition remains impaired his mental balance and its negative effects will manifest.

The research in this field Landrz, Forest and Daniels (1981) that the shooting took place was similar to the results. This point was determined that athletes with high anxiety, which generally tend to have lower skills barely able to maintain focus and effective, are limiting their attention. But research to investigate the relationship between anxiety and performance is likely to note that other factors also on anxiety or attention affect style. For example, athletes with high levels of experience and skills may be able to maintain a higher degree of flexibility in style and less attention to be arrested in a light tendency to be even as the research results. the elite men in comparison with people in general terms have a lower degree of anxiety.

Basically it seems that at least two factors for the anxiety response are necessary to call:

- 1 - Location sport for many athletes is important and significant.
- 2 - Between athletes and their ability to be necessary for the implementation of sport performance difference will feel negative.

Conclusion

This interpretation is realized with all that we perceived personal anxiety has a major role. In this case the athlete may be unrealistic fear about the capabilities against the adversary has found deficiencies or thoughts about the physical brain can occur. However, Passer's research (1983) made explicit expectation failure, the variable that caused the creation of cognitive anxiety is severe in young athletes and perceived deficiencies due to their physical skills are not creating anxiety. This type of fear may be due to lack of experience in sport situations happen. Five factors as the basis of competitive anxiety response, which has plans include: fear of physical complaints, fear of failure, inability to feel fear about losing control of the game and feel guilty. But it seems that the bulk of cases of anxiety in sports due to fear of failure to perform proper game. When the athletes make sure does not appear to be anxious. Therefore it is necessary resources to evaluate anxiety in various sports instructor to be able to control them to act normal because when you coach or athlete can better understand anxiety to deal with it. From above result we conclude that cricket players have more competition anxiety pre to the competition than the prior to the practice. But both the cases the cricketer have moderate anxiety.

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