

THE EFFECT OF ANXIETY UPON PLAYER'S PERFORMANCEDURING PRACTICE AND COMPETITION (A CASE STUDY OF A PUBLIC SECTOR UNIVERSITY)

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Abstract:

The major aim of the present research was to evaluate the perception of players regarding effects of anxiety from behavioral perspective. Another objective included to assess the perception of players regarding effects of anxiety from psychological perspective. The locale of the present research was the public sector University of Province Punjab, Pakistan. A sample of 100 respondents was selected by using simple random sampling technique. An interview schedule was used together the relevant information from the respondents. Finding of the present research showed that anxiety is a major factor that significantly affects the performance of vast majority of players. This research has laid the major dimensions and perspective of this anxiety phenomenon along with its subsequent effects on the performance of player.

Key Words: -

Anxiety Physiological Perspective Players Public Sector

Introduction

In the field of psychology and sports, anxiety is the most studied paradigm, it has also become the most investigated variable that could impact athlete's performance[1](Cox, 2003). Anxiety and sports activities are deeply related with each other. Anxiety should not always be perceived as a bad emotion, rather it could motivate the player to more focused and alert performances (Robinson & Freeston, 2015)[2]. Anybody can experience mental problems at any stage of his life, which include pressure, depression and anxiety (Hasanah & Refanthira, 2019)[3]. Psychology is considered as one of the crucial components in gaining overall high performance in sports (Dosil, 2006)[4]. According to different researcher's opinions consequences of anxiety could be studied in three perspectives like physical, intellectual and behavioral (Robinson & Freeston, 2015)[2]. Anxiety is characterized by complicated adverse feeling, comprising of the combination of physical, psychological and cognitive symptoms (Martens, et al., 1990)[5]. A lot of research has been conducted on anxiety where the athletes were the subject of investigation (Sewell & Edmondson, 1996)[6]. It can be stated that no other psychological attributes than anxiety is devastating for the overall performance (Martens et al., 1990). Anxiety is assumed to deteriorate the athletes which results in reduction of overall performance (Weinberg & Gould,

2023)[7]. This unanticipated dimension of competitive anxiety is getting more attention in psychology of games and exercise. There are many interventions of anxiety that are being evidenced for to reduce anxiety level. Sports psychologist have believed that high intensity of anxiety in the course of competition is harmful, resulting in worsening the performance eventually leading to the significant enhancement in the dropout factor (Raglin & Hanin, 2000)[8]. Usually, anxiety has the propensity to intimidate the wellbeing of a person because it elevates someone's worries and [8]uncertainties. The athlete overall performance in the sports is affected by anxiety. The influence of the anxiety is known as the determinant of victory or defeat by the athletes (Sanderson, 1989). A study also concluded that the anxiety could strike more to the female players which could be resulted in low performance (Correia & Rosado, 2019)[8]. A balance stage of anxiety can produce better results in sports. Consequently, despite having mature organized strategies and hard work, athlete can under-perform in the game. Only the physical training or right strategy cannot predict the optimal level of performance. Athletes and their instructors must be cognizant that psychological factors also perform an indispensable part in the whole performance. A former tennis player, Jimmy Connors stated that 95% of the tennis game depends on mental condition. When a person feels anxiety, his mind and body are involved in reacting in a natural way. In fact brain and body act like alarming devices when hazard or threat is perceived by the individual. When brain responds to the threat, the physical symptoms of anxiety witnessed. A negative emotion has an effect on perceptions in sports competitions, where a majority of athletes think about anxiety to be devastating towards performance, which ultimately can lead to decrease in performance (Raglin & Hanin, 2000; Weinberg & Gould, 2010). Researches confirmed that throughout the game, an athlete have to manage his/her level of anxiety (Humara, 1999)[9].

Objectives of the study

This research was based on the following objectives:

- To fine out the perception of players regarding effects of anxiety from physiological perspective.
- To assess the perception of players regarding effects of anxiety from psychological perspective.
- To evaluate the perception of players regarding effects of anxiety from behavioral perspective.

Material and Methods

For the present research, 100 respondents were selected through simple random techniques because the sampling frame of present research was available to researchers. The unit of analysis of present research was comprised of all the sportsmen of Public Sector University in province of Punjab, Pakistan. All the respond any were selected after the informed consent because it was a very sensitive issue to investigate. A structured interview schedule was administrated by the researchers which contain different sections.

PRESENTATION AND DATA ANALYS

4.1 Table #1

Sr. No	Physiological Effects of Anxiety	Agree	Undecided	Disagree
1	Anxiety increases the circulation of blood in body	90	5	5
2	Chest pain and rapid respiration is the result of anxiety	92	1	7
3	Due to anxiety an athlete frequently feel urination and sweating	96	3	1
4	Loss of appetite is the cause of anxiety	91	7	2
Mean:		92.25	04	3.75

There is significant effect of anxiety upon physiological performance as perceived by players. Table 1 shows that there is significant effect of anxiety upon physiological performance as perceived by players because the mean of Agree is 92.25 and undecided is 04 and mean of disagree is 3.75 ($92.25 > 04$ & 3.75).

Table#2

S. No	Psychological Effects of Anxiety	Agree	Undecided	Disagree
1	Anxiety directly effects on the mental function of an athlete	87	3	10
2	Excessive, ongoing worry and tension is the effect of anxiety	92	3	5
3	Mentally disturbed sportsmen feel difficulty in concentrating on the desired targets	85	7	8
4	Sympathetic nervous system directly affected by anxiety	90	6	4
Mean:		88.5	4.75	6.75

There is significant effect of anxiety upon psychological performance as perceived by players. Table 2 shows that there is significant effect of anxiety upon psychological performance as perceived by players because the mean of Agree is 88.5 and undecided is 4.75 and mean of disagree is 6.75 ($88.5 > 4.75$ & 6.75).

4.2 Behavioral Effects of Anxiety

Table#3

S. No	Behavioral Effects of Anxiety	Agree	Undecided	Disagree
1	Social isolation may cause of anxiety	78	5	17

2	Anxiety hurt relationships with friends, family and colleagues	89	3	8
3	Anxiety makes a person Angry	96	2	2
4	An anxious athlete performs Aggressively	87	8	5
5	Conflict takes place due to anxiety	81	10	9
6	Lose of performance is the result of anxiety	83	8	9
Mean:		85.66	6	8.33

There is significant effect of anxiety upon behavioral performance as perceived by the players because the mean of Agree is 85.66 and undecided is 6 and mean of disagree is 8.33 ($85.66 > 6 \& 8.33$).

4.3 The Mean of All

Variables

Table#4

S. No	Variables	Agree	Undecided	Disagree
1	Physiological effect of anxiety	92.25	4	3.75
2	Psychological effect of anxiety	88.5	4.75	6.75
3	Behavioral effect of anxiety	85.6	6	8.33
Mean:		88.783	4.916	6.276

Mean showing the effect of anxiety upon sports performance. The mean of agree respondent of physiological effect of anxiety is 92.25, undecided is 4 and the mean of disagree respondent is 3.75. The mean of agree respondent of psychological effect of anxiety is 88.5, undecided 4.75 and the mean of disagree respondent is 6.75. The mean of agree respondent of behavioral effect of anxiety is 88.783, undecided 6 and the mean of disagree respondent is 6.276. The mean of all variables of agree respondent is 88.783, undecided 4.916 and the mean of disagree respondent is 6.276 ($88.783 > 4.916 \& 6.276$)

5.1 Conclusion

Mean showing the effect of anxiety upon sports performance. The mean of agree respondent of Physiological effect of Anxiety is 92.25, undecided is 4 and the mean of disagree respondent is 3.75. The mean of agree respondent of psychological effect of Anxiety is 88.5, undecided 4.75 and the mean of disagree respondent is 6.75. The mean

of agree respondent of Behavioral effect of Anxiety is 88.783, undecided 6 and the mean of disagree respondent is 6.276. The mean of all variables of agree respondent is 88.783, undecided 4.916 and the mean of disagree respondent is 6.276 ($88.783 > 4.916$ & 6.276).

The results showed that sports anxiety and sports performance are correlated with each other. The sports anxiety increases and the performance of athlete decreases. The results of this study are showed significant positive correlation between sports anxiety and sports performance of players. It means that anxiety has significantly affects the overall performance of athletes.

5.2 References

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