

# Investigation of Pre - Competitive State Anxiety of Badminton Players

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## ABSTRACT

*The purpose of the study was to investigate the pre-competitive state anxiety of university badminton players. Ninety-one badminton players (54 men and 37 women) who participated in the West Zone University Badminton Tournament held at Jabalpur University from 29th December 2009 to 2nd January 2010 were randomly selected to serve as subjects for this study. The Men and Women Badminton players who participated in any of their matches from their teams from I round to Quarter Finals, were randomly selected for the study. The criterion measure for testing the hypothesis was the scores obtained in the Sports Competition Anxiety Test Questionnaire (SCAT) by Rainer Martens. Pre-competitive state anxiety had significant difference between winners and losers West Zone University women badminton players in Semi Final League matches and had no significant difference between winners and losers West Zone University men and women badminton players in Semi Final League and I round to Quarter Final matches.*

**Key words:** Anxiety, Pre-competitive state anxiety, Semi Final League

Anxiety plays a paramount role in sports. It is the challenge in sports participation, which produces anxiety. How an athlete handles the anxiety determines how successful he would be? Anxiety may be a positive motivating force or it may interfere with successful performances in sports events. Anxiety is likely to be greater in higher competitive sports than in relatively noncompetitive sports, because in the competitive sports, participants are expected to win and greater demands are made upon them to succeed. The purpose of the study was to investigate the pre-competitive state anxiety of university badminton players. It was hypothesized that there will be no significant difference between pre-competitive anxiety of winner and loser badminton players in both male and female categories.

## Methodology:

Ninety-one badminton players (54 men and 37 women) who participated in the West Zone University Badminton Tournament held at Jabalpur University from 29th December 2009 to 2nd January 2010 were randomly selected to serve as subjects for this study. Out of the 54 men badminton players, 18 players were those whose teams qualified to participate in the Semi Final League matches and 36 players were those who participated from their teams in their I round to Quarter Finals. Out of the 37 women badminton players, 09 players were those whose teams qualified to participate in the Semi Final League matches and 28 players were those who participated from their teams in their I round to Quarter Finals. The Men and Women Badminton players who participated in any of their matches from their teams from I round to Quarter Final, were randomly selected for the study.

The Sports Competitive Anxiety Test (SCAT) questionnaire prepared by Rainer Martens has fifteen items out of which five are spurious questions, which have been added to the questionnaire to diminish response bias towards the actual test items. These five questions were not being scored. The subjects were instructed to respond to each item according to how they generally felt before the competitive sports situation.

Players were requested to respond the questionnaire 30 minutes before his/her matches. However no time limit is set for filling up the questionnaire. The subjects were asked to respond as quickly as possible without brooding over any question/statement once the instructions were understood clearly beforehand.

## Findings:

To determine the significance of difference between means of winner and loser players' pre-competitive state anxiety of men and women badminton players, t-test was applied and the data pertaining to this has been presented in Table-1 and 2.

**TABLE-1**  
**SIGNIFICANCE OF DIFFERENCE BETWEEN MEANS**  
**OF WINNERS AND LOSERS PRE - COMPETITIVE**  
**ANXIETY OF MEN BADMINTON PLAYERS**

Round	Result	N	$\mu$	$\sigma$	M. D.	$\sigma_{DM}$	t
League Matches (Semi Final)	Winner	18	20.44	2.33	0.05	0.71	0.70*
	Loser	18	20.38	2.85			
Knockout Matches I Round - Q. F.	Winner	36	20.38	2.35	0.53	0.51	1.04*
	Loser	36	20.91	1.76			

\*Not Significant at 0.05 level  $tab_{0.05}(34) = 2.03$   $tab_{0.05}(70) = 2.00$

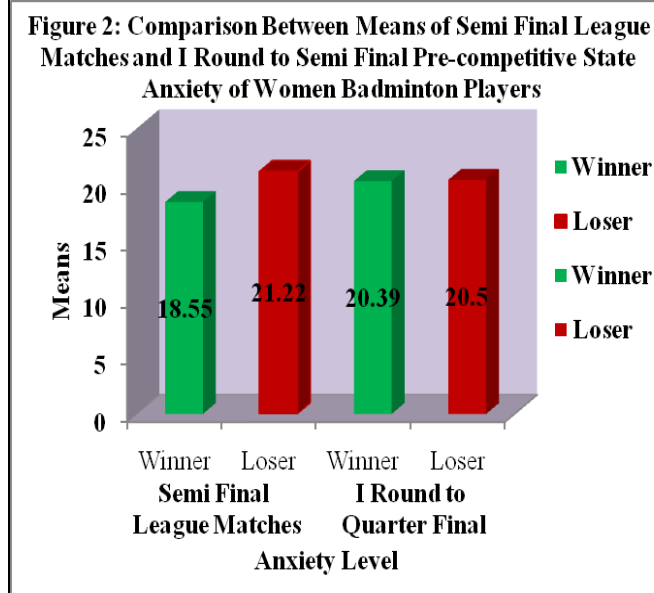
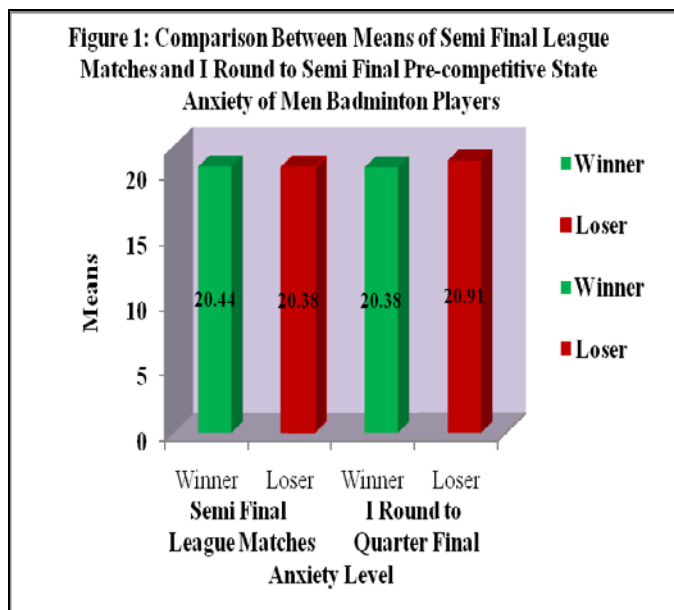
Table-1 revealed that there is no significant difference between winner and loser players pre-competitive state anxiety of Semi Final League matches as perceived by men badminton players as the obtained t value of 0.70 is much less than the required value to be significant at  $t_{0.05}(34) = 2.03$ . There is no significant difference between winner and loser players pre-competitive state anxiety who participated from their teams in their matches from I round to Quarter Finals as perceived by men badminton players as the obtained t value of 1.04 is much less than the required value to be significant at  $t_{0.05}(70) = 2.00$ .

**TABLE-2**  
**SIGNIFICANCE OF DIFFERENCE BETWEEN MEANS OF**  
**WINNERS AND LOSERS PRE - COMPETITIVE ANXIETY**  
**OF WOMEN BADMINTON PLAYERS**

Round	Result	N	$\mu$	$\sigma$	M. D.	$\sigma_{DM}$	t
League Matches (Semi Final)	Winner	09	18.55	2.50	2.67	1.06	2.52*
	Loser	09	21.22	1.92			
Knockout Matches I Round - Q. F.	Winner	28	20.39	2.45	0.11	0.64	0.17
	Loser	28	20.50	1.97			

\*Significant at 0.05 level  $\text{tab}_{0.05}(16) = 2.12$   $\text{tab}_{0.05}(54) = 2.00$

Table-2 revealed that there is significant difference between winner and loser players pre-competitive state anxiety of Semi Final League matches as perceived by women badminton players as the obtained t value of 2.52 is much more than the required value to be significant at  $t_{0.05}(16) = 2.12$ . There is no significant difference between winner and loser players pre-competitive state anxiety who participated from their teams in their matches from I round to Quarter Finals as perceived by women badminton players as the obtained t value of 0.17 is much less than the required value to be significant at  $t_{0.05}(54) = 2.00$ .



### Discussion of Findings:

Analysis of descriptive data on pre-competitive state anxiety indicated that West Zone University badminton men winner (20.44) and loser (20.38) players of Semi Final League matches have high level of pre-competitive state anxiety. Winner men (20.38) and loser (20.91) players who participated from their teams in their matches from I round to Quarter Final have high level of pre-competitive state anxiety. In women, the winner players of Semi Final League matches have moderate level (18.55) and loser players have high level (21.22) of pre-competitive state anxiety. Winner women players (20.39) who participated from their teams in their matches from I round to Quarter Final and loser players (20.5) have high level of pre-competitive state anxiety.

't' value of 0.70 and 1.04 was not found to be significant between the means of winners and losers pre-competitive state anxiety in Semi Final League men badminton players and the players who participated from their teams in their matches from I round to Quarter Finals indicating that winner and loser players experienced high level of pre-competitive state anxiety. However 't' value of 2.52 was found to be significant between the means of winners and loser pre-competitive state anxiety in Semi Final League women badminton players indicating that winner players have moderate pre-competitive state anxiety, whereas loser player indicated high level of anxiety, which may be attributed to the fact during tough competition, these players suffer with high level of anxiety. Further 't' value of 0.17 was not found to be significant between the means in winners and losers pre-competitive state anxiety who participated from their teams in their matches from I round to Quarter Finals between women badminton players indicating that winner and loser players exhibit high pre-competitive state anxiety.

### Conclusions:

Within the limitations of the present study the following conclusions were drawn: - 1. Pre-competitive state anxiety has no significant difference between winners and losers West Zone University Semi Final League matches men badminton players. 2. Pre-competitive state anxiety has no significant difference between winners and losers West Zone University men badminton players who participated from their teams in their matches from I round to Quarter Finals. 3. Pre-competitive state anxiety has significant difference between winners and losers West Zone University Semi Final League matches women badminton players. 4. Pre-competitive state anxiety has no significant difference between winners and losers West Zone University women badminton players who participated from their teams in their matches from I round to Quarter Finals.

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