

Analysis of Pre-Competitive Anxiety and Performance of Badminton Players in Rally Point Scoring System

S. K. YADAV

Correspondence to:

DR. S. K. YADAV
Professor
School of Physical Education
Devi Ahilya University
INDORE (M. P.)

ABSTRACT

The purpose of the study was to assess Pre-Competitive Anxiety and performance of Badminton Players in Rally Point Scoring System. Twenty-eight male badminton players, whose teams qualified to participate in the Semi Final League matches of the West Zone University Badminton Tournament held at Rani Durgavati University, Jabalpur from 29th December 2009 to 2nd January 2010 were selected to serve as subjects for this study. The criterion measure for testing the hypothesis in this study was the scores obtained in the Sports Competition Anxiety Test Questionnaire (SCAT) by Rainer Martens. Pre-competitive anxiety has significant difference between winners and losers men singles badminton players in Semi Final League matches. Significant difference was also found between total points scored in their matches by winners (after trailing by 4 or more points) and losers (after gaining 4 or more points lead) men Singles or Doubles badminton players.

Key words: Rally Point Scoring System, Competition Anxiety, League matches

Badminton is a competitive game. Players compete against each other whenever they go on the court to play a game. If winning is a primary importance in competition then the performance the player gives in the game is the determining factor in winning. The purpose of the study was to assess Pre-Competitive Anxiety and performance of Badminton Players in Rally Point Scoring System. It was hypothesized that there will be no significant difference between winner and loser badminton players in pre-competitive anxiety and performance in rally point scoring system in badminton.

Methodology:

Twenty-eight male badminton players, whose teams qualified to participate in the Semi Final League matches of the West Zone University Badminton Tournament held at Rani Durgavati University, Jabalpur from 29th December 2009 to 2nd January 2010 were selected to serve as subjects for this study.

The criterion measure for testing the hypothesis in this study was the scores obtained in the Sports Competition Anxiety Test Questionnaire (SCAT) by Rainer Martens. It has fifteen items out of which five were spurious questions, which have been added to the questionnaire to diminish response bias towards the actual test items. These five questions were not 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 their matches. However no time limit was set for filling up the questionnaire but not more than five minutes were required 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 clearly understood

Findings:

To find out the significance of difference in pre-competitive anxiety of winner and loser badminton players,

using t-test compared means and the data pertaining to this has been presented in Table 1.

TABLE - 1
SIGNIFICANCE OF DIFFERENCE BETWEEN MEANS OF PRE-COMPETITIVE ANXIETY OF WINNER AND LOSER BADMINTON PLAYERS IN MEN SINGLES

	Mean	σ	M.D.	σ_{DM}	t
Winner	20.50	2.176	1.44	0.437	3.30*
Loser	21.94	2.014			

*Significant 0.05 level tab $t_{0.05}(34) = 2.03$

Table - 1 revealed that there was significant difference in pre-competitive anxiety of winner and loser badminton players in men's singles of Semi Final League matches as the obtained t - value of 3.30 was higher than the required value to be significant at $t_{0.05}(34) = 2.03$.

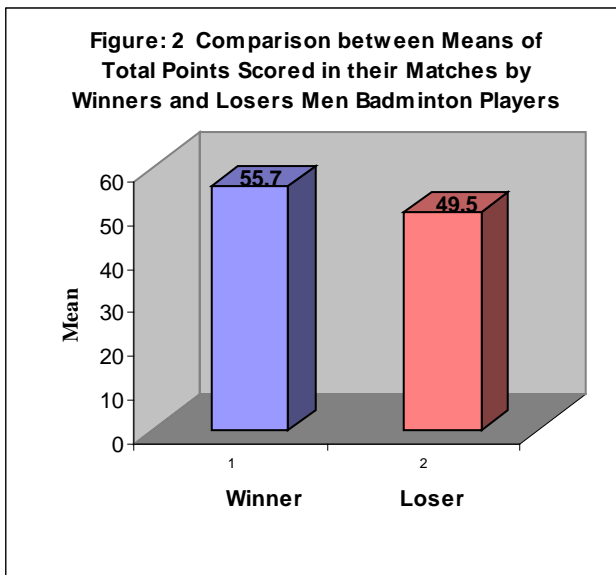
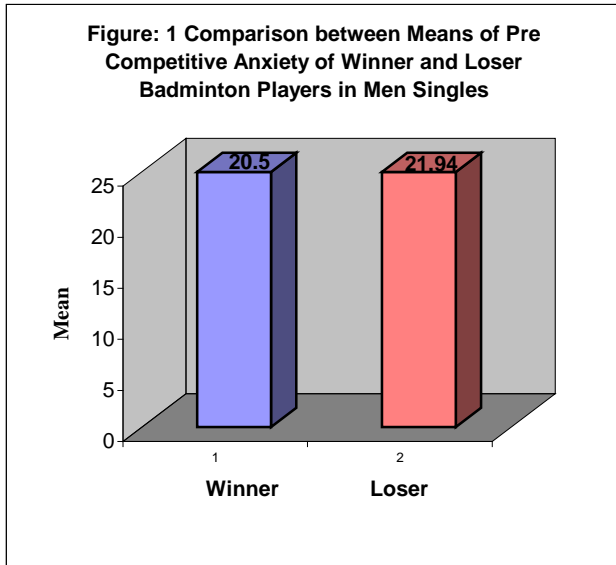
To find out the significance of difference in total points scored in their matches by winners (after trailing by 4 or more points) and losers (after gaining 4 or more points lead) men badminton players in Singles or Doubles matches of Semi Final League, t-test was used and the data pertaining to this has been presented in Table 2.

TABLE - 2
SIGNIFICANCE OF DIFFERENCE BETWEEN MEANS OF TOTAL POINTS SCORED IN THEIR MATCHES BY WINNERS AND LOSERS BADMINTON PLAYERS

	Mean	σ	M.D.	σ_{DM}	t
Winner	55.7	7.847	6.2	2.133	2.91*
Loser	49.5	10.554			

*Significant 0.05 level tab $t_{0.05}(18) = 2.10$

Table-2 revealed significant difference between total points scored in their matches by winners (after trailing by 4 or more points) and losers (after gaining 4 or more points lead) men badminton players in Singles or Doubles of Semi Final League as the obtained 't' value of 2.91 was higher than the required value to be significant at $t_{0.05}(18) = 2.10$.



The analysis of matches and games won by men players after trailing by 4 or more points in singles or doubles of their Semi Final League matches in west zone university badminton tournament, has been presented in Table - 3.

TABLE - 3
ANALYSIS OF MATCHES AND GAMES WON BY MEN PLAYERS IN UNIVERSITY BADMINTON TOURNAMENT

Teams	Ties	Total Matches	Matches Won after Trailing by 4 Points	%	Total Games	Games Won after Trailing by 4 Points	%
04	06	18	03	16.67	43	05	11.63
		Singles					

	Doubles					
	12	05	41.67	31	05	16.13
Total	30	08	26.67	74	10	13.51

Discussion of Findings:

Analysis of descriptive data on pre-competitive anxiety between winner (20.5) and loser (21.94) West Zone University badminton men players in Singles of Semi Final League matches was found to be significant as the obtained 't' value of 3.30 was higher than the required tabulated t - value of 2.03 with 34 degrees of freedom. This may be due to the fact that loser badminton players have tremendous pressure on them while performing.

There was significant difference in total points scored in their matches by the players who won (55.7) their games and the matches, after trailing by 4 or more points against their opponent's points who lost (49.5) in their Singles or Doubles matches of Semi Final League as the obtained 't' value of 2.91 was higher than the required tabulated t - value of 2.10 with 18 degrees of freedom at 0.05 level of significance. This may be attributed to the fact that in rally point scoring system it is very difficult to recover from a lead of 4 points or more by the opponent player as only 11.63 % games were won in singles after trailing by 4 or more points. On the contrary the players won 41.67 % matches in men's doubles after trailing by 4 or more points, as doubles is an attacking game, which provides both the opponents an opportunity to recover from behind.

Conclusions:

1. Within the limitations of the present study the following conclusions were drawn: - 1. Significant difference was found in pre-competitive anxiety of winner and loser men's singles badminton players in their Semi Final League matches of the West Zone University Tournament.
2. Significant difference was also found between total points scored in their matches by winners (after trailing by 4 or more points) and losers (after gaining 4 or more points lead) men Singles or Doubles badminton players in Semi Final League matches of the West Zone University Tournament.

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