

Competition Anxiety in Egyptians Children Sportsmen

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Abstract

Studying the anxiety of the children sportsmen has increased in the past ten years. A lot of studies aimed to identify the causes of anxiety and how to get minimize it. Our hypothesis is the children athletes suffer anxiety resulting from the training and participation in competitions in addition to natural anxiety factors apart from sport. If this hypothesis is correct, we would expect an increase in intensity of anxiety for children during the competitions in the three types of sports. The aim of this study was to identify the difference of competition anxiety in children during their participation in sports competitions. Study summaries with football players (n = 21), Handball players (n = 21), and judo players (n = 21) and results indicates to the existence of significant differences between football, handball and judo children players in scale anxiety.

Key words: state anxiety, child, sports

1. Introduction

Each year, Egyptian children participate in competitive sport activities. Competition has become so important in today's society that extremely lofty expectations are placed on competing athletes regardless of competitors' abilities, reasons for participation, and skill levels. These conditions place high stress loads on the individuals who are competing. This results in anxiety, feelings of nervousness and tension caused by the environment or surrounding expectation those are related to 'arousal', result. There is often imbalance between the demands and the athlete's ability to fulfill the expectation. (Behroz Khodayari, Abdulmir Saiiari, Yaghob Dehghani 2011)

For many sportsmen, sports activities can be filled with anxiety and fear manifested in many ways including fear of failure, fear of societal consequences, and worry about not living up to the expectations of adults (Gould, & Weinberg, 1995; Lewthwaite & Scanlan, 1989; Scanlan & Lewthwaite, 1984; Scanlan & Passer, 1978).

Stadulis, R. E., Mac Cracken, M. J., Eidson, T. A. & Severance, C. (2002) presented a conceptual list of sport performance anxiety. This list was designed to support the theory of competitive anxiety being multidimensional (physical anxiety - anxiety cognitive - self-confidence). Spielberger (1966) expressed that anxiety can take two forms: state anxiety or trait anxiety, state anxiety refers to a temporary emotional state consisting of fear or apprehension, where a trait anxiety refers to a predisposition to perceive situations as potentially threatening and respond with manifestations of state anxiety.

State anxiety is "characterized by subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated with activation or arousal of the autonomic nervous system" while trait anxiety is an "acquired behavioral disposition that predisposes an individual to perceive a wide range of objectively non dangerous circumstances as threatening and to respond to these with state anxiety reactions disproportionate in intensity to the magnitude of the objective danger".

Athletes who are predisposed to higher Levels of trait anxiety will perceive sport competition environments as being more threatening than they may actually be, and will respond with greater state anxiety responses. Anxiety in sport can be manifested in many ways. Morris, Davis, Hutchings (1981); Sarason (1984) indicated the existence of two distinct dimensions of anxiety; cognitive anxiety and somatic anxiety. Cognitive anxiety is predominantly psychological in nature and is characterized by feelings of worry about outcomes and the use of negative mental imagery.

Conversely, somatic anxiety is physiological in nature and includes increases in heart rate and increased perspiration. An excellent review of the relationship among forms of anxiety has recently been published (Smith, Smoll, & Wiechman, 1998). The manifestations of anxiety have been shown to have numerous negative effects on performance. For example, Yoo (1996) indicated that anxiety is an influential variable in reducing cue-utilization and attention processes of motor task performance. These findings are supported by Lee, Kim, Yang, Chung (1992), Graham-Jones and Cale

(1989) who also found that forms of anxiety reduced elements of motor performance (i.e., reaction time and percept-motor speed respectively).

Anxiety in athletes may also affect the relationships between athlete and coach. Knowe and Williams (1992) indicated that anxiety in athletes influences their evaluation of coaching behaviors. Athletes who were more anxious and less confident were found to evaluate coaching behaviors more negatively. Purpose of this study was identifying of state anxiety which contain self-confidence, cognitive anxiety, and somatic physical anxiety in team handball, team soccer, and judo.

2. Methods

Three groups team handball, soccer, judo each one 21 male subjects (mean age 12; max-min =11-13 years) volunteered for the study with the informed consent of their parents. All were regional team handball, soccer, judo players from 3 clubs belonging to the same geographic area. They participated in local competitions. Their mean competitive experience was 3 ± 1.3 years. This study was performed during the competitive season (from September to May). During this period, all the subjects participated in local competitions. The subjects were tested on cognitive anxiety, confidence, and somatic physical anxiety. The study was conducted according to the declaration of Helsinki and was approved by the local Ethics Committee.

3. Measurements

A children's form of the competitive state anxiety inventory (CSAI-2C) (Stadulis 2002) was used to measure state anxiety. All players from the groups were carefully familiarized with the test protocol of the anxiety scale which contains 5 sentences for each measurement of cognitive anxiety, somatic physical anxiety, and self-confidence, with each arranged on a scale quartet to measure attributes from lesser degree to the highest degree. It was given to all the players before the start of the first league championship game, and all items were explained.

4. Results

Table1: Mean (Std. Deviation) of State Anxiety Scale (n=21)

Type of sport	Non Self-confidence		Cognitive anxiety		Somatic physical anxiety		Total	
	Mean	Std. Deviation	Mean	Std. Deviation	Mean	Std. Deviation	Mean	Std. Deviation
Handball	13.5	1,6	9.2	3.7	12.1	2.7	34.9	4,9
Judo	8.7	1.5	15.6	2.1	16.3	1.4	40.8	2.8
Soccer	17.2	2.2	6	1.5	7.8	2	31.4	2.8

Table (2) Values of anxiety state scale with the players P values also shown.

ANOVA				
	Sum of Squares	Df	F	P
Self-confidence				
Between Groups	766.381	2	118.921	.000
Within Groups	193.333	60		
Total	959.714	62		
Cognitive anxiety				
Between Groups	958.127	2	70.026	.000
Within Groups	410.476	60		
Total	1368.603	62		
Somatic physical anxiety				
Between Groups	762.952	2	82.701	.000
Within Groups	276.762	60		
Total	1039.714	62		
Total scale				
Between Groups	934.508	2	34.409	.000
Within Groups	814.762	60		
Total	1749.270	62		

*. The mean difference is significant at the 0.05 level.

Table3. Mean (Std. Error) of State Anxiety Scale and Team handball, Soccer, Judo

LSD

	Var (1)	Var(2)	Mean Difference (I- J)	Std. Error	P.
Self- confidence	Handball	Judo	4.761*	.55397	.000
		soccer	-3.761*		
	Judo	Handball	-4.7619*		
		Soccer	-8.523*		
Soccer	Handball	3.7619*			
	Judo	8.523*			
Cognitive anxiety	Handball	Judo	-6.428*	.80719	.000
		soccer	2.904*		
	Judo	Handball	6.428*		
		Soccer	9.333*		
Soccer	Handball	-2.9047*			
	Judo	-9.333*			
Somatic physical anxiety	Handball	Judo	-4.190*	.66280	.000
		soccer	4.333*		
	Judo	Handball	4.190*		
		Soccer	8.523*		
Soccer	Handball	-4.333*			
	Judo	-8.523*			
Total scale anxiety	Handball	Judo	-5.857*	1.1372	.000
		soccer	3.476*		
	Judo	Handball	5.857*		
		Soccer	9.333*		
Soccer	Handball	-3.476*			
	Judo	-9.333*			

for comparisons $P < .05$

5. Discussion and Conclusions

Table (1),(2),(3) indicates to the existence of significant differences between soccer, handball, judo in state anxiety scale in general and in parts, self-confidence and anxiety physical and anxiety cognitive where the value of $p > .05$.

Researchers indicates that the difference between players in scale anxiety because the different nature of performance. Players were got high average non self-confidence, low average anxiety cognitive and somatic physical anxiety within each game number of soccer players large and space play a large and dynamic performance was slow somewhat divided by the number of players and find each player support from his colleagues during the performance whenever he need it.

This is leading to reduce the size of psychological burden actually on the squad also does not require the player to participate directly in each attack, thus easing the pressure it on the other side. while we find that performance in handball more speed and increase the responsibilities of each player directly and increases scoring any error or weakness in the performance of any player lead to the possibility of scoring a direct.

Players of handball fall under the pressure of physical performance rapid and commitment rules of the game is difficult and space pitch small, raising the proportion of concern physical, cognitive, at least with the proportion of self-confidence because Each player is directly responsible for the position in addition to his support for his colleagues in the fastest time and the best performance.

As in judo seems the results is clear, less than self-confidence to less degree and brings with it anxiety cognitive and physical to the highest degree due to, the player in judo official alone all success or failure and there is no any kind of assistance.

They are in individual game Pressure psych on player in addition to that achievement depends on the capabilities of the physical and cognitive player game they need for fitness in the first place, skill and consequently increases physical and cognitive anxiety players.

The researchers have suggested there is a fundamental difference in performance and its relationship to anxiety for participants who play team sports versus individual sports, (Martens et al., 1990b; Terry, Cox, Lane, & Karageorghis, 1996, Lynette L,Craft,(2003). The number of individuals participating together may moderate the effect of anxiety on performance. Specifically, some argue that participants in individual sports should be more adversely affected by anxiety than those in team sports (Martens et al., 1990b; Terry et al., 1996).

Performance in which athletes work with others to try to obtain optimum sport performance may have a different relationship with anxiety than does performance undertaken by oneself. Researchers examining the relationships of other pre competitive mood states (e.g., depression, anger, tension, and fatigue) with performance have found that the variable of team or individual sport moderates the relationship (Beedie, Terry, & Lane, 2000).This results according with David, Masayuki,Takeshi , Eio (2012) that the more anxiety predicted less confidence.

In conclusion, the psychological preparation of junior handball, soccer and judo players must be taken into serious consideration, during the coaching procedure. Nonetheless, further investigation is needed for the generalization of the results in handball, soccer and judo.

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