

Research Paper :

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 of West Zone University women badminton players in Semi-final League matches and had no significant difference between winners and losers of West Zone University men and women badminton players in Semi-final League and I round to Quarter Final matches.

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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 were 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 required to respond the questionnaire 30 minutes before his/her matches. However, no time limit was 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.

OBSERVATIONS AND DISCUSSION

To determine the significance of difference between means of winner and loser players' pre-competitive state