

IMPACT OF ATHLETES' PERFORMANCE AS INFLUENCED ANXIETY SYMPTOMS

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ABSTRACT

Anxiety is a psychological concept which remains under consideration of the performers and coaches simultaneously. Practitioners though amateur and professionals those who are found involved in sports are essentially required to be well of aware of anxiety related symptoms, so as to overcome with the personal efforts. Once awareness is developed it becomes prudent to deal with anxiety and its allied issues. The purpose of this study was to view the effect of anxiety on athletic performance. After analyzing the data, it was found that anxiety have effect on athletes' performance before and during competition. Results also showed that majority of the athletes doesn't remain calm before they compete, as they fell nervous before they compete. It was also documented that majority of the athlete's feel lack of confidence before competition and they feel worry about criticism on their performance.

Keywords: Athletes' performance, anxiety, symptoms.

1. INTRODUCTION

Execution anxiety is normal in games, rather, trepidation of execution aides in accomplishing craved focus. The overabundance of nervousness prompts an increment in adrenaline which is the disclosure of uneasiness. At whatever point competitors feel shy of breath, sweating, shaking or high heart beat rate they lose their focus, separate their activities feel incapacitated particularly toward the starting or amid an athletic occasion (Ahsan, & Mohammad, 2017). The prior referred to are the side effects of execution tension which makes one feel as though he she won't fulfill effectively (Singh, Valsaraj, & Mohammad, 2013). To manage such considerations competitors must figure out how to oversee tension as games execution and uneasiness are interrelated (Wesner, Noyes, & Davis, 1990). Tension influences a players' execution in physiological, psychological and behavioral ways. In the event that the competitor experiences tension preceding a critical athletic rivalry, his/her games execution will be influenced. Whenever his/her body is strained and pulse gets high, it gets to be troublesome for him to move in a smooth and facilitated way. His activities will be jerky and lost, influencing the execution in a negative way (Mohammad, & Ahsan, 2016).

Apprehension is the state when the athletes feels perplexed of a sure circumstance; he/she may experience body loss of motion being available in that circumstance, which is a side effect of extreme anxiety (Mohammad, & Mohammad, 2015). A case of this is the point at which a competitor experiences stage dread, which they may experience just before an extensive, open rivalry. At the point when feeling overpowering apprehension, the

competitor may be not able to move, talk or act at all as is tired of him or her (Conrad, 2002). Because of anxiety sweating makes the competitor over aware of his circumstance and the anxieties make him feel uneasy. Thus, the body may feel sudden blasts of warmth and will discharge a great deal of sweat when the body gets signals from the cerebrum. Extreme sweating can happen anyplace on the body however chiefly on the hands and the face. The individual then starts to feel uncomfortable and this simply strengthens the tension they are as of now feeling (Hale, 1997).

Anxiety expands the heart rate of a competitor complex, which is because of exorbitant arrival of Adrenaline in the body. Expanded heart rates reason alarm; it is likewise the other way around that if the competitors turn out to be progressively terrified, the heart rate subsequently additionally builds (Hibbert, 1984). Breathing quick or gasping is another side effect of tension. Once in a while the competitors encounter a shortness of breath and battle to take in oxygen. It is not remarkable for competitors to hyperventilate because of serious anxiety. This thusly can deny the mind of enough oxygen, which would prompt wooziness and/or blacking out (Lum, 1981).

At the point when the competitor feels the side effects of uneasiness, for example, expanded heart rate, expanded pulse or troublesome breathing, an unwinding strategy can help in controlling the anxiety. In one unwinding procedure, the competitor is requested that rests in an obscured room and consider unwinding his body from the outside internal. Accordingly, the pulse, breathing and hearth rate standardizes. On the off chance that the anxiety assault is more extreme, then rubbing the body can unwind the person as it were. The competitors may be prepared to keep their body and psyche loose they may be aided in routine in such manner. In the event that the competitors feel loose they think better and utilize their body and muscles in the most befitting way and shed off the anxiety as and when they feel like. Their fixation gets concentrated on execution with all unwinding subsequently giving better execution. There are two types of unwinding which the entertainers might under take. One of the type of unwinding detracts the competitor from the Olympic style events which concerns more to the listening of music or support in the yoga classes or sessions for unwinding of uneasiness. The other type of unwinding identified with the early preliminary state, amid the change by listening to the reassuring comments to pay tribute to the one, utilization of quieting breathing strategies or listening to music (Öst, 1987).

Visualization is a technique, used by the athletes to control their anxiety. In this technique one visualizes himself in a situation similar to the actual event. The athlete visualizes himself winning in front of the entire crowd where the event is to take place (Hawn, & Holden, 2011). Competitors utilize profound breathing as a technique to overcome comprehensiveness, expanding their stamina and keeping the same pace all through execution, the same may be polished after some time and again to come out fruitful. Hence, entertainers need to begin concentrating all alone breathing furthermore concentrate on diverse parts of the body. A basic, however viable normal, profound breathing just includes breathing in (through the nose) and breathing (out the mouth). Entertainers are empowered that through profound breathing they get tuned in to diverse parts of their body and specifically where they can feel pressure (Lazarus, & Folkman, 1984). To empower entertainers to overcome or if nothing else lessen (subjective side effects) a scope of methodologies can likewise be advanced.

Objective setting is a basic however helpful system. Objective setting permits entertainers to accomplish intentional heading and concentrate on undertakings close by. Experts must set procedure related objectives and not entirely result objectives. Objective setting must be a system through which entertainers build up a procedure keeping in mind the end goal to accomplish set targets (Hester, 1995).

Entertainers ought to practice positive self-talk all the time. Positive self-talk underpins the insight inside of our own personalities. A positive personality will be more adjusted and gives a superior shot of progress. In this manner, positive self-talk speaks the truth diverting your mind and guiding that reasoning to bolster execution (Girodo, & Roehl, 1978).

A superb expert ought to train entertainers to comprehend their own particular execution levels. Entertainers need to recognize sentiments amid great execution and contrast these with emotions taking after poor execution. This will empower entertainers to see how they respond and the way they feel amid differentiating enthusiastic states (Zaleski, 1996). The way to uneasiness is that professionals need to chip away at approaches to battle manifestations. Through fighting side effects entertainers will have more noteworthy open doors for execution change (Eysenck et al., 2007). What could happen is known but what actual happen in the shape of effect of anxiety of the athlete on the performance is to be made known which is the intent of this study.

2. METHODS AND MATERIALS

2.1 Research Design

Study was descriptive in nature based on the survey of the opinion of participants and the evidently reflective symptoms of anxiety during the participation of athletes in the intervarsity athletic championship.

2.2 Population and Sample

Athletes of government and private sector universities from Punjab province of Pakistan formed the population of the study. The athletes who represent Punjab University in intervarsity championship were taken as the samples. A total of 140 male and female university athletes were recruited based on purposive sampling technique. An Informed consent was obtained from each participant of the study. It was assured that participants of this study were free from any physical deformity, disease and pain.

2.3 Research Instruments

The Sport Competition Anxiety Test (SCAT) developed by Martens (1977), was used to collect the raw data from the subjects. This questionnaire was based on a 3 point Likert scale.

2.4 Process of Data Collection

Before data collection athletes were briefed about the purpose of the study, and after getting positive response from them copies of the questionnaire were distributed to them. They were given about 15 minutes to complete the questionnaire. When subjects filled the questionnaire they returned it to us.

2.5 Statistical Analysis

The raw data was tabulated and with the help of expert statistical calculations were done. A descriptive statistical analysis along with Chi-square, t-test and ANOVA were performed to infer the results of this investigation. The level of significance was set at 0.05.

3. RESULTS

The results of statistical calculations and their interpretation is presented in the following tables.

Table 1: Chi-square value of athletes, perception about doing mistakes

Statement 1	Observed Number			χ^2	P
	O	N	S		
Before I compete I usually do mistake	55	35	50	4.64	.098

Abbreviation: O-Often, N-Never, S-Sometimes

Table 1 shows athlete's perceptions about statement 'before I compete I usually mistake'. Chi-square test was conducted to see the significant difference and results reveal that there is no significant difference ($p=.98$, $\alpha=.05$) between scores of the athletes' perceptions about the statement ($\chi^2 = 4.64$). It can be interpreted as the majority of athlete's make mistakes when they compete.

Table 2: Chi-square value of athletes' perception about gastric irritation

Statement 2	Observed Number			χ^2	P
	O	N	S		
Before competition I feel gastric irritation	53	47	40	1.81	0.404

Abbreviation: O-Often, N-Never, S-Sometimes

Table 2 shows athletes' perception about statement 'before competition I feel gastric irritation'. Chi-square test was conducted to see the significant difference. Results reveals that there is no significant difference ($p=.404$, $\alpha=.05$) found between scores of the athletes' perceptions about the statement ($\chi^2 = 1.81$), results show that majority of athletes feel gastric problem before they compete.

Table 3: Chi-square value of athlete's perception about increasing heartbeat

Statement 3	Observed Number			χ^2	P
	O	N	S		
All the time of competition my heart goes faster	57	33	50	6.22	0.38

Abbreviation: O-Often, N-Never, S-Sometimes

Table 3 shows athletes' perception about statement 'all the time of competition my heart goes faster'. Results revealed that there is significant difference ($p=.038$, $\alpha=.05$) between scores of the athletes' perceptions about this statement and ($\chi^2 = 6.22$), results show that majority of the athletes feel that their hearts goes faster before competition.

Table 4: Chi-square value of athletes' perception about loneliness

Statement 4	Observed Number			χ^2	P
	O	N	S		
Before competition I feel myself alone	58	44	38	4.51	0.105

Abbreviation: O-Often, N-Never, S-Sometimes

Table 4 shows athletes' perception about statement 'before competition I feel myself alone'. Chi-square test was conducted to see the significant difference. Results reveal there is no significant difference ($p=.105$, $\alpha=.05$) between scores of the athletes' perceptions

about statement ($\chi^2 = 4.51$). Results show that majority of athlete feel alone before they compete.

Table 5: Chi-square value of athletes' perception about losing control

Statement 5	Observed Number			χ^2	p
	O	N	S		
Before competition I feel that I am losing control on myself	54	43	43	1.72	0.421

Abbreviation: O-Often, N-Never, S-Sometimes

Table 5 shows athletes' perception about statement 'before competition I feel that I am losing control on myself'. Chi- square test was conducted to see the significant difference. Results reveal, there is no significant difference ($p=.421$, $\alpha=.05$) between scores of the athletes' perceptions about statement and ($\chi^2 = 1.72$) results shows majority of the athlete's feel they losing control in his self.

Table 6: Mean, SD and t-values of athlete's according to their gender

Gender	M	SD	t	p
Male (n=97)	1.87	0.29	2.03	0.156
Female (n=73)	1.99	0.25		

Mean, SD and *t*-values of athlete's according to their gender is documented in Table 6. Reading of above Table shows the mean of male athletes is 1.87 and mean value of female athletes is 1.99, Table also shows the calculated *t*- value which is 2.032 and *p* value is 0.156 which is greater than. Hence there is no significant difference between male and female athletes regarding their perceptions about effect of anxiety on their performance.

Table 7: ANOVA of athlete

Mean	Sum of Squares	df	Mean Square	F	Sig.
Between Group	0.042	2	0.021	0.257	0.774
Within Group	11.27	137	0.082		
Total	11.31	139			

Table 7 shows the *F*-value which is 0.257 and *p* value is 0.774 which is greater than 0.05. Hence there is no significant difference between athlete's perceptions about effect of anxiety on their performance.

4. DISCUSSION

The objective of the study was to view the effect of anxiety on athletic performance. After analyzing the data, it found that anxiety have very sever effect on athletes' performance during event and before starting the competition. Results also shows that majority of the athletes doesn't remain calm when they were about to start the game or going to compete. At the point when an athlete is experiencing extreme anxiety and is freezing, the cerebrum may not get as much blood and oxygen as it regularly does. This outcome in discombobulation, which if serious can bring about the competitor blacking out. Sentiments of discombobulation can incapacitate the competitor to such a degree, to the point that they may be not able to perform (Yardley, 2000).

Further, it was also noted that majority of the athletes were feeling nervous before they compete, as well as majority of the athletes feel they lack the confidence before

competition. Athletes were also found worried about the criticism on their performance by others. Not able to concentrate implies pre-focused anxiety which builds up a powerlessness to think before an up and coming occasion or rivalry (Mohammad, & Hassan, 2015). The athlete is not able to focus on the current load and along these lines can't give their execution full consideration. The underlying driver of the failure to think is sentiments of trepidation. Worries cause the athlete to feel that they will fall flat or wane their trust in their capacity. These negative musings will attack the singular's psyche and reason them to lose fixation, which brings about stirring up assignments and overlooking what is should have been be done in the circumstance they are stood up to with (Yan, & Horwitz, 2008). These results are in line with the results of the study conducted by Ghosh and Thakur, (2014), and Tahilar, Karaoğlu, and Turan, (2017). Prior to an opposition or critical occasion, a competitor may encounter serious shaking of the hands or knees. This is because of an expanded spike of adrenaline in the body, which is brought on by serious uneasiness. In the event that the tension holds on, the body may crumple (Barlow, 2004; Lazarus, & Folkman, 1984).

5. CONCLUSION

Based on the results of this investigation it might be concluded that anxiety have very sever effect on athletes' performance before and during the competition. It is also concluded that majority of the athletes doesn't remain calm when they were about to start the game or going to compete. Further, it was also found that majority of the athletes were feeling nervous before they compete, as well as majority of the athletes feel they lack the confidence in themselves before commencement of the event. Athletes also reported that they were worried about the criticism on their performance by others, and this severely affect their performance.

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