

Psychological Assessment of Sports Competitive Anxiety Among National-Level Athletes and Para Athletes

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Abstract—The purpose of the study was to assess and compare sports competitive anxiety among National-Level Athletes and National-Level Para Athletes. 20 participants, comprising 10 National-Level Athletes and 10 National-Level Para Athletes age group between 18 to 25 were selected for the study. Sports Competition Anxiety Test (SCAT) developed by Martens (1977) was used to measure competitive anxiety. The collected data were analyzed using descriptive statistics and an independent samples t-test. The results revealed that National-Level Athletes demonstrated significantly higher competitive anxiety scores (21.80 ± 4.02) compared to National-Level Para Athletes (15.60 ± 4.14). The obtained t-value (3.396) was significant at the 0.05 level ($p = 0.003$). The findings indicate a significant difference in sports competitive anxiety between the two groups.

Index Terms—Competitive Anxiety, SCAT, National-Level Athletes, Para Athletes, Sports Psychology.

I. INTRODUCTION

Competitive anxiety is one of the most important psychological factors influencing sports performance. Athletes often experience varying levels of anxiety before and during competitions, which may affect their concentration, confidence, and overall performance. Competitive anxiety refers to the tendency to perceive competitive situations as threatening and to respond with feelings of tension and apprehension.

Understanding competitive anxiety among athletes and para-athletes is essential for coaches, sport psychologists, and trainers to develop appropriate psychological interventions. Although both groups

participate at high levels of competition, their experiences, training environments, and psychological adaptations may differ. Therefore, the present study aimed to assess and compare sports competitive anxiety among National-Level Athletes and National-Level Para Athletes.

II. OBJECTIVES OF THE STUDY

1. To assess sports competitive anxiety among National-Level Athletes and Para Athletes.
2. To compare the level of competitive anxiety between National-Level Athletes and Para Athletes.

III. HYPOTHESIS

- There will be a significant difference in sports competitive anxiety between National-Level Athletes and National-Level Para Athletes.

IV. METHODOLOGY

Participants

Twenty participants were selected for the study, consisting of:

- National-Level Athletes ($n = 10$)
- National-Level Para Athletes ($n = 10$)

Tool

The Sports Competition Anxiety Test (SCAT) developed by Martens (1977) was used to assess competitive anxiety.

Statistical Technique

The collected data were analyzed using:

- Mean
- Standard Deviation
- Independent Samples t-test

V. RESULTS AND DISCUSSION

Table 1 Descriptive Statistics of Sports Competitive Anxiety among National-Level Athletes and Para Athletes

Groups	N	Mean	SD
National-Level Athletes	10	21.80	4.02
National-Level Para Athletes	10	15.60	4.14

Table 1 shows the descriptive statistics of sports competitive anxiety among National-Level Athletes and National-Level Para Athletes. The mean score of National-Level Athletes was found to be 21.80 with a standard deviation of 4.02, whereas National-Level Para Athletes obtained a mean score of 15.60 with a standard deviation of 4.14. The findings indicate that National-Level Athletes exhibited higher competitive anxiety scores than National-Level Para Athletes.

Graphical representation of Sports Competitive Anxiety among National-Level Athletes and Para Athletes

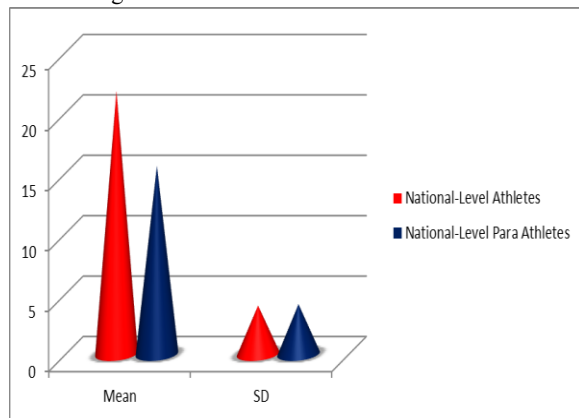


Table 2 Comparison of Sports Competitive Anxiety among National-Level Athletes and Para Athletes

Group	N	Mean	SD	t-value	p-value
National-Level Para Athletes	10	15.60	4.14	3.396	0.003
National-Level Athletes	10	21.80	4.02		

level of significant set at 0.05.

Table 2 presents the comparison of sports competitive anxiety between National-Level Athletes and National-Level Para Athletes. The obtained t-value was 3.396 and the corresponding p-value was 0.003, which is lower than the prescribed level of significance (0.05). Therefore, hypothesis of there will be a significant difference in sports competitive anxiety between National-Level Athletes and National-Level Para Athletes was accepted.

The results indicate a significant difference in sports competitive anxiety between National-Level Athletes and National-Level Para Athletes. The higher mean anxiety score observed among National-Level Athletes suggests that they experience greater competitive anxiety compared to their para-athlete counterparts.

This difference may be attributed to factors such as performance expectations, competitive pressure, fear of failure, and psychological responses to competition. Para Athletes may have developed stronger coping mechanisms and psychological resilience through overcoming various personal and sporting challenges, which could contribute to lower anxiety levels during competition.

VI. CONCLUSION

Based on the findings of the study, it was concluded that National-Level Athletes exhibited significantly higher sports competitive anxiety compared to National-Level Para Athletes. Therefore, psychological training programs focusing on anxiety management and mental preparedness may be beneficial for enhancing competitive performance among athletes.

REFERENCES

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