

## EFFECT OF ANXIETY ON ATHLETE'S PERFORMANCE (A CASE STUDY)

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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. Athletics are very common parts of sports and are commonly and regularly conducted to keep the students active participative and courageous to be competitive and if possible become the part of institution team. Though it is expected that the participation in sports should be expertise based to avoid injuries but at the school and university level it goes beyond it and the non-professionals participate of their own without the evident consequences. It is not only the beginners but the professional do come across certain types of anxiety especially in athletics. Statistical analysis shows that Majority of the athlete's feel lack of confidence before competition and they feel worry about criticism on their performance.*

### 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. The prior referred to are the side effects of execution tension which makes one feel as though he she won't fulfill effectively. To manage such considerations competitors must figure out how to oversee tension as games execution and uneasiness are interrelated [1]. 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. Some contributing elements towards tension are recorded beneath that can influence athletic execution.

Apprehension is the state when the competitor 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. 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 tried of him or her [2].

Not able to concentrate implies pre-focused anxiety which builds up a powerlessness to think before an up and coming occasion or rivalry. The competitor is not able to focus on the current workload 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 person 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 done in the circumstance they are stood up to with [3].

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 [4].

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 [5]. 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 [6].

At the point when a competitor is experiencing extreme tension 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 [7].

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 [8].

### Preventing anxiety in athletic Performance

The stomach is a muscle between the mid-section and the stomach cavity. The contracting so as to breathe done this muscle is known as diaphragmatic relaxing. It requires basic practice to learn and afterward it ought to be rehashed a few times day by day. Great competitors either know or are guided to take in the system [9].

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 [10].

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. Below are more ways they can use visualization to combat performance anxiety.

#### *Visualizing themselves*

This is one of the activities of representation in which competitor imagines themselves. The competitor is solicited to imagine each physical viewpoint from their body with their eyes shut. While envisioning the body, the competitor lets himself know that each of these body parts is fine and in great working condition.

#### *Visualizing their Game*

Another activity requires the competitor to envision the genuine game they are to play. The competitor imagines the occasions beginning from the arrangements before going onto the flame [11].

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 [9]. 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 [12].

Entertainers ought to practice positive self-chat 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-speak speaks the truth diverting your mind and guiding that reasoning to bolster execution [13].

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 [14]. 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 [15]. 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.

#### **Statement of the problem**

The state of affairs which the athlete may come across is known, but what actually happens in our situation is to be made known hence the study keeping it focused on, "Effects of anxiety on athletic performance"

#### **OBJECTIVES**

Following were the objectives of designing the study;

- To know the effect of anxiety on the athletic performance of the participants of intervarsity championship
- To observe the effects of anxiety developed pre, during and post participation of the athletes in the competition.

#### **Research questions**

- Was there any effect of anxiety on the athletic performance of the athletes while participation in intervarsity competition 2015?
- Were there observable symptoms of anxiety divulged out of participation of athletes during participation in intervarsity competition 2015?

#### **Nature of study**

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 2015.

#### **Population**

Athletes of government and private sector universities from Punjab province formed the population of the study being the participants of intervarsity championship 2015.

#### **Sample of study**

Athletes of Punjab University being approachable were taken up as the sample for the study.

#### **Research instruments**

Questionnaire on a rating scale after determining its validity and reliability and observation manual after getting ensured its face validity were used as the tools of data collection.

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

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

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

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

Statement 2	Observed Number			$\chi^2$	P
	O	N	S		
Before competition I feel gastric irritation	53	47	40	1.81	.404

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

**Table 3: Chi-square value of athlete's perception about increasing heart beat.**

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

Table 3 shows athletes' perception about statement all the time of competition my heart goes faster. Results reveal there is significant difference ( $p=.038$ ,  $\alpha=.05$ ) between scores of the athletes' perceptions about 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			$\chi^2$	P
	O	N	S		
Before competition I feel myself alone	58	44	38	4.51	.105

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 and ( $\chi^2 = 4.51$ ). 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			$\chi^2$	P
	O	N	S		
Before competition I feel that I am losing control on my self	54	43	43	1.72	.421

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 athlete's 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  $\pm$  SD and T-values of athlete's according to their gender**

Gender	Male n=97		Female n=43		t	P
	M	SD	M	SD		
	1.87	.29	1.99	.25	2.03	.156

Table 6 shows athlete's perceptions according to their gender. Table shows the mean of male athlete's is 1.87 and mean value of female athletes is 1.99 and table also shows the t-value which is 2.032 and p value is .156 which is greater than 0.05. Hence there is no significant difference between male and female athlete's regarding their perceptions about effect of anxiety on their performance.

**Table 7: Mean  $\pm$  SS and P values of athlete according to their age**

ANOVA					
Mean	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	.042	2	.021	.257	.774
Within Groups	11.27	137	.082		
Total	11.31	139			

Table 7 shows athletes' perceptions according to their age. Table shows the mean of athlete's between groups is .21 and mean within groups is .82. Table also shows the F-value which is .257 and p value is .774 which is greater than 0.05. Hence there is no significant difference between athlete's perceptions about effect of anxiety on their performance.

**CONCLUSION**

The objective of the study was to view the effect of anxiety on athletic performance. After analyzing the data it can be concluded that anxiety have very Sevier effect on athletes' performance during event and before the starting the competition. Results show Majority of the athletes doesn't remain calm before they compete. Results show majority of the athletes are feeling nervous before they compete. Majority of the athlete's feel lack of confidence before competition. Result show that anxiety majority of the athlete's feel worry about criticism on their performance.

## RECOMMENDATION

Following are the recommendation made by the researcher;

- Confidence level should be increased of the players while training.
- Athletes training should be according to the event level.
- Athletes should be taught about anxiety and techniques to manage the anxiety.

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