



Estimating the Presence of Anxiety Affecting Sports Performance of Professional Cricketers in Chhatrapati Sambhajnagar District: A Cross sectional Study

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ARTICLE INFO ABSTRACT

Background: Anxiety significantly influences sports performance, particularly in high-pressure situations like competitive cricket. This research aims to analyse the presence and impact of sports anxiety on elite cricketers in ChhatrapatiSambhaji Nagar District. Utilizing "The Sport Anxiety Scale-2" (SAS), anxiety levels among professional cricketers are assessed..

Objective: It is to evaluate anxiety's presence affecting sports performance and secondary objectives include identifying risk factors and assessing psychological well-being. Through a comprehensive review of literature, studies highlighting anxiety's impact on athletic performance are examined. Findings indicate a prevalence of anxiety among athletes, with adverse effects on performance, injury risk, and rehabilitation. Notably, anxiety levels differ across age groups, genders, and sports surfaces.

Methodology: The study employs a questionnaire-based approach using Google Forms, measuring anxiety through SAS.It is conducted through an observational design over six months, involves 88 participants aged 14-23, encompassing both genders. Ethical clearance is obtained, and participants meeting inclusion criteria are selected from ChhatrapatiSambhaji Nagar sports clubs. Data analysis involves descriptive statistics and graphical representation.

Main outcome measure:The Sport Anxiety Scale-2

Result: The relationship between anxiety affecting Sports performance is seen in more than 80% of cricketers in ChhatrapatiSambhaji Nagar.

Discussion:It underscores anxiety's adverse effects on professional cricketers, necessitating targeted interventions for improved performance and well-being.

Conclusion:The study concludes that anxiety significantly impacts sports performance, highlighting the importance of addressing anxiety through tailored

interventions and support structures.

Limitations: It include age restrictions, exclusion criteria, and geographical constraints, while future scope entails longitudinal studies, cultural comparisons, and intervention development. The research contributes to sports psychology by enhancing understanding of anxiety's impact on performance and advocating for tailored support for athletes.

Keywords: Anxiety, Sports Performance, Elite Cricketers, Sport Anxiety Scale-2, Intervention, Psychological Well-being.

INTRODUCTION

A physical challenge that requires skill and effort, played or performed in accordance with regulations, for fun and/or as a job is defined as sports.⁽¹⁾ Whereas Anxiety is uncomfortable mental state brought on by the perception of stress in relation to the completion of a task under pressure.⁽²⁾ At all performance levels, anxiety is a prevalent emotional state among athletes. The prevalence of anxiety affecting sports performance is more than 65%. Anxiety typically consists both physical and cognitive elements.⁽²⁾ Where it is necessary to distinguish between physical and cognitive factors, as well as trait and state factors that are independent of one another and have varying effects on behaviour. One of the most challenging emotions to identify and categorize is anxiety, which is commonly considered as a complicated psychological phenomenon. One of the topics that has generated the greatest discussion and research in the field of sport psychology is the theoretical connection between competitive anxiety and athletic performance.⁽³⁾

In sports, psychic considerations could make the difference between winning and losing. Thus, the issue of how anxiety affects athletic performance is becoming increasingly crucial in both competitive and high-performance sports.⁽⁴⁾ The researcher himself is a player and is being participating in sports at different levels. The researcher, who was also a player, encountered several challenges related to stress, arousal, and anxiety in the context of the sports environment during his career.⁽⁵⁾

Anxiety is a typical human response that affects both the body and the intellect. It is an alert system that is triggered whenever someone feels threatened or in danger. A person experiences physical symptoms of anxiety when their body and mind respond to danger or threat. Anxiety has a direct impact on the sympathetic nervous system (SNS), which affects the connection between the body's parts and the central nervous system. As a result, a person's ability to think clearly and effectively is compromised, which has a direct impact on athletes' ability to perform well in sports.⁽⁵⁾ India is a major player in cricket, a game with greater mental than physical needs.

Speed and accuracy are necessary on the one hand, but strategic planning, attention, and concentration are also necessary. When your body is stressed, it gets harder to coordinate the movements needed for athletic competitions. There is ample evidence suggesting the positive and negative effects of anxiety on sport performance like a certain level of physical arousal is helpful and prepares us for competition, whereas anxiety can substantially hinder your ability to compete when the physical effects are too severe.^(6, 7) Similar to this, a certain degree of concern about how you perform in a competition might be beneficial, but strong cognitive symptoms of anxiety, such as negative thought patterns and predictions of failure, can lead to a self-fulfilling prophecy. Your performance may be being impacted by anxiety if there is a noticeable difference between how you perform in practice and during contests.⁽⁷⁾

In the world of sports, the younger generation is brimming with excitement and passion, and athletes are putting up their best efforts using a variety of strategies. One of the most popular sports and games today in India is cricket. These games are being avidly attempted to be learned by many young youngsters. While some people achieve the success they had hoped for, others find it difficult to move on from disappointments. During the unsuccessful journey the most important thing appears in players is anxiety. Cricket players are adept at making decisions quickly and under pressure. Players must maintain composure under all circumstances in order to successfully deal with any challenging situations that may arise. Anxiety in a player can undermine the entire preparation and preparations made for the tournament, A player who is anxious may experience stress depression, lack of focus, lack of confidence, and lack of motivation.⁽⁷⁻⁹⁾

In short, the sport anxiety in cricketers can:

1. Have a negative impact on sport performance during practice and competitions.
2. Lead to increased risk of injury occurrence.
3. Delay and obstruct injury rehabilitation and the return to sport process.
4. Increase subsequent reinjure risk during post-rehabilitation practice and competitions.

So, present research study is an attempt to analyse the presence of sport anxiety affecting sport performance of elite cricketers. The researcher uses “**THE SPORTS ANXIETY SCALE**” (SAS) to estimate the presence of anxiety affecting sports performance.

The Sport Anxiety Scale-2 (Smith et al., 2006) is a questionnaire that assesses the competitive trait anxiety experienced by athletes before or during competition.⁽¹⁰⁾ There is no time limit for finishing the 21 questions, which are answered by the athlete. Responses are measured on a four-point Likert scale, with one being the least, and four being the most. Three factors—somatic anxiety, worry, and interruption of concentration—are measured by the scale.

METHODS

The study was conducted at the MGM School of Physiotherapy in Aurangabad, employing a non-experimental Hypothesis Testing design. It adopted an observational study approach and utilized simple random sampling to select a sample size of 88 subjects. Inclusion criteria comprised individuals aged 14-23 years, on field professional cricketer, Gender: Males and female participants. Conversely, exclusion criteria encompassed individual with History of recent injury, Psychiatric illness and Other than Cricketers

Ethical permission was taken from institutional ethical committee. Participants will be approached by the investigators, with questionnaire, data collection form and consent form which will include basic demographic data, participants willingness to participate and Sports anxiety scale. Participants willing to participate in the study will be screened for inclusion and exclusion criteria. Participants who fulfil the inclusion criteria will be included in the study. Before obtaining the written consent, data collection from participants, they will be clarified about the study and explain the procedure and purpose of study. Outcome measures questionnaire will be filled from the participants. The therapist will calculate the score and analyse the data collection about the anxiety present in cricketers of Chah. Sambhajinagar.

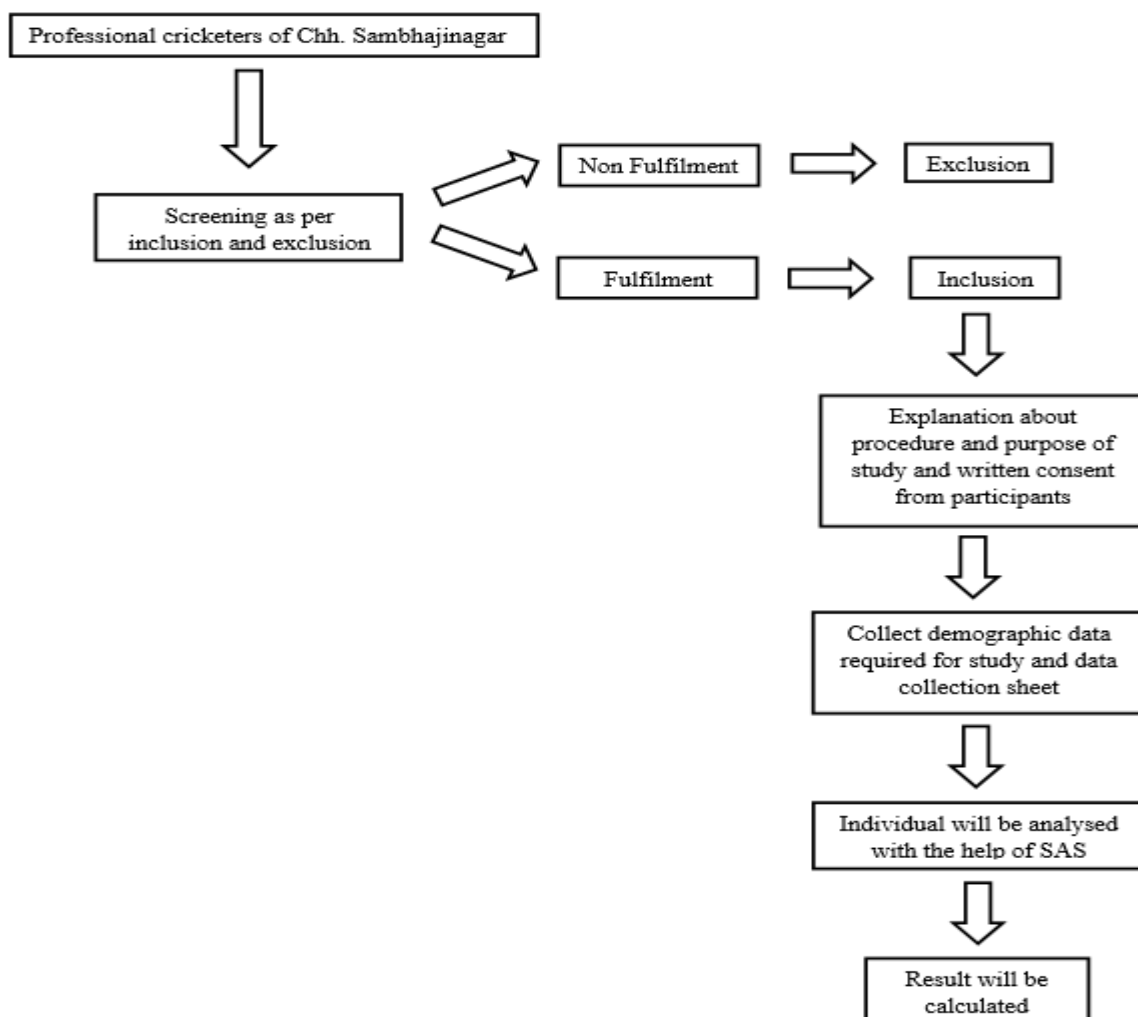
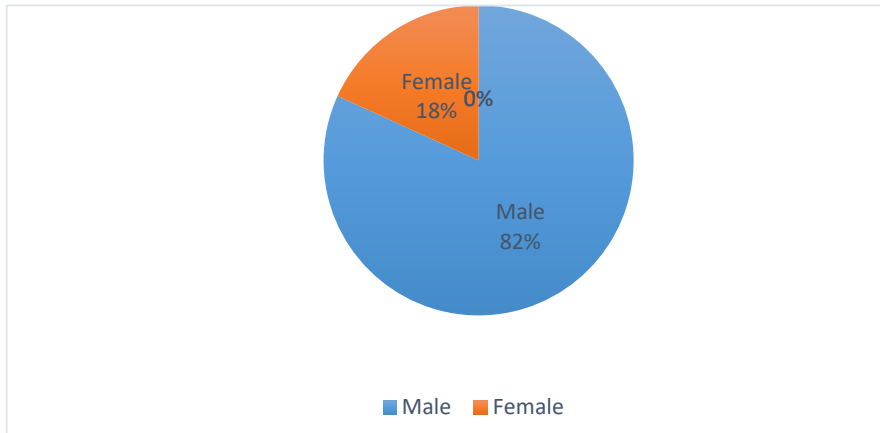


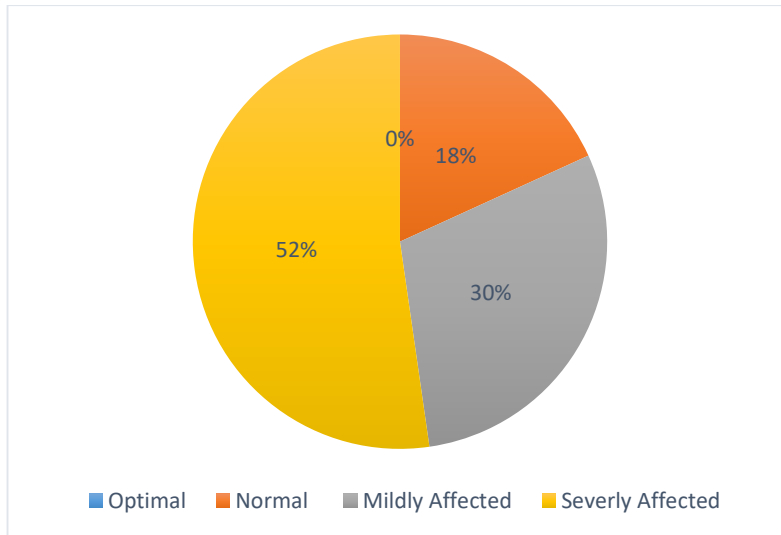
Fig. 1. Consort Chart of the study

RESULTS

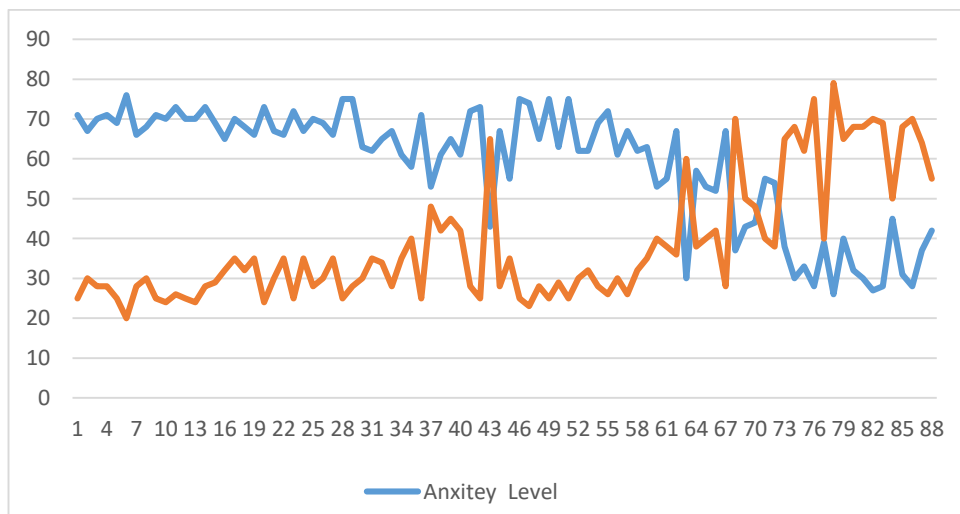
In this study, 88 participants were included, comprising professional cricketers in ChhatrapatiSambhaji Nagar District. The aim was to study the presence of anxiety affecting sports performance of professional Cricketers in ChhatrapatiSambhaji Nagar district. Data collected using SAS and was analysed to generate results. Demographic characteristics were tabulated and presented using bar diagrams. A significance level of $p < 0.05$ was chosen. It shown that anxiety affecting Sports performance is seen in more than 80% of cricketers in ChhatrapatiSambhaji Nagar



Graph no. 1 Participants in Study based on Gender



Graph no. 2 Anxiety affecting population based on Sports Anxiety Scale-2



Graph no. 3 Anxiety affecting sports performance

DISCUSSION

The primary objective of this study was to evaluate the presence of anxiety affecting sports performance of professional Cricketers in ChhatrapatiSambhaji Nagar district. Finding indicate that anxiety affecting Sports performance is seen in more than 80% of cricketers in ChhatrapatiSambhaji Nagar. The study highlights the prevalence and impact of anxiety on professional cricketers, corroborating existing literature on the subject. Through the Sport Anxiety Scale-2, it effectively quantifies anxiety levels and underscores its adverse effects on performance, injury risk, and rehabilitation. The findings emphasize the necessity of targeted interventions to address anxiety-related issues, thereby enhancing both psychological well-being and athletic performance. By shedding light on anxiety's multifaceted influence, the study contributes significantly to sports psychology, advocating for tailored support structures to optimize athlete performance and overall team success.

In conclusion, according to the study findings, Based on the comprehensive research presented, it's evident that anxiety significantly impacts the performance of professional cricketers. Through various studies and observations, it's clear that anxiety manifests both physically and cognitively, affecting decision-making, coordination, and overall performance. Anxiety in sports, particularly cricket, has been shown to lead to increased risk of injury, hindered rehabilitation, and a greater likelihood of reinjury. The presence of anxiety not only affects individual players but also has broader implications for team dynamics and success.

Moreover, the research underscores the need to address anxiety in cricketers through tailored interventions and support structures. By understanding the extent of anxiety-related issues, identifying risk factors, and assessing performance impact, interventions can be developed to enhance psychological well-being and performance outcomes.

Therefore, the study serves as a critical step towards gaining a comprehensive understanding of the factors contributing to anxiety, its impact on performance and well-being, and the effectiveness of interventions. It highlights the importance of sports psychology in optimizing athlete performance and fostering a supportive environment for athletes to thrive in their sporting endeavors.

LIMITATIONS

Restricting the study to a specific age group (14-23 years old). Excluding individuals with recent injuries or psychiatric illnesses may overlook important factors that could influence anxiety levels and performance outcomes in cricketers. Conducting the study in sports club of ChhatrapatiSambhaji Nagar may limit the diversity of experiences and perspectives among the participants, potentially affecting the breadth of insights gained from the research. With a study duration of only 6 months, the research may not capture longitudinal changes in anxiety levels or performance outcomes among cricketers. A longer-term study could offer insights into how anxiety evolves over time and its sustained impact on sports performance. The study does not address potential confounding variables, such as socio-economic status, cultural background, or previous experiences with anxiety management techniques, which could impact anxiety levels and performance outcomes. While the study focuses on professional cricketers in a specific district, the findings may not be applicable to cricketers in other regions or those at different skill levels.

FUTURE SCOPE

Conducting longitudinal studies could track anxiety levels and performance outcomes over an extended period, providing insights into the long-term effects and potential interventions for managing anxiety in cricketers. Exploring the interaction between anxiety and various factors such as coaching styles, team dynamics, and external pressures could deepen our understanding of the complex relationship between anxiety and sports performance. Developing and testing tailored intervention strategies, such as cognitive-behavioral therapy, mindfulness training, or performance visualization techniques, could help mitigate anxiety and enhance performance outcomes among cricketers. Comparing anxiety levels and performance outcomes among cricketers from different cultural backgrounds could provide insights into the influence of cultural factors on anxiety management and performance optimization strategies. Designing educational programs for coaches and support staff to recognize and address anxiety-related issues effectively could foster a supportive and conducive environment for cricketers to thrive in their athletic pursuits.

AUTHOR CONTRIBUTIONS

All authors have made substantial contributions to all of the sections below:

1. Conception and design of the study.
2. Data analysis and interpretation of data.
3. Final approval of the version to be submitted.

CONFLICTS OF INTERESTS

The authors declare no potential conflicts of interest with respect to the research, authorship, and/or publication of this study.

COMPETING INTEREST STATEMENT

The authors certify that the grant sponsor is not involved in study design, collection, analysis and interpretation of data; in the writing of the manuscript; and in the decision to submit the manuscript for publication.

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