

# Somatic Anxiety And Cognitive Anxiety Of Football Players: Evidence From Manipuri Women Football Player

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## **Abstract**

*Anxiety is perceived as an emotion that is characterized by anxious feelings, worried thoughts, and physical changes such as elevated blood pressure. Usually, anxiety is considered an unpleasant condition in response to perceived stress about the execution of a task under pressure. Every player is experiencing the different phase of anxiety. The sole aim of this study is to find out the different state of anxiety among the women football players. For the purpose of the study U-17, 21 elite women players were selected from Manipur who had recently played U-17 world Cup. The purposive sampling method were employed. For the analysis of data, descriptive statistics were used to analyse their mean average and the different deviation. To find the mean difference ANOVA were employed. The result shows that higher cognitive anxiety as compare with the somatic and self-confidence. Further the study reveals that lack of confidence among the players which may be the root cause of boosting competition anxiety. The study suggests that to have psychological intervention program is very important to build up player performance.*

**Keywords:** Cognitive, Somatic, Self Confidence, psychological intervention

## **Introduction**

Anxiety grows a sensation of nervousness and delicate physiological stimulation. Every human being experiences it in different ways, some individuals stab to evade this feeling, and consequently leads to fear. Fear is treacherous and its whitethorn hostile consequences, anxiety forces a person to enhance his/her performance thereby contributing to the person's success and achievement. Anxiety is dynamic and it leads the individual's passion towards an effective role in his performance. The researchers have tried time and again to understand the phenomenon that how anxiety affects performance before and during competition. Various sports competitions have the potential for causing high levels of stress and anxiety, it is well-established fact that proper application of the psychological strategies when applied/practiced can be beneficial in anxiety and stress management. The results of various studies have shown that anxiety can play a vital role in sports injury control, occurrence, recovery, and the continuum of the sport process (Edvardsson et.al. 2002). Anxiety is a psychological and physiological state with the cognitive, trait, state, and emotional aspects (Seligman, Walker & Rosenhan, 2001). Anxiety is perceived as an emotion that is characterized by anxious feelings, worried thoughts, and physical changes such as elevated blood pressure. Usually, anxiety is considered an unpleasant condition in response to perceived stress about the execution of a task under pressure (Pijpers et.al., 2005). Anxiety is a common emotional condition which athletes experience at all levels of their sports performance (Lundqvist, 2006). Competitive state anxiety arises when the sport's expectations are greater than abilities perceived by the athletes. Usually, anxiety has three different forms namely, cognitive, somatic and self-confidence. Most of the players even in the elite level, experiencing anxiety but it is very hard to understand which of the factor is determining his/her performance. Therefore, to have the assessment over the anxiety in different level of participation, the investigator is trying to explore this study with an objective to find out the most intervening factor among the three different types of anxiety.

## **Materials and method**

To obtain the required data researcher have selected 20, U-17 women players from Manipur who are currently playing in different competition. Among them 9 players are recently participated in the U-17 world Cup held in India. Before collecting data, investigator explain about the various procedure of filling up the question. Informed consent was taken from each and every player who took part in the study. As the questionnaire directed in three different directions viz, Cognitive, Somatic and self-confidence the investigator explains each question properly to each and every player.

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**Procedure of data analysis:**

This scale is called the Competitive State Anxiety Inventory-2 (CSAI-2), a sport-specific state anxiety scale developed by Martens, Vealey, and Burton (1990). The scale divides anxiety into three components: cognitive anxiety, somatic anxiety, and a related component-self-confidence. Self-confidence tends to be the opposite of cognitive anxiety and is another important factor in managing stress. The intensity response dimension was rated on a 4-point Likert scale ranging from 1 (not at all) to 4 (very much).

To score the CSAI-2, take all the scores for each item at face value with the exception of item 14, and reverse the score i.e., (1 = 4; 2 = 3; 3 = 2; 4 = 1). The whole question was divided into three different categories as the following divided question items:

1. Cognitive state anxiety: Sum items 1, 4, 7, 10, 13, 16, 19, 22, and 25.
2. Somatic state anxiety: Sum items 2, 5, 8, 11, 14, 17, 20, 23, 26.
3. Self-confidence: Sum items 3, 6, 9, 12, 15, 18, 21, 24, and 27.

Finally, all the scores for each range from 9 to 36, with 9 indicating low anxiety (confidence) and 36 indicating high anxiety confidence.

**Result and analysis:**

The investigator formulates the collected data with the tool of statistical technique like Descriptive statistics like (Mean, Sd) and inferential statistics namely ANOVA.

**Table.1**

Level of Anxiety among football players

Scale of Questionnaire	Mean	Sd
1. I am concerned about this competition	4.00	0.00
2. I feel nervous.	2.05	0.22
3. I feel at ease.	2.24	0.62
4. I have self-doubts.	2.05	0.22
5. I feel jittery.	1.95	0.74
6. I feel comfortable.	3.24	0.54
7. I am concerned I may not do as well in this competition as I could.	3.14	0.85
8. My body feels tense.	3.67	0.58
9. I feel self-confident.	3.90	0.30
11. I feel tense in my stomach.	2.90	1.04
12. I feel secure.	2.33	1.06
13. I am concerned about losing.	3.43	0.60
14. My body feels relaxed.	2.33	0.66
15. I'm confident I can meet the challenge.	3.90	0.44
16. I'm concerned about performing poorly.	2.86	0.85
17. My heart is racing.	3.95	0.22
18. I'm confident about performing well.	4.00	0.00
19. I'm worried about reaching my goal.	3.10	0.30
20. I feel my stomach sinking.	1.14	0.36
21. I feel mentally relaxed.	2.38	0.97
22. I'm concerned that others will be disappointed with my performance.	1.86	0.96
23. My hands are clammy.	2.24	1.00
24. I'm confident because I mentally picture myself reaching my goal.	4.00	0.00
25. I'm concerned I won't be able to concentrate.	1.24	0.44
26. My body feels tight.	1.05	0.22
27. I'm confident of coming through under pressure.	3.90	0.30

In Table. 1 the average score of the given scale of each participant has discussed above. It was observed that 1<sup>st</sup> and 24<sup>th</sup> statement has the maximum average score as compare with the remaining scale. As the given statement directed towards the positive cognition of mind all the respondent is strongly accepted the given statement. The score of the above average score of the given statement is 4.00 for the 1<sup>st</sup> statement and 4.00 for the 24<sup>th</sup> statement too. The below average score of the given statement is 1.05.

Competition state anxiety inventory assesses the different state anxiety among the players by targeting three different determinants i.e., cognitive, somatic and self-confidence. The comparison between the three determinants is discussed in Table 2.

**Table 2**  
 Descriptive statistic for cognitive, somatic, and self confidence

Parameters	Mean	Sd	Std Error	Sample Variance	Range	Minimum	Maximum	Sum	Count
<b>Cognitive</b>	22.28	±1.79	0.39	3.21	8	19	27	468	21
<b>Somatic</b>	16.95	±2.31	0.50	5.34	11	13	24	356	21
<b>Self Confidence</b>	20.14	±3.99	0.87	15.92	20	15	35	423	21

Table 2 depicts the different scores of each determinant i.e., cognitive, somatic and self-confidence of selected players. The study reveals that higher cognitive anxiety as compared with the somatic and self-confidence. All the players were found comparatively less somatic stress i.e.,  $16.95 \pm 3.99$  where cognitive anxiety having the highest score of  $22.28 \pm 1.79$  according to given scale. This shows that most of the players are having higher cognitive anxiety than any other determinants of anxiety.

**Table 3**  
 Analysis of Variance among the cognitive somatic and self-confidence ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	3.734666	2	1.867333	18.5281	5.42E-07	3.150411
Within Groups	6.047031	60	0.100784			
Total	9.781697	62				

The above table 3 shows the significance difference among the groups on a significance level of 0.05. The F-value of the mean test is 18.52 and P-value is less than 0.05 level of significance. Hence it can be concluded that there is significant difference among the three different determinants of sports competition anxiety.

**Discussion:**

From the study we observed the difference level of anxiety among the players accordingly with different determinants of anxiety. Anxiety is a very common mental state which occurs in the way of each player might be during the game or before the game. The mental component, typically termed cognitive anxiety, is closely related to worry and deals with 'negative expectation and cognitive concerns about oneself, the situation at hand and potential consequences' (Morris, Davis, & Hatchings, 1981). The sole reason of developing cognitive anxiety is because of the lack of ability to perform well and having fear and tension to perform in a better way because of the negative thoughts developed in their mind. Athletes also have the tendency to worry the negative evaluation of their schoolmate, teachers, friends, fans, which can cause the level of cognitive anxiety to increase. The current study shows the higher cognitive anxiety which leads to distract in their pattern of performances. Whereas, somatic anxiety denotes to athletes' changes in their physiology, such as increased perspiration, difficulty in breathing, increased heartbeat, changes in the brain wave, elevated blood pressure, increased urination, butterflies in the stomach, less saliva in the mouth and muscle tension. The sympathetic nervous system is stimulated by fear perception in the cerebral cortex, prompting an immediate stress response. Athletes, who have learned anxiety management skills, often respond to a greater degree to anxiety symptoms but return to their resting rate sooner than those athletes, who are not trained in anxiety management (Vincent & Yahaya, 2013).

**Conclusion:**

The present study observed that moderate level of competition anxiety of women soccer players which indicates the fluctuation and abnormality in their playing performance. The study found that moderate level of cognitive anxiety but comparatively high when we compared with remaining determinants i.e., somatic and self-confidence. Self-confidence plays a key role in reducing competition anxiety and all other factors of anxiety. Therefore, it is very important to give a psychological training intervention program to make up the psychological state of each player.

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