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Anxiety And Stress As Barriers To Sports Performance: An Evaluation

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ABSTRACT
The goal of the study was to determine how Panjab athletes' sporting performance was impacted by anxiety. The major goal of this particular study was to understand how players' physiological, psychological, and behavioural responses to worry. All of the athletes engaging in the various sports in Panjab made up the population of this study. A comprehensive list of all players who had registered was obtained from the Punjab Sports Directorate. For the purpose of gathering data, the researcher created a closed-ended questionnaire and individually collected the replies from the 120 gamers that made up the target group. Following data collection, the researcher tabulated and evaluated the data using percentage and mean average as statistical tools. Following data analysis, the researcher came to the conclusion that a player's total sporting performance is adversely impacted by worry. The data also showed that the most effective ways to deal with and overcome anxiety when participating in sports are education on anxiety and its harmful effects, as well as anxiety-reduction techniques and methods like medication, meditation, and psychotherapy.

KEYWORDS: Players; athletes; athletes' performance; anxiety

INTRODUCTION

The 21th century is considered as "the age of anxiety". The history of mankind parallels the phenomenon of worry. Concern is currently used as an explanation in the majority of psychological and personality theories, and it is also largely believed to be the root cause of a wide range of behaviours, including sleeplessness, incapacitating mental and physical problems, immoral behaviour, and immoral behaviours and even occasions of artistic expression. At all levels of competition, controlling one's emotions is a daily struggle for athletes. For many athletes, feeling anxious is an essential component of the athletic experience. The multifaceted features of anxiety as well as the creation and assessment of anxiety measures are often studied subjects in relation to sport anxiety. In this chapter, the authors examine how researchers in sport psychology who study stress and anxiety have also raised a variety of issues about anxiety processes, including causes of anxiety, its effects, the choking phenomena, and remedies meant to lessen its harmful effects.

Although anxiety is the main topic of this chapter, sport psychologists have recently begun to pay greater attention to coping as a different method of stress management.

When under stress, the human body reacts by producing body hormones swiftly. After releasing large hormones, the human body becomes unfit for exercise and does not feel good. Human bodies are restless, and these hormones increase mental alertness and physical tension. This condition is partially positive because it is within your control, but because the human boy is not under your control, your body feels unwell and becomes extremely anxious. Your heart rate and respiration rate both rise. When the human body is under stress, blood pressure rises and the psychotic state is uncontrolled.

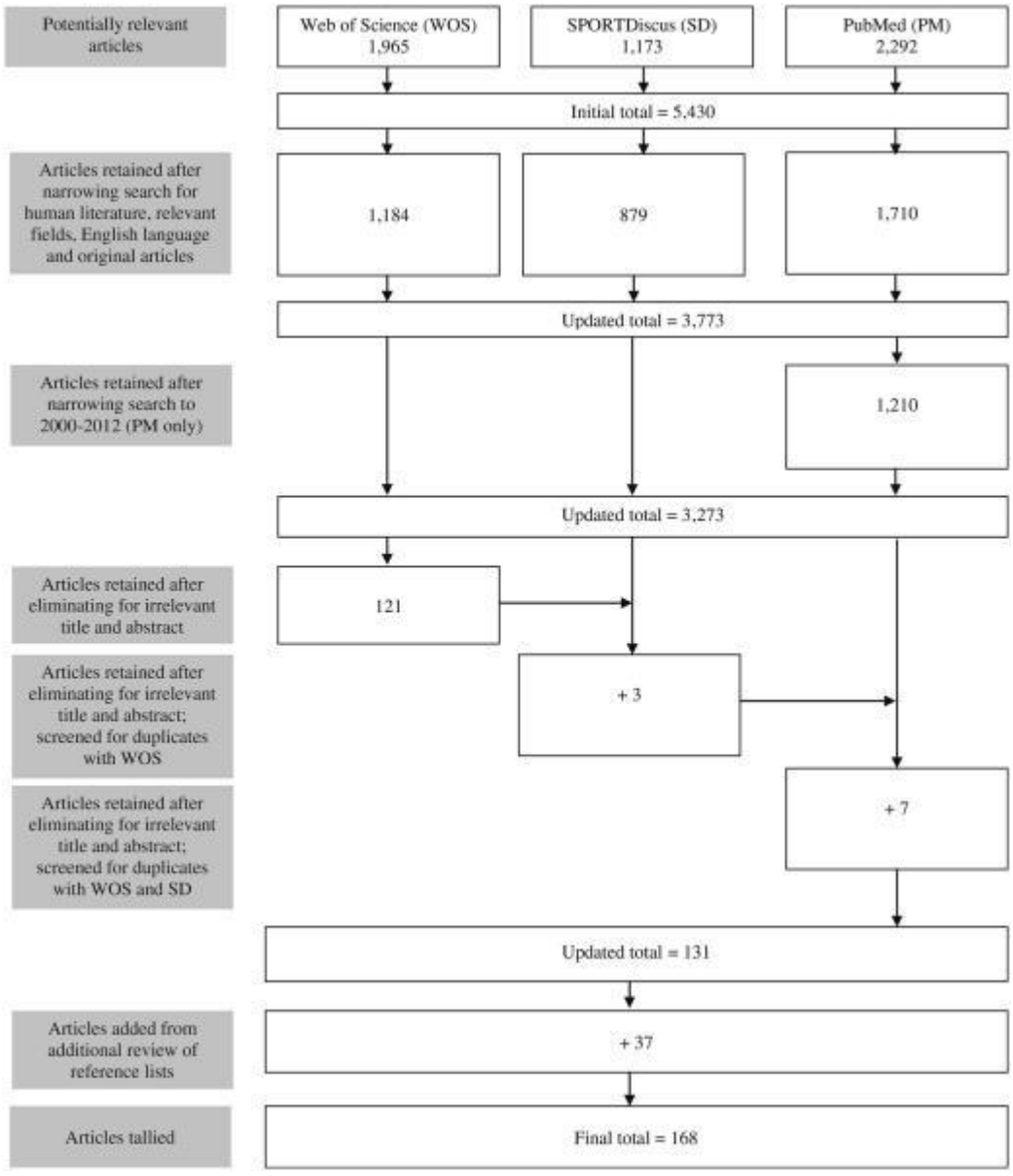
Any sort of change that results in physical, emotional, or cognitive stress on the mind. Your body reacts to anything that needs care with stress or conduct. To some extent, everyone experiences stress; how one responds to stress Nonetheless, stress is a sensation of tension that significantly affects your general well-being stress in the body and feelings. It may result from any circumstance or idea that you experience frustration, rage, and unease. Your body's response to a difficulty is stress. Brief periods of time, stress may be beneficial, such as when it helps you avoid risk and make the deadline.

It is hardly unexpected, given the role of anxiety in competitive sports. That fear concept continues to pique the interest of researchers. As a result, the notion anxiousness, which was previously thought to be a one-dimensional concept solely related with performance is increasingly measured in multidimensional terms and contextually affected particular performance linkages. Certain elements of anxiety have received much attention, whereas others were just included into textbook descriptions. As a result, there are still several flaws in the anxiety construct and anxiety research outputs, and very few findings have been generalised across a wide range of situations despite this, the study has contributed to the understanding of this construct.

REVIEW OF LITERATURE

Web of Science, SPORTDiscus, and PubMed were searched for pertinent material. Exercise, physical activity, and stress were the search terms used. This resulted in several returns. As a result, the search was made more specific by choosing options within each database. Articles were removed where it was possible because they dealt with non-relevant areas (such as engineering, chemical science, etc.), unoriginal data (such as review articles, corrections, editorials, magazine articles), non-human subjects, and material that wasn't written in English. Starting with Web of Science, titles and abstracts of papers were checked by one of the authors (MSK) for relevance with date in descending order. Titles containing the terms "stress test," "oxidative stress," "stress fracture," "stress incontinence," or "urinary stress" were automatically rejected in order to speed up the search. Additionally, abstracts were checked for relevance and screened to confirm that stress variables were the predictors and PA was the relevant outcome variable. Case-control studies that looked at PA in populations under stress were kept.

Following the conclusion of this procedure for the first database, SPORTDiscus' results were examined. If an article appeared twice in Web of Science, it was further removed. This led to the creation of a very limited number of new articles. The search period range was condensed to the years 2000–2012 due to the additional factor that the first PubMed results were rather extensive. The same relevancy search was performed on these results. Finally, all reference lists for articles were checked for any relevant reports. The most recent database search for articles was conducted in July 2012.



OBJECTIVES OF THE STUDY

1. To find out the stress level at college level among male and female sports persons of Punjab.
2. To assess the anxiety level at college level among male and female sports persons of Punjab.

RESEARCH METHODOLOGY

The following procedural procedures were used to arrive at specific study conclusions. All participants in sports at various levels made up the population of this study. a comprehensive list of the players was acquired from the Panjab University Directorate of Sports. By using a straightforward sample technique, the researcher was able to gather representative numbers of the sample from each. In order to get information about how anxiety affects sports, the researcher created a questionnaire with three options. The questionnaire was created with the help of a literature review and the study supervisor. The prepared questionnaire was given out by the researcher, who then collected it once the respondents had completed it. The gathered data was examined using the proper statistical software.

Sports and Anxiety

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 is viewed negatively in sports events since it is a negative emotion. The majority of athletes believe that anxiety is detrimental to performance and can lower performance. Numerous studies have shown that an athlete's ability to manage their anxiety levels is a key factor in winning a competition. Anxiety has two subcomponents that affect performance: cognitive anxiety and physical anxiety. The cognitive, or mental, aspect is characterised by low expectations for success or self-evaluation, negative self-talk, performance anxiety, failure-related thoughts, difficulty focusing, and trouble paying attention. Contrarily, the somatic is the physiological component that is associated with autonomic arousals, unpleasant symptoms like nervousness, elevated blood pressure, a dry throat, tense muscles, a quick heartbeat, sweaty hands, and stomach butterflies.

The concept of anxiety has been continuously examined in the field of sport psychology and has grown to be the most extensively studied psychological factor affecting athletic performance. Sports and anxiety are more closely related because we understand that sports are competitive by nature and that winning and losing are inherent parts of playing them. When one's abilities are judged to be insufficient to meet the demands of the activity, anxiety can develop during any sporting event or competition. The impact of anxiety on sports performance has been the subject of extensive investigation. Researchers have discovered that amateur athletes participating in individual sports report higher levels of competitive state anxiety than athletes participating in team sports.

Sport is a major factor in anxiety. The difficulty of participating in sports is what causes worry. The level of an athlete's achievement depends on how he manages his anxiety. With a variety of various illnesses, the level of anxiety also varies. Because of the high expectations placed on competitors and the obligations placed on them to achieve, anxiety is likely to be higher in highly competitive sports than in comparatively non-competitive sports. Individual and team athletes who participate in sports may display

signs of nervousness. Everyone has nervousness when participating in games and sports. This significant aspect has an impact on how well athletes perform when faced with adversities in sports. Sports psychologists have long held the view that excessive worry can be detrimental to performance and can result in dropout, according to Hann. Depending on the situation, anxiety may decrease or increase. Using methods like relaxation, hypnotherapy, cognitive behaviour therapy, and positive thinking, athletes can manage their anxiety.

Anxiety's impact on athletic performance

Anxiety has the following effects on general performance:

Behavioral effects

Any external threat immediately and automatically causes the human body to focus. Ampofo-Boateng observed that worry about performance in a competitive setting and disruption of attention were symptoms of anxiety. A person's thinking may be affected in a variety of ways, from slight anxiety to profound panic. Anxiety was identified as one of the major psychological impacts on sports performance in previous studies.

Central nervous system impact (CNS)

The brain and spinal cord make up the central nervous system (CNS), a portion of the nervous system. Because it integrates information it receives, plans and directs the activity of all body components, the central nervous system gets its name. A person becomes unable to conduct the mental function properly and efficiently when they are anxious, which has a direct impact on athletes' ability to perform well in sports. Anxiety also affects the interaction between bodily parts and the central nervous system. Researchers found that anxiety affects an athlete's mental state and alters performance in the form of nervousness, elevated blood pressure, and other symptoms that are directly tied to the central nervous system. in another Epinephrine, also known as catecholamine, and dopamine are produced in response to anxiety and stress. Both a person's long-term memory and short-term memory are negatively impacted by these compounds. A person who has lack of attention, a fearful emotion, decreased sleep, or a disturbed sleep pattern may become forgetful and irritated.

The following are a few general psychological impacts of anxiety:

a. Difficulty concentrating, rushing thoughts
b. Trouble acquiring new knowledge
c. Forgetfulness, disorganisation, confusion
d. Difficulty in making decisions

Therapy for Anxiety

Anxiety disorders are actual illnesses that need to be treated. Recovery requires more than just willpower and self-control. Fortunately, there has been significant improvement in the previous 20 years in the care of those with mental diseases. Although the precise

course of treatment depends on the disease type, the majority of anxiety disorders can be treated with one or a combination of the following therapies:

Medication
Antidepressants and drugs that lower anxiety are used to treat the symptoms of anxiety disorders.

Psychotherapy
The emotional reaction to mental disease is addressed in psychotherapy, a sort of counselling. It is a procedure in which qualified mental health experts assist patients by going over understanding and coping mechanisms for their problem.

Psychological counselling
This form of therapy is frequently used with patients who have anxiety disorders. The patient learns to identify and alter thought patterns and behaviours that result in distressing feelings.

DATA ANALYSIS AND INTERPRETATION
According to data analysis, the study's findings are as follows:
1. Players perceive that anxiety has a significant impact on their physiological performance because the mean for agree is 29.25, the mean for undecided is 4.75, and the mean for disagree is 06 (29.25>4.75 & 06), contrary to the null hypothesis, which holds that anxiety has no significant impact on physiological performance. (Table 1).

Table 1: Physiological efficiency and the impact of stress.

S. No	Physiological Effects of Anxiety	Agree	Undecided	Disagree
1	Anxiety increases the circulation of blood in body	34	5	1
2	Chest pain and rapid respiration is the result of anxiety	31	3	6
3	Due to anxiety an athlete frequently feel urination and sweating	34	4	2
4	Loss of appetite is the cause of anxiety	18	7	15
Mean:		29.25	4.75	6

2. The players perceive that anxiety has a significant impact on psychological achievement because the mean for agree is 30.25, the mean for undecided is 4.25, and the mean for disagree is 5.50 (30.25>4.25 & 5.50), in contrast to the null hypothesis, which claims that anxiety has no significant impact on psychological achievement. (Table 2).

Table 2: Mean illustrating how stress affects cognitive performance.

S. No	Psychological Effects of Anxiety	Agree	Undecided	Disagree
1	Anxiety directly effects on the mental function of an athlete	33	3	4
2	Excessive, ongoing worry and tension is the effect of anxiety	32	3	5
3	Mentally disturbed sportsmen feel difficulty in concentrating on the desired targets	28	7	5
4	Sympathetic nervous system directly affected by anxiety	28	4	8
Mean:		30.25	4.25	5.5

Conclusion

Based on the research's findings, the author came to the conclusion that anxiety significantly affects a sportsperson's entire physiological, psychological, and behavioural performance. This indicates that anxiety has a substantial impact on an athlete's overall performance. Based on the research's findings and conclusions, the analyst suggested that various awareness programmes be performed about nervousness and its contribution to the success, that athletes be kept informed about various psychological, physiological, and behavioural variables impacting their achievement, and that athletes be kept informed about various environmental determinants of profitability.

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