

An study on anxiety among elite achievers and non-achievers in middle and long distance running events in Ethiopia

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Abstract

Anxiety in sport is most common in competitive sports environments and could also be termed competitive stress. Therefore, there is need to be a positive thinking and better mental skills to solve the problems that may arise because of anxiety. The study was delimited to elite athletes of Ethiopia achievers in middle distance running events. The age of the selected athletes ranges from 17-40 years. The study mainly depends on selected psychological variables among elite achievers and non-achievers in middle and long distance runners. Mean, standard deviation, the coefficient correlation, t-ratio were computed. The findings shows that elite male and female non-achievers (16.86) scored less than female and male achievers (21.72) in middle distance running event in relation to their anxiety level and elite male and female non-achievers (17.76) scored less than female and male achievers (23.24) in long distance running event. It was concluded that significant difference was found among elite female and male achievers and non-achievers, in Middle distance running event in relation to their anxiety level.

Keywords: anxiety, achievers, non-achievers, middle, long distance

Introduction

Psychology now a day's plays a significant role in the overall performance of athletes. Psychological variables will show a different role for team games and individual games. Positive emotions are less dominated by negative emotions in team games where as negative emotions will be less dominated in individual events.

The psychological variables connected with performance in complete, sports and general dynamics of sport behavior are anxiety and aggression. Both have been dealt with as traits of human, personality although their situational or episodic facet has also been no less important and manifest. Almost 50% of the content of sport psychology today is made up of the study of these variables. Therefore, a clear understanding of anxiety and aggression in the context of sport may highly rewarding for physical educators and coaches.

The middle and long distance running athletics seems to be entangled by several problems that may deteriorate the previous achievements by the former heroes mentioned above. However, reasons as to why athletics of Ethiopia are going down gradually and a deeper probe are in order. This study is, therefore, intended to identify major constraints and problems that are related to the psychological variables.

Significance of the Study

In Ethiopia in the middle and long distance running events the non-achievers number is increasing gradually and by and large the country is not able to produce effective athletes in a continuum year. Many technical and scientific reasons may attribute to thus cause. Hence, an attempt is made through this study to find out the influence of a few important psychological variables which can play a vital role in achieving the good results in Ethiopian athletics. These selected variables have focused as the main reasons of non-achievers by many reputed sport journalists, bureaucrats, coaches, Olympic and other sports federation

officials in Ethiopia. Hence, the selected psychological variable (anxiety) on elite achievers and non-achievers on middle and long distance running event in both sexes in Ethiopia considered in this paper.

Objectives of the Study

To find out the existing difference among elite female and male achievers and non-achievers in middle distance running event in relation to their *anxiety level*.

Hypotheses

There may not be any significant difference among elite female and male achievers and non-achievers in middle and long distance running event in relation to their anxiety level. (a) Elite female achievers and non-achievers, (b) Elite female and male achievers, (c) Elite female achievers and male non-achievers, (d) Elite female non-achievers and male achievers, (e) Elite female non-achievers and male non-achievers and (f) Elite male achievers and male non-achievers

Limitations

The study was limited with the following:

1. The study was delimited to elite athletes of Ethiopia achievers in middle distance running events.
2. The study was delimited to elite athletes of Ethiopia non-achievers in middle distance running events.

Review of Literature

Physical fitness is not solely the guarantee of success. An athlete will be successful if he has psychological fitness as well (Bosstani, M.A, M.H.Bosstani and V. Nouzari, 2008) [1]. Behboudi *et al.* (2007) [2] examined elite and non-elite athletes; they found that the most important factor in athletes' success and defeat is related to their psychological skills. Most professional and elite amateur athletes will agree that their psychology has a large influence on their

sports performance. Most will concede that they could benefit from the services of a sport psychologist. Despite this, the significant majority under utilize our services (Carmen, Zerman and Blaine, 1968; [3] Brewer and Petrie, 1996) [4]. In recent years it is observed that the sport psychologists believe that the coaches and athletes accept that they need psychological skills more than physical skills in order to achieve their goals (May, J.R., T.I. Veach, M.W. Reed and M.S. Griffey, 1995) [5] and (Morgan, W.P. and M.L. Pollock, 1977) [6].

Zamirullah Khan, Zeeshan Haider, Naseem Ahmad, Sartaj Khan (2011) [7] aimed to find out the relationship between Anxiety and Motivation of intervarsity Badminton players. Cruz José Fernando, Dias Cláudia and Fonseca António Manuel, (2010) [8] examined the levels of anxiety, threat perception, and the coping strategies used by Portuguese athletes, and to assess differences between athletes of different sexes, ages and sports. Filino Dominikus, Mohd Sofian Omar Fauzee, Maria Chong Abdullah, Charoon Meesin and Chairat Choosakul (2009) [9] carried out the research work to examine the relationship between mental skills and anxiety interpretation in secondary school hockey athletes. Bhagirathi,S.E. (2008) [10] conducted an investigation with an intention to find out the relationship of anxiety and achievement motivation to goal keeping among Secondary School level girl hockey players.

Methodology

A sample of 200 Athletes who participated in middle and long distance running event in international and popular clubs of Ethiopia were selected for the present study. The sample considered for the study was sex-wise and achievers and non-achievers in international middle and long distance running event competition.

The study consists of 100 athletes who participated in international middle and long distance running competition and 100 athletes were not participated. All selected athletes were working in national teams and big athletics clubs of Ethiopia.

The research involves the assessment of selected psychological variables of anxiety. The subjects were asked to give their opinions for Anxiety test on three scales i.e. always, sometime and hardly ever.

To find out the significant difference on selected psychological variables among elite achievers and non-achievers in middle and long distance runners, mean, standard deviation, the coefficient correlation, t-ratio were computed.

Results and Discussion

The results pertinent to the anxiety level among elite female achievers and non-achievers in middle distance running event were shown in the following.

Table 1: Showing the significant difference between male and female achievers and non-achievers in middle distance running event in relation to their anxiety level

Event	Variable	N	Mean	S.D	t-ratio	P value
Middle distance running event	Female Achievers	25	21.84	4.21	4.84	0.00
	Female non- Achievers	25	16.56	2.69		
	Female Achievers	25	21.84	4.21	0.05	0.96
	Male achievers	25	21.80	4.32		
	Female achievers	25	21.84	4.21	4.09	0.00
	Male non -achievers	25	17.16	3.38		
	Female non -achievers	25	16.56	2.69	6.20	0.00
	Male achievers	25	21.80	3.32		
	Female non- achievers	25	16.56	2.69	0.68	0.50
	Male non- achievers	25	17.16	3.38		
	Male achievers	25	21.80	3.32	5.60	0.00
	Male non- achievers	25	17.16	3.38		

The above table shows the mean values, slandered deviation, “t” ratio and significance between male and female achievers and non-achievers in middle distance running event in relation to their anxiety level.

Female achievers and Female Non-achievers

The mean value of female achievers was 21.84, standard deviation was 4.21 and the mean value of female non-achievers was 16.56. Since the calculated “t” ratio is 4.84, and this is higher than the tabulated value 2.00 which is significant at 0.05 level of significant.

Female achievers and Male achievers

The mean value of female achievers was 21.84, standard deviation was 4.21 and the mean value of male achievers was 21.80. Since the calculated “t” ratio is .05 and this was less than the tabulated value 2.00 which is not significant at 0.05 level of significant.

Female achievers and Male non-achievers

The mean value of female achievers was 21.84, standard deviation was 4.21 and the mean value of male non-achievers was 17.16. Since the calculated “t” ratio is 4.09

and this was higher than the tabulated value 2.00 which is significant at 0.05 level of significant.

Female non-achievers and Male achievers

The mean value of female non-achievers was 16.56, standard deviation was 2.69 and mean value of male achievers was 21.80. Since the calculated “t” ratio is 6.20 and this was higher than the tabulated value- 2.00 which is significant at 0.05 level of significant.

Female non-achievers and Male non-achievers

The mean value of female non-achievers was 16.56, standard deviation was 2.69 and the mean value of male non-achievers was 17.16. Since the calculated “t” ratio is 0.68 and this was lesser than the tabulated value 2.00 which is not significant at 0.05 level of significant.

Male achievers and Male non-achievers

The mean value of male achievers was 21.80, standard deviation was 3.32 and the mean value of male non -achievers was 17.16. Since the calculated “t” ratio is 5.60 and this was higher than the tabulated value 2.00 which is significant at 0.05 level of significant.

Table 2: Showing the significant difference between male and female achievers and non-achievers in long distance running event in relation to their anxiety level

Event	Variable	N	Mean	S.D	t-ratio	P value
Long distance running event	Female Achievers	25	22.72	4.50	4.76	0.00
	Female non- Achievers	25	16.96	3.16		
	Female Achievers	25	22.72	4.42	1.11	0.28
	Male achievers	25	23.76	4.47		
	Female achievers	25	22.72	4.42	3.25	0.00
	Male non -achievers	25	18.44	4.17		
	Female non -achievers	25	16.96	3.16	7.46	0.00
	Male achievers	25	23.76	4.47		
	Female non- achievers	25	16.96	3.16	1.32	0.199
	Male non- achievers	25	18.44	4.17		
	Male achievers	25	23.76	3.47	5.71	0.00
	Male non- achievers	25	18.44	4.17		

The above table shows the mean values, standard deviation, “t” ratio and significance between male and female achievers and non-achievers in long distance running event in relation to their anxiety level.

Female achievers and Female Non-achievers

The mean value of female achievers was 22.72, standard deviation was 4.50 and the mean value of female non-achievers was 16.96. Since the calculated “t” ratio is 4.76 and this was higher than the tabulated value 2.00 which is significant at 0.05 level of significant.

Female achievers and Male achievers

The mean value of female achievers was 22.72, standard deviation was 4.42 and the mean value of male achievers was 23.76. Since the calculated “t” ratio is 1.11 and this was less than the tabulated value 2.00 which was not significant at 0.05 level.

Female achievers and Male non-achievers

The mean value of female achievers was 22.72, standard deviation was 4.42 and the mean value of male non-achievers was 18.44. Since the calculated “t” ratio is 3.25 and this was higher than the tabulated value 2.00 which is significant at 0.05 level.

Female non-achievers and Male achievers

The mean value of female non-achievers was 16.96, standard deviation was 3.16 and the mean value of male achievers was 23.76. Since the calculated “t” ratio is 7.46 and this was higher than the tabulated value 2.00 which is significant at 0.05 level.

Female non-achievers and Male non-achievers

The mean value of female non-achievers was 16.96, standard deviation was 3.16 and the mean value of male non-achievers was 18.44. Since the calculated “t” ratio is 1.32 and this was lesser than the tabulated value 2.00 which was not significant at 0.05 level.

Male achievers and Male non-achievers

The mean value of male achievers was 23.76, standard deviation was 3.47 and the mean value of male non-achievers was 18.44. Since the calculated “t” ratio is 5.71 and this was higher than the tabulated value 2.00 which is significant at 0.05 level of significant.

Table 3: Showing the total Anxiety level final scores according to their ranking of middle and long distance running event) viz., Female achievers & non-achievers, Male achievers & non-achievers

S. No.	Subjects	Athletics discipline	Average
1	Female non-achievers	Middle distance	16.56
2	Female non-achievers	Long distance	16.96
3	Male non-achievers	Middle distance	17.16
4	Male non-achievers	Long distance	18.44
5	Male achievers	Middle distance	21.80
6	Female achievers	Middle distance	21.84
7	Female achievers	Long distance	22.72
8	Male achievers	Long distance	23.76

Findings

1. It was found that elite male and female non-achievers (16.86) scored less than female and male achievers (21.72) in middle distance running event in relation to their *anxiety level*.
2. It was found that elite male and female non-achievers (17.76) scored less than female and male achievers (23.24) in long distance running event in relation to their *anxiety level*.

Conclusions

The following conclusions were drawn from the attempted study:

1. It was concluded that significant difference was found among elite female and male achievers and non-achievers, in Middle distance running event in relation to their *anxiety level*.
2. It was concluded that significant difference was found among elite female and male achievers and non-achievers, in Long distance running event in relation to their *anxiety level*.

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