REVIEW OF RELATED LITERATURE

A summary of the writings of recognized authorities and of previous research provides evidence that the researcher is familiar with what is already known and what is still unknown and untested. Since effective research is based upon past knowledge, this helps to eliminate the duplication of what has been done, and provides useful hypotheses and helpful suggestions for significant investigation. Capitalizing on the reviews of expert researchers can be fruitful in providing helpful ideas and suggestions. Keeping this in mind the research scholar made an attempt to go through the related literatures in libraries of Sant Gadgebaba Amravati University, Amravati and Degree College of Physical Education, Amravati.

Stoeber et al. (2006) Whereas some researchers have argued that perfectionism in sports is maladaptive because it is related to dysfunctional characteristics such as higher competitive anxiety, the present article argues that striving for perfection is not maladaptive and is unrelated to competitive anxiety. Four samples of athletes (high school athletes, female soccer players, and two samples of university student athletes) completed measures of perfectionism during competitions and competitive anxiety. Across samples, results show that overall perfectionism was associated with higher cognitive and somatic competitive anxiety. However, when striving for perfection and negative reactions to imperfection were differentiated, only the latter were associated with higher anxiety, whereas striving for perfection was unrelated to anxiety. Moreover, once the influence of
negative reactions to imperfection was partialled out, striving for perfection was associated with lower anxiety and higher self-confidence. The present findings suggest that striving for perfection in sports is not maladaptive. On the contrary, athletes who strive for perfection and successfully control their negative reactions to imperfection may even experience less anxiety and more self-confidence during competitions._ 2006 Elsevier Ltd. All rights reserved.

Ali et al. (2011) The purpose of this study was to compare the level of multidimensional trait anxiety between university and national level hockey players of Uttar Pradesh. For the purpose of this investigation 40 male subjects (20 university and 20 national level players) were recruited as subjects of the study. Their age was ranged from 17 to 25 years. To find out the level of anxiety of university and national level players the multidimensional trait anxiety Test developed by Martens (1977) was administered on the subjects. ‘t’ test was employed to analyze the data. Results have revealed that there was no significant difference found between intervarsity and national level hockey players of Uttar Pradesh in regard to multidimensional trait anxiety at 0.05 level of confidence.

Behzadi et al. (2011) studied the relationship between goal orientation and competitive anxiety and comparing them in female athlete students engaging in individual and team sports. Using Morgan’s table, 120 athletes were randomly selected from the team sports and 80 were selected from the individual sports. The Task and Ego Orientation in Sport Questionnaire (TEOSQ; Duda and Nicholls, 1992) and Sport Competition Anxiety Test (SCAT; Martens, 1990) were used for data collection. The results of
Spearman’s test revealed that only in team sports is there a negative significant relationship between task orientation and competitive anxiety. Moreover, the results of Mann-Whitney U test showed that there is no significant difference between individual and team sports in task orientation and goal orientation and that there is only a significant difference between team and individual sports in competitive anxiety and ego orientation with higher competition anxiety in the team athletes and higher ego orientation in the individual athletes. Apparently, since the performance of an athlete in team sports depends on the team performance, the role given to the individual may interfere with their inner role and this issue leads to anxiety in the individual.

Rathore and Singh (2011) examine the levels of trait anxiety that were experienced prior to S.A.I. All India Inter Regional basketball competition held at Sports Authority of India Training Centre, Digvijay Stadium Rajnandgaon (C.G.) during 2008-2009 and whether there were any differences between these environmental settings. Anxiety was measured using the Sport Competition Anxiety Test (SCAT) (Martens, 1987). The Sample size consisted of 72 basketball players adopted by Sports Authority of India, New Delhi with the age ranging from 14-21 (17.43 ± 1.42). Subjects were given the questionnaire SCAT, 1 hour prior to the start of competition. A within-subject, paired analysis failed to show any significance with somatic anxiety, cognitive anxiety and self confidence, between practice and competition. Analysis of trait anxiety showed significance (p > 0.05) within subjects but failed to show significance when related to state anxiety. In conclusion, competition and practice variables
failed to display any acknowledgeable, significance but possibly, by increasing sample size and period of testing, could change this result to support other study (Makay, Selig, Carlson & Morris, 1997). Once this is done, this knowledge can be applied to performance enhancement and game skills.

Kumar and Sathish (2011) compares the pre-competitive and post-competitive anxiety in inter-university volleyball players. A group of 30 players (15 of each sex with age group of 18-25) were selected from Hyderabad, A.P., India through purposive sampling technique. Data were collected from athletes using a Sports Competitive Anxiety Test. The result of the study reveals that there was significant difference in 0.01 levels of pre-competitive anxiety and post-competitive anxiety among the male and female interuniversity volleyball players.

Reddy (2011) Self concept is a multidimensional construct that refers to an individual’s perception of self in relation to any number of characteristics, such as academics, gender roles, racial identity etc. The self concept is an internal model which comprises self assessments. Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioral components. Anxiety invokes a feeling of fear or a perception of threat and which may be specific to and particular situation. The Purpose of the the present study to find out the Self concept and anxiety among Boxers and Judokas of Osmania University in India. The sample for the present study is fifty Male Boxers and fifty Male Judokas those who have participated in the Osmania University Inter College Sports and games
during the year 2011-12 between the age group of 19 to 21st Years. R.K.Saraswath Self Concept Questionnaire and Sinha’s Comprehensive Anxiety Test are used in the study. Each of the two instruments were administered individuals as well as a small group. Prior to administration of test through informal talk was explained the subjects procedures of the tests. This study shows that Boxers are having high self concept and low anxiety compare to Judokas. It is concluded that that Boxers are having the good self confidence and concept and less anxiety to achieve the high level of performance.

Kumar (2010) Sports have a very prominent role in the modern society. Throughout the world, sports have a popular appeal amongst people of all ages and both sexes. Anxiety is a complex emotional phenomenon. It is reflected in the negative state of disturbed feeling which warns the athlete to find some ways to meet a situation. It is found in his unusual responses to situations. In an anxiety ridden state of mind, he is now incapable of doing things which earlier were fully under his control. It has startlingly been found influencing future events. Chess is a two-player board game played on a chessboard a square checkerboarded board with 64 squares arranged in an eight-by-eight grid. It is one of the world's most popular games. Carrom is a family of tabletop games with gameplay that lies somewhere between billiards and table shuffleboard. The aim of the study was to find out the difference between anxiety among the Chess and CARROMS Players of Osmania University in India. The sample for the present study is twenty female chess and twenty female caroms players those who have participated in the Osmania University Inter- College sports and games for the year
2011-12 were taken for the study. Sinha’s Comprehensive Anxiety Test has been taken to assess the anxiety. Results: The result of the study found that significance difference between Chess and Carroms Players. Chess are having less anxiety than carroms players.

Zarikar (2011) compare the State Trait Anxiety between team game and individual game players of Dr. Babasaheb Ambedkar Marathwada University. The study was conducted on sixty four samples, consisting of thirty two of team game and thirty two of individual game female players of different colleges affiliated to Dr. Babasaheb Ambedkar Marathwada University. Self control and Tension were obtained by administrating State Trait Anxiety Test. The data collected through aforesaid tests were analyzed with respect to Self control and Tension. T test was applied to compute the significances among two groups. The significance of data was judged at .05 levels. The result of the study indicates that self control of team game and individual game players were different. Tension of team game players and individual game players were same.

Chahar et al. (2012) The present study examined the effect of individual and team sports on academic anxiety. To attain this aim, a total of 100 subjects from individual and team sports (50 from each) with 14 to 16 years of age were randomly selected from summer coaching camp held at Jiwaji University Gwalior. Academic anxiety questionnaire was used for the purpose of collection of data among athletes. The obtained data was analyzed with the help of t-test. The results of the study showed that athletes participated in team sports had higher academic anxiety in comparison to
individual sports. Coaches and physical education teacher could use these results in order to understand the impact of sports nature on academic anxiety.

Singh and Gaurav (2011) The present study is mainly concerned with volleyball players who participated in the inter-college competition. Nowadays, the Game volleyball is becoming as a professional sport rather than the competitive sport. So the competitiveness among the volleyball players is growing up day by day with different color. The main purpose of this study was to compare pre-competitive anxiety and post-competitive anxiety in inter-collegiate volleyball players. A group of 170 volleyball players (boys=85 and girls=85) were selected from different colleges affiliated to Guru Nanak Dev University, Amritsar, Punjab, India through purposive sampling technique. Their age was ranged from 18 to 25 years. Data were collected from athletes using a Sports Competitive Anxiety Test - (SCAT) consists of fifteen items which include 5 spurious items, 8 positive items and 2 negative items. The t-test was used to test the effect of anxiety level between pre and post completion. The significance level was determined as p<0.01. The result of the study reveals that there was significant difference in 0.01 levels of pre-competitive anxiety and post-competitive anxiety among the male and female inter-collegiate volleyball players.

Akandere and Tekin (2009) In this study, the effects of physical exercise to eliminate the anxiety in university youth was investigated. The study covered 311 students who had never involved in physical exercise or any form of physical exercise. They were from 7 different departments of Education Faculty of Konya Selçuk University. State Trait Anxiety
Inventory (STAI) by Spielberger was applied to the students. The first 60 who had the highest anxiety scores were determined. Half of 60 (30 student) participated in physical exercise while the other 30 were accepted as the control group. Pre, mid and post-test were administered to both the test and control group. Results were estimated by ANOVA. As a result; the anxiety level of female students was found to be higher comparison to males' depending upon the gender. In addition, the results also showed that participation physical exercise and physical activities decreased the anxiety level of both sexes. According to the age, a similar level of anxiety was seen at the beginning. It appeared that these activities had a reduction in anxiety levels of all age categories. The reduction mentioned above was found highest in 19-20 age group. According to fields, the physical exercise activities played a very important role in minimizing the anxiety. This effect was the most reliable on the students of music department. As a result, it has been concluded that physical exercise activities played a very notable role to eliminate anxiety of the university youth.

Esfahani and Soflu (2010) The main purpose of this study was to compare pre-competition anxiety and state anger between female and male volleyball players (university students). The statistical population consisted of all male and female volleyball players (n=214) who participated in Iran volleyball university matches. It must be noted that the questionnaires were distributed among whole statistical population either 30 minutes before competition started in the hall where competition was supposed to be held or at the time the athletes went to the hall to start the competition and finally 88 questionnaires were collected from male volleyball players and 82
questionnaires were collected from female ones. In this research, the CSAI-2R questionnaire was used to measure cognitive state anxiety, somatic state anxiety and self-confidence on a scale ranging from 1 = *not at all* to 4 = *very much so* in a competitive setting. The State-Trait Anger Expression Inventory (STAXI; Spielberger, 1991) was also used to provide a measure of the anger experience as an emotional state (state anger), the disposition towards anger as a personality trait (trait anger) and the expression of anger. K-S (P=0.05) was used to ascertain data normality. Descriptive statistics (mean, standard error), t test and Pearson coefficient were used to analyze the data (P=0.05). The results showed a significant difference in all pre-competition anxiety subscales: cognitive state anxiety (t=3.62), somatic state anxiety (t=4.76) and self-confidence (t=3.06) (P=0.05). Although there was no significant difference in trait anger (t=1.41, sig>0.05), there was a significant difference in state anger (t=2.15) and the expression of anger (3.67) (P=0.05).

Khan (2011) Anxiety is recognized one of the main factor that reduces athlete’s performance in games and sports but its depend on the nature of anxiety, So many psychological studies and lot of researchers and their research evidences support that high levels of anxiety can have a deteriorating effect on an individual athlete or team performance. This research paper was carried out to examine possible significant differences in cognitive anxiety, somatic anxiety, and self confidence among elite male and female wrestlers. The present investigation was used to form the samples as twenty five (N=25) medalist (12 male and 13 female) randomly selected from different weight categories in All India interuniversity wrestling
competition. All subject readily agreed to volunteer as subject for collection of data. For this purpose measuring instruments was used Competitive State Anxiety Inventory - 2 (CSAI-2) Test developed by Martine’s et. al (1990), after that collected data was analyzed by using t-test to find out the significance differences between male and female elite wrestlers on above mentioned sub- psychological variable and the level of significance was set at 0.05 level of confidence. The obtain result advocate that each sub-variable (cognitive anxiety, somatic anxiety, and self confidence) findings in contrast and that found insignificance difference among elite male and female elite wrestlers.

Masten et al. (2006) The aim of this study was to research into the interconnection of an athlete’s identity and his/her state and trait anxiety. There were 410 athletes included. 67.4% of them were male athletes and 30% were female athletes. The sample included athletes of different quality classes (world class, international class, national class, perspective class, youngster class and non-categorized athletes). The Athletic Identity Measurement Scale (AIMS) (Brewer, Van Raalte, & Linder, 1993) and STAI-X1 and STAI-X2 (Spielberger, Gorsuch, & Lushene, 1970) were applied. It was found that there is a similar interconnection between athletic identity and both types of anxiety. The highest relative impact on both the state and trait anxiety had a negative affectivity as a factor of sport identity, followed by world class categorization (in comparison to other classes). Those athletes with a higher negative affectivity and world-class athletes have a higher level of both trait and state anxiety than the other categories of
athletes. Male athletes had a lower state and trait anxiety. An increase of self-identity decreases the level of trait anxiety.

Dunn (2001) - This study examined the degree to which the Sport Competition Anxiety Test (SCAT; Martens, 1977) and the Sport Anxiety Scale (SAS; Smith, Smoll, & Schutz, 1990) shared variance with the four subscales of the Collegiate Hockey Worry Scale (CHWS; Dunn, 1999)—a sport-specific measure of athletes’ dispositional tendencies to worry about performance failure, negative social evaluation, physical danger, and situational uncertainty. Participants were 178 male intercollegiate ice hockey players. Correlation and regression analyses reinforced the links between worries about failure and negative social evaluation to competitive trait anxiety (CTA). However, neither the SCAT nor the SAS shared more than 5.8% of the variance surrounding athletes’ worries pertaining to physical danger and situational uncertainty. Findings are discussed in the context of Martens, Vealey, and Burtons’ (1990) recommendation to develop instruments with separate subscales measuring different situational components of CTA. The cognitive anxiety component, “worry,” is commonly recognized as a central construct in the competitive sport anxiety process (Martens, 1977; Martens et al., 1990; Smith, Smoll, & Wiechman, 1998). Worry can be defined as “a chain of thoughts [that are] negatively affect laden [and] relatively uncontrollable” (Borkovec, Robinson, Pruzinsky, & DePree, 1983, p. 10), and is often experienced when an individual’s attention narrows on perceived sources of threat or danger in the environment (Mathews, 1990). In other words, people often worry when they perceive an upcoming event as being “aversive, likely, imminent, and
resource demanding” (Schwarzer, 1996, p. 105). Thus, a central feature of worry Manuscript received 26 June 2000; revision submitted 29 March 2001. The first author would like to thank the support of both the University of Alberta and the Social Sciences Research Council of Canada (SSHRC) for providing funding to support this study through an Izaak Walton Killam Memorial Scholarship and an SSHRC doctoral fellowship, respectively.
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