

Performance Anxiety and Self Efficacy among Hockey Players

Anupama. N¹, Dr. S. Gayatridevi²

¹Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641043, Tamil Nadu, India, Email: anu.anup1986@gmail.com, 9632125353.

²Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641043, Tamil Nadu, India, Email: drgaya1965@gmail.com, 080-41525022

Corresponding Author's contact details

Anupama, N.*¹,

Research Scholar

¹Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641043, Tamil Nadu, India, Email: anu.anup1986@gmail.com, 9632125353.

Abstract:

Performance anxiety not only controls one's ability but stops the best performance. It makes an athlete to feel mentally weak and decreases the level of self-efficacy. Albert Bandura (1977) A person with high Self Efficacy views challenges as things that are supposed to be mastered rather than threats to avoid. The study examines the relationship of Performance Anxiety and Self Efficacy among Hockey Players. To assess and identify the gender differences in Performance Anxiety and Self Efficacy among players. The Sample consists of 30 Hockey Players who were selected from Shanthi Nagar Hockey Stadium, Bangalore. The Sample includes 15 male and 15 female hockey players with age range of 15-25 years. They were administered with Performance Anxiety and Self Efficacy scales. The findings revealed that there were significant differences existed between male and female hockey players in Performance Anxiety Dimensions such as Somatic, Worry and Concentration Disruption and in the level of Self Efficacy among male and female hockey players. Male Hockey Players had expressed more worries, problems with concentration and easily disturbed with external obstacles when compared to Female Hockey Players. Female Hockey Players had better Self Efficacy compared to Male Hockey Players. It really shows that the Hockey Players needs to be given Psychotherapy to manage the performance anxiety and Cognitive Behaviour Therapy to

enhance self-efficacy. The study provides a focus point for improving their achievement and excellence.

Key words: Performance Anxiety, Self-Efficacy, Hockey Players, and Gender

Introduction

In day today life, majority of us are facing many stressful situations where some are easy to deal, and others are more difficult and sometimes we feel like we are not able to cope with the demands placed by such situations. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. All athletic trainers are concerned with how stress and anxiety affect the athletes. Many athletes struggle with stress and anxiety daily. Each athlete reacts to the stress and anxiety differently.

Performance anxiety of an athlete controls the ability and stops the best performance. It makes an athlete to feel mentally weak and it decreases the level of self-efficacy. For an example, despite proper practise and talent some may fail to perform in the stadium due to the performance anxiety. In fact, even talking or hearing about the stressful situations may also affect an athlete to anticipate a stressful event which cause performance anxiety.

Players may often develop an obsessive attachment to certain routine activities during their everyday life as they undergo the amount of pressure in achieving multiple tasks. Normally, brain activity in the prefrontal cortex may be lowered during a highly practiced performance that is responsible in decision making and attention. This allows the brain to circuits responsible for a routine (located, for example, in the cerebellum and motor cortex, in the case of a sport) to carry out their tasks uninterrupted. When the performance anxiety increases, the prefrontal cortex interferes with activity in these brain circuits, leading a person to fumble and choke under pressure.

Performance anxiety is used to describe stage fright, which is stress or fear before performing or speaking in front of people. It is a type of anxiety or strong excessive feeling of fear related to being able to accomplish something specific but makes the person not being able to perform well. It can begin suddenly or build gradually over time. It is a type of anxiety related to any specific task, so it can happen under many different circumstances. The symptoms may be different from person to person. Symptoms also may be different when the same person experiences multiple episodes of performance anxiety may change in severity, and they include physical, emotional, motor, and cognitive changes. The symptoms of performance anxiety can range from mild to severe. It can be a onetime occurrence, or it can happen multiple times, possibly even every time a person faces that task if left untreated.

The symptoms of Performance Anxiety are increased heart rate, blood pressure, tremors, dizziness; fast or shallow breathing with cold hands or feet; difficulty in controlling bladder; mouth dryness, sweating and stomach upset; thoughts of negative outcomes of perceived failure.

The types of performance anxiety are Stage fright; Sexual performance anxiety; Athletic performance anxiety; Test taking anxiety and Interview anxiety.

People may experience the performance anxiety in any situation which becomes a pattern. With treatment, this can be reduced and even overcome. Prevention for performance anxiety involves preparing before events and tasks like practicing, training, and rehearsing skills required to perform well. Preparation may also include getting enough sleep, eating healthy foods, satisfying meal, regular stress relief, seeking emotional support from others, learning coping techniques ahead of time, pre performance rituals, and visualizing completing the task, event, or performing well.

- **Counselling** is a type of talk therapy used to empower people with strategies to overcome challenges and improve their sense of wellbeing.
- **Cognitive Behavioural Therapy (CBT)** is the most effective psychotherapies for anxiety disorders. It identifies and changes the thought and behaviour patterns to develop more effective ways of coping with stressful events.
- Mindfulness therapy helps to focus on the determined goal rather than unwanted thoughts
- Deep breathing and visualization

According to Albert Bandura (1977), Self-Efficacy is a person's particular set of beliefs that determine how well one can execute a plan of action in prospective situations. Self-efficacy in a simple term refers to a person's belief in their ability to succeed in a particular situation. According to Bandura's theory, people with high Self Efficacy can perform well and are more likely to view difficult tasks as something to be mastered rather than something to be avoided. It promotes human accomplishment and personal wellbeing. A person with high Self Efficacy views challenges as things that are supposed to be mastered rather than threats to avoid. People with this attitude tend to recover from failure faster and are more likely to attribute failure to a lack of effort. These kinds of individuals have lower levels of stress and a lower vulnerability to depression. In contrast, people with a low sense of Self Efficacy view difficult tasks as personal threats and avoid them. Difficult tasks lead them to look at the skills they lack rather than the ones they have. They easily tend to lose faith in their own abilities after a failure. Low Self Efficacy can be linked to higher levels of stress and depression.

Higher Self Efficacy may not only act as a motivator for athletes, but it can also act as a catalyst and encouragement for those who simply wish to exercise more often, get healthy, or lose weight. Self-Efficacy has a marked effect on performance in sports and exercise. A meta-analysis of 45 studies indicated moderate to strong relationship between the Self Efficacy and Performance Anxiety (Moritz, Feltz, Fahrback & Mack 2000). One thousand five hundred participants provided evidence that exercise and Self Efficacy was strongly related to the participants' readiness to change (Marcus, Selby, Niaura & Rossi, 1991). It suggested that those who improve their Self Efficacy in

relation to exercise may skip some steps on the ladder of motivation and readiness to change, resulting in faster and more impactful results.

The research studies prove that older adults may be particularly focusing on Self Efficacy; Self Efficacy has a significant impact on sedentary middle aged adults' exercise behaviour, resulting in more aerobic activity and better health (McAuley, 1992). This boost in Self Efficacy can have a positive impact on self-esteem and body satisfaction as well as physical health in middle aged adults, improved physical health often leads to improved mental health, whereas Self Efficacy have a direct impact on mental health as well.

Mellalieu, Neil and Hanton (2006) suggested that self-confidence mediates the relationship between performers worry symptoms and subsequent directional interpretations. However, the findings suggested that high levels of self-confidence and low symptom intensity are needed for non-elite athletes to demonstrate a less debilitating interpretation. Carre, Muir, Belanger, and Putnam (2006) investigated the precomputation physiological and psychological states of hockey players in the home and away venues. Psychological measures indicated that the players were more self-confident in playing in their home venue and had higher somatic and cognitive anxiety when playing in their opponent's venue.

Bray and Martin (2003) examined the performance and pre completion psychological states of individual sport athletes in relation to competition location. Results showed that athlete's perspective in competing individual sports and highlight the need for further research on the association between game location and competitors' psychological states. Hanton, Mellalieu and Hall (2002) scrutinized the multidimensional competitive anxiety (state trait anxiety) and explored the effects of traits anxiety upon directional interpretations of state responses. The findings highlighted the role of directional interpretations in the experience of complete state of anxiety symptoms in sports that require high level of perceptual anxiety. Callow and Waters (2005) analyzed the efficacy of a kinaesthetic imagery intervention on the sport confidence of three professional flat racehorse jockey and the relationship between performance and sport confidence. The results showed that the value of kinaesthetic imagery as a tool for athletes to practice and develop sport confidence.

Dilipkumar, Hatim and Marisa (2010) prevalence of anxiety disorders in adolescents range from 6% - 20%, and it is much higher for anxiety symptoms not meeting criteria for a specific anxiety disorder. The level of anxiety prevalence rate is much higher in females. Athletes participating in sports experience different levels of stress from competitive sports. Some level of sport related performance anxiety is normal and healthy; however, extreme anxiety in athletes could hamper their performance situations. Several factors may contribute to the development, severity, and persistence of performance anxiety related to sport participation.

Mottaghi, Atarodi, and Rohani (2013) assessed the relationship between coaches' and athletes' competitive anxiety, and their performance. The study population consisted of 540 players and 60 coaches from 60 futsal teams (5 main players, 4 reserves, and 1 coach for each team). All the players and the coaches were surveyed in a census method and no sampling was done. The results showed a positive significant relationship between the coaches' anxiety level and sport competition anxiety level in the athletes ($p = 0.019$, $r = 0.56$). There was a negative significant relationship between the coaches' anxiety level and performance level of the athletes ($p = 0.012$, $r = -0.80$). Coaches and officials should consider sport competition anxiety among athletes before and during competitions. Formal and planned competitions, training sessions, and preparation practices can be a major factor assisting to decrease athletes' anxiety.

Engagement in sport and exercise are important for maintaining holistic health and enhancing performance in sports. The link between personality and sports performance helps the sports psychologists to predict about the outcome of the sports and to select sportsman for different sports based on the personality of athletes. Ruchi (2014) provided information on how much sports are important in our life and provided suggestions to improve the quality of sports performance through spiritual exercises (i.e., yoga, meditation) and some cognitive behavioural techniques (positive self-talk, relaxation and visualization).

Birrer and Morgan (2010) formulated a comprehensive review of psychological skills training PST in elite sports, The reviewed literature showed a lack of convincing evidence and theoretical underpinning concerning traditional psychological skills to enhance performance in High intensity sports. Therefore, a model with three conceptual levels (psychological demands, skills, and techniques) was presented. The model facilitates the identification of the psychological demands of a specific sport, which in turn enables distinguishing which psychological skills are required. This allows an expert to choose psychological techniques to improve the athlete's psychological skill. Considerations based on our model and the limited HIS related literature available revealed self-skills, personal development and life skills, arousal regulation skills, volitional skills, motivational skills, and recovery skills as the most important skills to address to enhance performance.

Method

Objectives

1. To assess the level of Performance Anxiety and Self Efficacy among Hockey Players
2. To identify gender differences in Performance Anxiety and Self Efficacy among players

Operational Definitions

Self Efficacy is defined as people's beliefs in their capabilities to produce desired effects by their own actions (Albert Bandura, 1977)

Performance Anxiety is not a separate disorder, but performance anxiety can instead be part of social anxiety or general anxiety.

Performance Anxiety in Sports is part of a more general anxiety disorder. It is sometimes referred to as 'choking,' which decrease the athletic performance due to too much perceived stress on game day

Hockey is a sport in which two teams play against each other by trying to manoeuvre a ball or a puck into the opponent's goal using a hockey stick

Youth: The youth with the age range of 15 – 25 years are considered as having high risks of performance in the play

Hypotheses

- There will be significant differences in Performance Anxiety among Male and Female Hockey Players
- There will be significant differences in Self Efficacy among Male and Female Hockey Players

Sample

Sample consists of 30 Hockey Players who were selected from Shanthi Nagar Hockey Stadium, Bangalore. Players were selected by Purposive Sampling Method.

Inclusion Criteria

- Participants in the age range of 15-25 years
- Participants who can read and write either English or the Regional Language

Exclusion Criteria

- Participants suffering with chronic medical and mental illnesses are excluded

Tools Description

The tools used for the study are as follows:

1. **Case Study Schedule:** It was developed for the study to collect the data relating to socio demographic details, the issues that cause distress such as health, family, financial problems, interpersonal relationships, and factors contributing to sports performance.

2. **Sports Anxiety Scale – 2 (SAS):** It was developed by Smith, Smoll, Cumming, Grossbard et al. (2006). It has 15 items which is a multidimensional measure of cognitive and somatic trait anxiety in sport performance settings yielding three separate 5 subscales for Somatic Anxiety, Worry, and Concentration Disruption. The scale reliably predicts pre competition state anxiety scores and proved sensitive to anxiety reduction interventions directed at youth sport coaches and parents.
3. **General Self Efficacy Scale (GSE):** It was developed by Schwarzer, and Jerusalem (1995) is a self-report measure of Self Efficacy consisting of 10 items. It is correlated to emotion, optimism, work satisfaction. Negative coefficients were found for depression, stress, health complaints, burnout, and anxiety.

Research Design

The Socio demographic details pertaining to the subject was collected. Sports Anxiety Scale and General Self Efficacy Scale were administered to the participants. The responses obtained for the scales were scored and statistically analyzed.

Precautions

1. Ensure that all the responses given by the participants are honest and spontaneous.
2. Maintaining good rapport with the participants.
3. Ensure that participants can clarify the doubts if any before responding
4. Participants were assured with confidentiality of the results will be maintained.
5. Distractions are kept as minimum.

Analysis of data

- The data is analyzed using the SPSS Package.
- Descriptive statistics was used to analyze socio demographic data as well as the data from performance anxiety and Self Efficacy scale.
- An independent t-test is calculated to examine the significant differences in genders across dimensions of performance anxiety and Self Efficacy.

Benefits of the study

- The participants will be informed of the extent to which their performance anxiety is affected and their level of Self Efficacy
- The study will help those players who have low level of Self Efficacy to improve
- The study will be providing a focus point for their achievement and excellence

Results and Discussion

The Sports Anxiety Scale and General Self Efficacy Scale was administered to a group of 30 Hockey players in the age range of 15- 25 years consists of 15 male and female employees playing in Bangalore Hockey stadium, respectively. The data is analysed, tabulated, and discussed below.

Table 1 Sociodemographic details of the Hockey Players

N=30

S. No.	Categorical Variables	Frequency	Percentage
1	Age	16-19	67
		20-22	33
2	Gender	Male	50
		Female	50
3	Locality	Urban	87
		Rural	13
4	Education	Pre-University	37
		Degree	60
		Post-Graduation	3
5	Religion	Hindu	97
		Muslim	3
6	Total Family Members	2 members	3
		3 members	7
		4 members	47
		5 members	23
		6 members	17
		8 members	3
7	Siblings	1 sibling	47
		2 siblings	27
		3 siblings	13
		4 siblings	3
		No siblings	10
8	Family Type	Nuclear	63
		Extended	10
		Joint	7
		Single Parent	20

9	Total Family	Rs. 90,000-1,50,000	22	73
	Income per annum	Rs. 1,51,000-5,00,000	3	10
		Not mentioned	5	17

Note: Percentages are rounded off

Table 1 shows the sociodemographic data of the male and female players, and both were selected equally for the study. Majority of the participants were in the age range of 16 to 19 years, reared in urban settings, had undergraduate degree, belongs to nuclear family, had only one sibling and the family income been below 1,50,000. Except one participant the rest belongs to Hinduism.

Table 2 Performance Anxiety and Self Efficacy among Hockey Players

N=30

S. No.	Variables		Male (n=15)	Female (n=15)
1	Performance Anxiety	High	7	8
		Low	8	7
2	Self-Efficacy	High	5	11
		Low	10	4

Table 2 shows the level of performance anxiety and Self Efficacy in among male and female hockey players. Seven male and 8 female Hockey Players had high performance anxiety and 8 male, and 7 female players had low performance anxiety. On Self Efficacy 5 male and 11 female Hockey Players had high Self Efficacy and 10 male, and 4 female players had low Self Efficacy.

Table 3 Mean and Standard Deviation of Hockey Players in Performance Anxiety and Self Efficacy

N=30

S. No.	Variables	Mean	Standard Deviation
1	Somatic	8.90	2.10

2	Worry	9.27	2.62
3	Concentration Disruption	7.97	2.44
4	Total Score of Performance Anxiety	26.13	5.36
5	Total Score of Self Efficacy	32.23	4.35

Table 3 shows the mean and standard deviation scores of hockey players in Performance Anxiety such as Somatic, Worry and Concentration Disruption and Self Efficacy. The value clearly indicates that there was performance anxiety found in the hockey players has really disturbed or rather reduced their performance level during the match and in Self Efficacy the Hockey Players had better level of confidence and attitude in dealing with the hurdles coming in the way of performance.

Table 4 Mean, Standard Deviation, and t value of Male and Female Hockey Players in Performance Anxiety and Self Efficacy N=30

S. No.	Variables	Male (n=15)		Female (n=15)		t value
		Mean	SD	Mean	SD	
1	Somatic	8.07	2.05	9.73	1.87	2.33*
2	Worry	9.93	2.76	8.60	2.38	1.42 NS
3	Concentration Disruption	9.00	2.39	6.93	2.08	2.52*
4	Total score of Performance Anxiety	27.00	5.58	25.27	5.17	0.88 NS
5	Total Score of Self Efficacy	30.27	4.60	34.20	3.12	2.74*

Table 4 shows that there was significant difference between Male and Female Hockey Players in Somatic dimension where Female Hockey Players expressed more of bodily pains and tensions than Male Hockey Players. Male Hockey Players had expressed more worries and problems with concentration and easily disturbed with external obstacles, had higher level of performance anxiety when compared to Female Hockey Players. Female Hockey Players had better Self Efficacy compared to Male Hockey Players. It really shows that the Hockey Players needs to be given Psychotherapy to manage the performance anxiety and Cognitive Behaviour Therapy to enhance self-efficacy.

Implications

1. This study will help hockey players to understand the significance of performance anxiety and how the self-efficacy is more important as that of practice
2. The study on performance anxiety in relation to sports settings provides an opportunity to examine the relationship between perception and behavioral changes of hockey players.
3. Even though performance anxiety and self-efficacy are two different phenomena it becomes quite significant to analyze the impact of performance anxiety on players level of self-efficacy
4. The study on performance anxiety gains still more essence with the inclusion of gender as a variable as it tries to make clear disparities between male and female players.

Limitations

The present study has certain limitations

1. The participants of the study were restricted only to hockey players whereas the other players may also be included
2. Sample size was limited in the current study, the results would show even more significant for the large sample
3. Due to the practical difficulties, intervention was not included
4. It was difficult to study the other variables in detail as there was time constraint.

Summary and Conclusion

The Performance Anxiety Scale consisting of three dimensions and Self Efficacy Scale was administered to 30 hokey players including 15 males and 15 females with the age range of 15 - 25 years. The results show that the male and female players differ in somatic, worry and concentration disruption and in Self Efficacy.

References:

1. Bandura, A. (1988). Organizational Application of Social Cognitive Theory. *Australian Journal of Management*, **13** (2): 275–302.
2. Bell, J. J., Hardy, L. & Beattie, S. (2013). Enhancing Mental Toughness and Performance Under Pressure in Elite Young Cricketers: A 2-year Longitudinal Intervention, *Sport, Exercise and Performance Psychology*, **2** (4), 281–297. doi.org/10.1037/a0033129
3. Birrer, D., & Morgan, G. (2010). Psychological Skills Training to enhance an Athlete's Performance in High-Intensity Sports. *Scandinavian Journal of Medicine & Science in Sports*, **20** Suppl 2, 78–87. doi.org/10.1111/j.1600-0838.
4. Bray, S. R & Martin, K. A. (2003). The Effect of Competition Location on Individual Athlete Performance and Psychological States. *Journal of Psychology of Sport and Exercise*, **4**, 2, 117-123.
5. Callow, N. & Waters, A. (2005). The Effect of Kinaesthetic Imagery on the Sport Confidence of Flat Racehorse Jockeys. *Journal of Psychology of Sport and Exercise*, **6**, 4, 443-459.
6. Carre, J., Muir, C., Belanger, J. & Putnam, S. K. (2006). Pre-Competition Hormonal and Psychological Levels of Elite Hockey Players: Relationship to the Home Advantage. *Journal of Physiology and Behaviour*, **89**, 3, 392-398.
7. Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-Talk and Sport Performance: A Meta-analysis. *Perspectives on Psychological Science*, **6**, 348–356.
8. Hanton, S., Mellalieu, S.D. & Hall, R. (2002). Re-examining the Competitive Anxiety Trait State Relationship. *Journal of Personality and Individual Differences*, **33**, 7, 1125-1136.
9. Mellalieu, S. D., Neil, R. & Hanton, S. (2006). Self Confidence as a Mediator of the Relationship between Competitive Anxiety Intensity and Interpretation, *Research Quarterly for Exercise and Sport*, **77**, 263-270.
10. Mottaghi, M., Atarodi, A., & Rohani, Z. (2013). The Relationship between Coaches' and Athletes' Competitive Anxiety and their Performance. *Iranian Journal of Psychiatry and Behavioural Sciences*, **7**(2), 68–76.

Research Paper

© 2012 IJFANS. All Rights Reserved. **UGC CARE Listed (Group -I) Journal**

11. Patel, D., Omar, H. & Terry, M. (2010). Sport-related Performance Anxiety in Young Female Athletes. *Journal of Paediatric and Adolescent Gynaecology*, 23, 325-335. Doi: 10.1016/j.jpag.
12. Prapavessis, H., Grove, J.R., McNair, P.J., & Cable, N.T. (1992). Self-Regulation Training, State Anxiety, and Sport Performance: A Psychophysiological Case Study, *Sport Psychologist*, 6, 213-229.
13. Ronald, E. S., Frank, L. S. & Nancy, P. B. (1995). Reduction of Children's Sport Performance Anxiety through Social Support and Stress-Reduction Training for Coaches, *Journal of Applied Developmental Psychology*, 16 (1), 125-142.
14. Singh, R. (2014). Personality, Spiritual Exercise and Cognitive Behavioural Interventions in Enhancing Sports Performance, *Indian Journal of Positive Psychology*, 5(3), 301-309.