



Evaluating Degree Of Anxiety Among Chess Players At Three Different Stages

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ABSTRACT

Sports reflect humanity's never-ending pursuit of perfection. Anxiety and fear are negative feelings that are widespread in competitive and performance-based environments. Anxiety is a lot more nebulous and complicated than fear, which often has a clear origin. Anxiety may be a personality attribute or a physiological state, with both mental and physical manifestations. The purpose of this research is to determine the levels of anxiety experienced by individuals before, during, and after participating in a sporting event. Researchers relied mostly on the quick and easy techniques of questionnaires and in-person interviews with chess professionals at the national and state levels. A total of 105 different chess players served as participants. Information was gathered by means of anxiety test questionnaires.

Keywords: Sports, anxiety, Sportsperson, Chess, Performance.

I. INTRODUCTION

When a person's mental state is disrupted, we say that he is nervous. Among those who study and practice physical education and sports, it has been found that competitive sports settings are particularly conducive to the development of anxiety. There is a close connection between anxiety and athletics. He went on to say that anxiety isn't necessarily negative, as it may assist athletes focus and stay awake during competition. It has been discovered that people experience anxiety when taking part in a variety of sports. Studies have shown that young or inexperienced athletes are the most likely to suffer from performance-altering anxiety. The author said that the player's anxiety level shouldn't be too high or too low. Anxiety is not necessarily a negative emotion, especially when experienced in moderation. In sports, the right amount of nervousness might help you perform better. The author went on to show that optimal performance can only be achieved under conditions of mild worry.

Athletes quickly discover the correlation between mental clarity and success. Furthermore, a competitor who shows signs of anxiousness before and during a game will likely feel more alert and tense than usual. Mental health professionals have known for a long time that athletes often suffer from performance anxiety. Choking in a competition is defined as a drop in performance brought on by mental strain. Thus, athletes' anxiousness leads to blunders and poor decision-making. If an athlete is able to harness their nerves before a big game or match, it can actually help them perform better. There are some beneficial impacts of anxiety on performance. Anxiety may be reduced in athletes by reminding them of the positive aspects of the competition they will soon be participating in.

II. HOW DOES ANXIETY AFFECT SPORTS PERFORMANCE?

Sportspeople frequently suffer from performance anxiety, and this is understandable given that a healthy amount of nerves before a big game may help them focus better during it. However, an excessive amount might cause a state of heightened nervousness. Athletes who start a crucial competition feeling out of breath, sweaty, shaky, or with a rapid pulse rate are less likely to perform to their full potential and are more likely to freeze up. Athletes that suffer from performance anxiety have these symptoms, in which they lose faith in their abilities and become pessimistic about their chances of success. He has to develop anxiety management skills to cope with negative ideas like these, and to accomplish that, he must first grasp the connection between anxiety and athletic performance. "When athletes experience anxiety, it has a negative impact on their bodies, minds, and performances. If he becomes nervous just before a big game, it's going to hurt his performance. An athlete's body is less able to move in a fluid and coordinated manner when tension and blood pressure are high ". The athlete's performance will suffer as a result of his jerky, ill-timed movements.

The following are some of the ways that worry can impair athletic performance:

Fear

Paralysis of the body is a common symptom of extreme fear in athletes. This is a sign of extreme nervousness. Stage fright is a common problem that some athletes have before a big tournament. The athlete may be paralyzed by dread and unable to do any of the required actions.

Unable to Concentrate

Another symptom of pre-competition anxiousness is difficulty focusing on tasks at hand in the lead-up to a big event or competition. Because of distractions, the athlete is unable to give their all during their performance. Anxiety is at the heart of the issue, preventing one from focusing. A person's fear of failing or lack of faith in their own abilities is the result of worrying about something.

Sweating

The athlete becomes hyperaware of his surroundings and uneasy as a result of his heightened anxiousness. Because of this, the body might experience intense heat waves and heavy sweat in response to the brain's commands. The hands and the face are the most common sites of excessive perspiration, however it can occur elsewhere on the body. The person's anxiety levels are likely to rise as a result of their increased discomfort.

Racing Heart

As a result of anxiety, the heart rate of an athlete may also increase manifold. This may be due to the excessive release of adrenaline in the body. Increased heart rates are also related to panic. If the athletes become increasingly panicked, the heart rate will also increase.

Shortness of Breath

Breathing very fast or panting (Breathless) is another symptom of anxiety. Sometimes the athletes experience a shortness of breath and struggle to take in oxygen. It is common for athletes to hyperventilate due to severe anxiety. This in turn can deprive the brain of enough oxygen, which would lead to dizziness and/or fainting.

Dizziness

When an athlete is suffering from severe anxiety and is panicking, the brain may not receive as much blood and oxygen as it normally does. This results in dizziness, which if severe can result in the athlete fainting. Feelings of dizziness can disable the athlete to such an extent that they may be unable to perform.

Shaking

Athletes often suffer trembling hands and legs just before a big game or event. This is because extreme anxiety causes a surge of adrenaline to be released into the bloodstream. It's possible that the body will break down under the weight of worry if it continues for too long.

Playing a sport might make you feel both elated and anxious. People might have "butterflies in the stomach" days before a big game or stiffen up during the sport at key moments. Such emotions are common, but they can have a major impact on productivity. While professional athletes may be better able to control their nerves under pressure, even they have struggled with sports anxiety at some point in their careers. These emotions usually arise because of a false impression of how much is riding on one's success.

III. REVIEW OF LITERATURE

Marwat, Noor et al., (2021) The goal of this research was to examine how stress related to competition affected the athletic prowess of top-tier competitors during Pakistan's 31st National Games, which took place in the province of Khyber Pakhtunkhwa (KP). N = 128 (88 men, 40 females; 21.9 +/- 1.5 years; 8.9 +/- 1.7 years of sports experience) completed the 15-item Sports Competition Anxiety Test (SCAT). Athletes' previous performance records were collected during downtime at various events. Results That Are Most Significant In sports, competition anxiety was found to be the cause of a 38% variation in performance. In addition, the correlation between competitive anxiety and sports performance is moderately negative ($r=-0.386$, $P=.002$). In addition, statistical comparisons revealed that Competition Anxiety was more prevalent among female athletes and those competing in solo sports than among male athletes and those participating in team sports ($P < .005$). the study's implications As you can see, the ramifications for trainers and coaches are substantial and substantial due to the gender impact. The theoretical and practical implications of these findings for the development of sport psychology programs in Pakistan were investigated with a focus on athletes from a wide range of backgrounds. The results suggest that competitive trait anxiety might hinder performance, and that interventions aiming to reduce anxiety in competition may be beneficial for some PL athletes.

Correia, Marco, and Rosado, António (2019) Anxiety has proven to be a profitable area of study in sport psychology due to the attention it has received, particularly in regards to its correlations with demographic factors. This study set out to examine the gender and sport-specific variations in athletes' levels of anxiousness while competing. Six hundred and one Portuguese athletes were used in a structural equation modeling application. Of those, there were 172 females (28.6%) and 429 males (71.4%). Individual sports (such as athletics, climbing, orienteering, surfing, swimming, and tennis) and team sports (such as basketball, handball, rugby, soccer, and volleyball) accounted for 42.6% and 57.4%, respectively, of their participation. There was a wide variety of ages represented in the sample ($M = 17.44$ years; $SD = 4.99$ years). Latent mean comparisons were explored, and Cohen's d (1988) was calculated to determine the associated effect sizes after evaluating the measurement invariance of the first- and second-order models across gender and sport type (individual vs. team) (Kline, 2016). Differences between male and female athletes as well as between individual and team sports were shown to be statistically significant. Generalized sports anxiety was more prevalent among female athletes and those who competed individually. The findings of this study showed that athletes' perceptions of their own anxiety varied with both gender and sport.

Jerome Palazzolo (2019) Athletes and their coaches believe that performance anxiety is a major component that can determine a competitor's success during a competition. These feelings are intriguing to so many people because they remain a source of mystery. The association between negative emotions and performance, and in particular
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competitive anxiety, is less unequivocal than the link between good emotions and performance. Some people believe that anxiety is a performance-reducing factor, and that a nervous athlete is a vulnerable one. Some people think of worry as a motivator, citing athletes who thrive only when they're feeling the heat of competition. Despite the scientific community's best efforts, there is no universally accepted model for the connection between anxiety (or emotions) and performance. Inconsistent and/or unclear findings from research designed to demonstrate these linkages can be attributed to differences in the variables examined (anxiety, emotional states, performance) and the framework of the investigations (participant characteristics, significance of the sporting event).

Muhammad Zafar Butt, et al (2015) Anxiety is a mental state that must be constantly monitored by both players and coaches. All athletes, whether amateurs or pros, would benefit from knowing how to recognize the signs of anxiety and how to use their own resources to overcome them. The development of this understanding makes it wise to address anxiety and related problems. Athletics are a huge component of sports, and schools often do events like this on a regular basis to encourage kids to be physically active, socially engaged, and mentally tough enough to compete on the school team. While it is reasonable to assume that expertise-based involvement in sports will reduce the likelihood of serious injury, this expectation is routinely disregarded at the high school and college levels, when amateurs often play on their own initiative without obvious repercussions. Anxiety is a common problem for athletes at all levels, not just newcomers. An overwhelming majority of athletes report feeling nervous or uncertain about how they will do in a competition or fear being criticized for their efforts.

Robert Masten, et al (2006) The purpose of this study was to investigate the link between an athlete's sense of self and his or her levels of state and trait anxiety. Around 410 sportspeople participated. There were just 30 female athletes for every 67.4 males. Athletes from a wide range of skill levels were represented in the sample (world class, international class, national class, perspective class, youngster class and non-categorized athletes). The STAI-X1 and STAI-X2 together with the Athletic Identity Measurement Scale were used. The results showed that both forms of anxiety are linked to a person's sense of athletic identity. Negative affectivity as a determinant of sporting identity had the greatest proportional influence on both state and trait anxiety, and being labeled as a world-class athlete was a close second (in comparison to other classes). Both trait and state anxiety are more prevalent among athletes with a high negative affectivity and among the best in the world. Both state and trait anxiety were lower among male athletes. Having a stronger sense of one's own identity has been shown to reduce trait anxiety.

IV. METHODOLOGY

The longitudinal study largely relied on the use of questionnaires and in-person interviews with professional and collegiate athletes from throughout the country and the

states. A total of 105 different chess players served as participants. Anxiety test questionnaires designed by Charles D. Spielberger were used to compile the data. Specifically, we used the "STAI Form Y-I" scoring system to determine final grades. T-tests were performed at the 5% and 10% significance levels to see whether there was a statistically significant difference in the levels of worry.

V. RESULT AND DISCUSSION

Each research team worked together to choose and validate the raw data they used. Standard deviations and group means were determined. The researcher then used the t-test after calculating the mean and standard deviation. Anxiety levels in sports were compared across three time points: before, during, and after the match.

Table 1 shows that the calculated 't' value 9.53 is greater than the table value 1.96, the individual team chess players sport anxiety level before the play and during the play was highly significant at .05 confidence level.

Table 1: Comparative anxiety before and during the play for individuals" chess players

Category	Mean	SD	Mean difference	'r'	't'
Before play	80.54	15.24	4.75	0.59	9.53
During play	85.29	12.03			

Significant at .05 level of confidence, $t_{.05}(344) = 1.96$

The individual team chess players' sport anxiety level before and during the game was highly significant at the .05 confidence level, as shown in Table 2. The computed "t" value was 5.89, which is higher than the table value of 1.96.

Table 2: Comparative anxiety during and after the play for individuals" chess players

Category	Mean	SD	Mean difference	'r'	't'
After play	72.99	13.70	12.30	0.41	5.89
During play	85.29	12.03			

Significant at .05 level of confidence, $t_{.05}(344) = 1.96$

The individual team chess players' level of anxiety before and after the game was very significant at, as shown in Table 3 below. The computed "t" value was calculated to be 12.89, which is higher than the table value of 1.96 at Confidence interval of .05.

Table 3: Comparative anxiety before and after the play for individuals" chess players

Category	Mean	SD	Mean difference	'r'	't'
Before play	80.54	15.24	7.55	0.70	12.89
After play	72.99	13.70			

Significant at .05 level of confidence, $t_{.05}(344) = 1.96$

Individual athletes were shown to have considerably greater levels of anxiety during play than in the before and after play situations when comparing sport anxiety before, during, and after the play. Sport anxiety levels were also much greater before the play than after the action when comparing the two times. It exhibits greater anxiousness before the play and throughout the play than it does following the play.

VI. CONCLUSION

Although anxiety has significantly impacted performance, it's necessary to take other aspects of an athlete's functioning into account as well. This is accomplished using the mental health model of performance utilizing the Profile of Mood States. An individual who exhibits psychological states with high levels of energy and low degrees of stress, despair, rage, exhaustion, and bewilderment will perform at their best. According to the findings of the current study, athletes who are students at arts and scientific institutions in and near Puducherry do worse in their sporting endeavors when they experience significant levels of competitive anxiety. Consequently, it may be inferred that reducing worry may improve players' performance.

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