

## **Pre-Competition Anxiety on Team Performance Perceptions: The Case of South Police and Dilla Kenema Super League Football Clubs in Ethiopia**

Beyene Ali<sup>1</sup>, Dagne Getachew<sup>2</sup> & Sunil Kumar<sup>3</sup>

<sup>1</sup>(M.Sc. in football coaching candidate, Hawassa University, Ethiopia)

<sup>2</sup>(Assistant professor in Hawassa University, Ethiopia)

<sup>3</sup>(PHD in Hawassa University, Ethiopia)

Corresponding author: Beyene Ali

---

**Abstract:** The study aimed at to determine pre-competition anxiety on team performance perception of South Police and Dilla Kenema Super league football clubs. The study can provide psychological contribution towards football performance and a way to create a strategy for coaching. The design of the study was a descriptive survey research design and cross sectional study design was employed by 2017/18. Comprehensive sampling technique was drawn to take 50 players, whole population were taken because of the small number of the study participants. To determine the pre-competition anxiety, sport anxiety scale instrument was used to explicitly observe worry, concentration disruption and somatic anxiety with performance. Data were analyzed via mean, standard deviation, Pearson correlation and Independent T-test; in both descriptive and inferential statistics. The descriptive statistics shown that, Dilla Kenema Super league football club has technical ability than other performance perception. Whereas South Police super league football club has both technical and physical ability than other performance perception. Performance of both Dilla Kenema and South police super league football clubs cannot be affected by pre-competition anxiety. However worry is determined as one of the factor can enhance the performance of both Dilla Kenema and South Police super league football clubs.

**Key words:** worry, concentration disruption, performance and somatic anxiety

---

Date of Submission: 15-11-2018

Date of acceptance: 30-11-2018

---

### **I. INTRODUCTION**

Participants from interactive sports are overwhelming by pre-competition anxiety, which is psychological and physiological manifestation of the competitor. Anxiety has a negative emotional state, which can affect athlete's performance by displaying cognitive and somatic anxiety [1] [2]. Cognitive anxiety is characterized by negative expectations and concerns, and worries about performance, inability to concentrate, disrupted attention, possible consequences of failure. [3] Proposed that cognitive anxiety is negatively related to performance – as cognitive anxiety increases, performance declines. It can be treated by sport psychologist and thereby to boost up or restore the performance of the players.

However, a study by [4] found, several athletes reported that they needed a degree of cognitive anxiety in order to perform well. [5] Distinguished between two aspects of anxiety. When we are anxious, we experience the physiological changes associated with high arousal, including increased heart rate and blood pressure, 'butterflies' in the stomach, faster breathing. We call the experience of physiological changes associated with anxiety somatic anxiety (from the Greek *soma* meaning body). In agreement to the above literature, there are theories were developed concerning the constructs of anxiety, multidimensional anxiety theory. The inclusion of cognitive and physiological part of the athlete [5], his finding resulted there is a negative significant relationship between cognitive and performance. The same author found out somatic anxiety has displayed an inverted U relationship with performance. Even though there is such kind of outlook from the previous model; in contrary catastrophe model emanated with some extent there is an effect of anxiety and performance.

Pre-competition Anxiety was considered one of the main psychological factors that influence performance. There has been a large amount of research concerning the multidimensional aspect of anxiety [5]. For the past 20 years, many researchers have done to find the effect of somatic and cognitive anxiety on athletes' performance. But the result was inconsistent. On top of that, majority of these psychological variables were conducted on elite players; ignoring less successful and amateur football players in Ethiopia. In addition to

this, with the deliverance of training methodology as well as the absence of sport psychologist in the clubs, disregarded the gradual development of football; but pre-competition anxiety has an indirect impact on the performance of football players.

### **Objectives of the study**

#### **General objectives**

The general objective of this study was to examine pre-competition anxiety on football players of both South police and Dilla kennema football clubs.

#### **Specific objectives**

The specific objectives of the studies were to:

- Identify the type of pre-competition anxiety in South police and Dilla Kenema super league football clubs of southern region of Ethiopia.
- Describe worry, concentration disruption and somatic anxiety in South police and Dilla Kenema super league football clubs of southern region of Ethiopia.
- Determine the perception of performance in South police and Dilla Kenema super league football clubs of southern region of Ethiopia.
- Compare the statistical significance relationship of pre-competition anxiety and performance perception of South police and Dilla Kenema super league football clubs of southern region of Ethiopia.

## **II. RESEARCH METHODOLOGY**

### **Design and period of the study**

Both south police and Dilla kenema super league football clubs are found in southern nation's nationalities and peoples of Ethiopia. South police is the club whose office is in Hawassa, the seat of southern nations nationalities and peoples of Ethiopia that is 300 km far from Addis Ababa, the capital city of Ethiopia and Dilla kennema is found at Dilla town in Gedio zone, that is one of the 19 zones in south Ethiopia that is 85 km far from Hawassa, the capital of the region and 385 km far from Addis Abeba the capital of Ethiopia. Descriptive method of survey research was employed under this study, that this study described the relationship between the personality traits; with the performance of football players as well as the relationship between pre competitive anxiety and performance of players by 2017/18

### **Sources of population**

Both Dilla Kenema and South Police are the members of the club who participate on the supper league level football annual competition. One of the primary sources of data for this study was 50 football players of both South Police and Dilla Kenema football club.

### **Sample size**

The whole population were used as a sample, that is 50 of the players were used as a sample, because the population is so small.

### **Sampling technique**

The populations of both South police and Dilla kennema football club is smaller (50) in number due to this reason the whole population was considered as a sample unit. That is censuses method were used.

### **Data Gathering instruments**

#### **Competitive anxiety questionnaires**

In order to collect the relationship between pre competitive anxiety and sports performance it is necessary to use the sport personality questionnaires by. The participants will be required to indicate on a 3-point likert scale (decide if you "Rarely", "Sometimes" or "Often". in addition to this, the Sport Anxiety Scale-2.

### **Methods of Data Analysis**

The correlation of performance and pre-computation anxiety and personality were analyzed via mean, standard deviation, Pearson correlation to describe the variables. Independent T-test was analyzed to determine the significance difference between pre-competition anxiety with the performance of Dilla Kenema and South Police super league football clubs.

### **Ethical considerations**

Initially letter of permission was taken from Hawassa university Department of sport science and submitted to concerned body.

## **III. RESULT AND DISCUSSION**

The study was conducted in southern Ethiopia super league football clubs, namely South Police and Dilla Kenema. The number of participants involving in each clubs was 24 and 22, South Police and Dilla Kenema consequently. The age of the participants whom completed the study was in the following categories:

less than 20, 20-24, 25-29 and above 30; the numbers were 15, 24, 6 and 1 subsequently. And also there is no non response rate throughout the completion of the study.

**Table 1: Description of the types of pre-competition anxiety**

	<b>Pre-competition anxiety</b>	<b>M</b>	<b>SD</b>
<b>Dilla Kenema</b> (N=22)	Worry	13.13	3.68
	Concentration disruption	9.22	1.99
	Somatic anxiety	12.95	3.35
<b>South Police</b> (N= 24)	Worry	12.87	2.19
	Concentration disruption	9.12	1.94
	Somatic anxiety	13.79	3.70

Based on table 1 describes that, on the types of pre-competition anxiety of worry, concentration disruption and somatic anxiety of Dilla Kenema average was: 13.13, 9.22 and 12.95, consecutively. This means that worry identified as the characteristics of Dilla Kenema super league football club.

In comparison to this, on the types of pre-competition anxiety of worry, concentration disruption and somatic anxiety of South Police average was: 12.87, 9.12 and 13.79, consecutively. This means that, somatic anxiety determined as a major variable from pre-competition anxiety.

The finding shown different result for Dilla Kenema and South Police, in former club worry has been observed in players while in the later case somatic anxiety was determined in the player's behavior.

**Table 2: Description of performance perception types**

	<b>Performance perception</b>	<b>M</b>	<b>SD</b>
<b>Dilla Kenema</b>	Physical	44.90	5.83
	Technical	43.90	7.95
	Psychological	28.31	4.42
<b>South Police</b>	Physical	43.16	6.34
	Technical	43.37	4.85
	Psychological	27.54	4.28

Based on table 2 finding of performance perception in Dilla Kenema super league football club of physical, technical and psychological variables mean were: 44.9, 43.9 and 28.31, consecutively. It shown that, a football player of Dilla Kenema has a good physical performance perception from the rest selected variables. While South police super league football club were displayed in physical, technical and psychological perception as follows: 43.16, 43.37 and 27.54, subsequently. This means that, south police footballer's performance perceptions have technical qualities with the same physical perceptions.

Comparatively saying the two super league football players have different performance perceptions; physical performance perceptions were displayed in Dilla Kenema super league football club; technical and physical performance perceptions were observed in South police super league football club.

**Table 3: Pearson correlation between pre-competition and performance**

			Pre-competition anxiety	Performance
<b>Dilla Kenema</b>	Pre-competition anxiety	Pearson correlation		-.28
		Sig (2-tailed)		.198
		N		22
	Performance	Pearson correlation	-.28	
		Sig (2-tailed)	.198	
		N	22	
<b>South Police</b>	Pre-competition	Pearson correlation		.01
		Sig (2-tailed)		.95
		N		24
	Performance	Pearson correlation	.01	
		Sig (2-tailed)	.95	
		N	24	

The relationship between pre-competition anxiety (as measured by SAS) and performance perception (as measured in physical, technical and psychological variables) was employed by Pearson correlation. There was a low negative correlation between the two variables ( $r=-.28$ ,  $n=22$ ,  $p<0.05$ ), with a high a low level of pre-competition anxiety associated with performance in Dilla Kenema super league football club.

The relationship between pre-competition anxiety (as measured by SAS) and performance perception (as measured in physical, technical and psychological variables) was employed by Pearson correlation. There was a low correlation between the two variables ( $r= .01$ ,  $n=24$ ,  $p<0.05$ ), with a high a low level of pre-competition anxiety associated with performance in South Police super league football club.

**Table 4: Independent t-test between worry, concentration disruption and somatic anxiety in South police and Dilla Kenema**

	South Police		Dilla Kenema		t	p
Variables	M	SD	M	SD		
Worry	12.87	2.19	13.13	3.68	0.29	.003
Concentration disruption	9.12	1.94	9.2	1.99	0.17	.65
Somatic Anxiety	13.79	3.70	12.95	3.35	-0.8	.77

An independent sample t-test was conducted to compare worry pre-competition anxiety of South Police and Dilla Kenema super league football clubs. There was significant difference in scores for south Police ( $M= 12.87$ ,  $SD= 2.19$ ), and Dilla Kenema ( $M=13.13$ ,  $SD= 3.68$ ;  $t(44) = 0.295$ ,  $p=.003$ ). An independent sample t-test was conducted to compare concentration disruption pre-competition anxiety of South Police and Dilla Kenema super league football clubs. There was no significant difference in scores for south Police ( $M= 9.12$ ,  $SD= 1.94$ ), and Dilla Kenema ( $M=9.2$ ,  $SD= 1.99$ ;  $t(44) = 0.17$ ,  $p=.65$ ). An independent sample t-test was conducted to compare somatic anxiety pre-competition anxiety of South Police and Dilla Kenema super league football clubs. There was no significant difference in scores for south Police ( $M= 13.79$ ,  $SD= 3.70$ ), and Dilla Kenema ( $M= 12.95$ ,  $SD= 3.35$ ;  $t(44) = -0.8$ ,  $p=.77$ ).

### 3.2 Discussion

The study was conducted on the super league football clubs competing at the same level of competition; however the study has identified three types of pre-competition anxiety. They are worry, concentration disruption and somatic anxiety in both Dilla Kenema and South Police super league football clubs. Though they are competing by the same level, worry has been identified more from Dilla kenema and somatic anxiety was determined as a pre-competition anxiety. From the perception of their performance, there was a difference in technical Dilla Kenema super league football clubs, while technical and physical performance perception was found from South Police super league football clubs.

The study shown that, there was no significant relationship between pre-competition anxiety and performance perception in both Dilla Kenema and South Police super league football clubs.

The study shown that, manifestation of worry in players was observed in both Dilla Kenema and South Police super league football clubs. Whereas, in the other spectrum of pre-competition anxiety; concentration disruption and somatic anxiety was not important for football performance. The study is congruent to [6], justified that concentration disruption is the negative predictor of college football performance.

#### **IV. CONCLUSION AND RECOMMENDATION**

Up on the purpose of this thesis concluded that, from the type of pre-competition anxiety, worry has found as a main factor for both Dilla Kenema and South Police super league football clubs. In addition, technical ability was perceived by players as their performance perception in Dilla Kenema and South Police; but technical and physical ability has determined by players as their performance perception in South Police. However, the study justified that pre-competition anxiety has no positive outcome on the player's performance in both Dilla Kenema and South Police super league football clubs.

Based on the findings of the study the following recommendations were suggested:

- Training should be given for physical and psychological ability of the players, as the training is emphasized on technical ability of players in Dilla Kenema super league football club.
- To enhance the performance of players, they should have worry from the pre-competition scale for both clubs.
- In the training session player should be informed that, concentration disruption and somatic anxiety has a negative role for the performance of Dilla Kenema and South Police super league football clubs.

#### **REFERENCES**

- [1]. Weinberg, R. S., Gould. D. *Foundations of Sport and Exercise Psychology*. (2<sup>nd</sup> end), Champaign, Human Kinetics Illinois, USA. 2011.
- [2]. Anshel, M. H. *Sport Psychology: From Theory to Practice*. New York: Benjamin Cummings, 2003.
- [3]. Cox, R. *Sport psychology: theory and application*. New York, McGraw-Hill. 1998.
- [4]. Swain, A., & Jones, G. Intensity and frequency dimensions of competitive state anxiety. *Journal of Sport Sciences* 11, 1993, 533–542.
- [5]. Martens, R., Burton, D., Vealy, R.S., Bump, L.A., & Smith, D. *Development and validation of the competitive state anxiety inventory-2, Competitive anxiety in sport*. 1990. (pp. 117-190). Champaign, IL: Human Kinetics.
- [6]. Smith, R. E., Smoll, F. L., & Schutz, R.W. Measurement and correlates of sport-specific cognitive and Somatic trait anxiety: The Sport Anxiety Scale. *Anxiety Research*, 2, 1990, 263-280.