



AMERICAN JOURNAL OF
**PHYSICAL EDUCATION AND
HEALTH SCIENCE (AJPEHS)**

ISSN: 2992-9679 (Online)

VOLUME 2 ISSUE 1 (2024)



PUBLISHED BY
E-PALLI PUBLISHERS, DELAWARE, USA

Regional Dynamics on Anxiety Levels among Female Elite Soccer Players in Manipur and Tripura

Sharina Naorem^{1*}, Sm Farooque¹, Sudip Das¹

Article Information

Received: February 07, 2024

Accepted: March 02, 2024

Published: March 06, 2024

Keywords

Cognitive Anxiety, Somatic Anxiety, Self Confidence, Competition

ABSTRACT

Elite athletes' psychological well-being is said to play a significant role in their competitive nervousness, taking into account factors like performance anxiety, fear of failing, and pre-game anxiety. Even while research on anxiety in sports has advanced significantly, there hasn't been much attention paid to female elite football players in Manipur and Tripura. The purpose of the study is to study explore the complex relationship between anxiety and football performance of elite female players of Manipur and Tripura. Forty-two female athletes, aged 18-25, representing national tournaments for their respective states (21 from Manipur and 21 from Tripura), were purposively selected for the study. The Competitive State Anxiety Inventory-2 (CSAI-2) was employed to measure three dimensions of anxiety: somatic anxiety, cognitive anxiety, and self-confidence. Descriptive statistics and the Mann-Whitney U test were utilized for data analysis. Results revealed variations in anxiety levels between the two groups. Tripura Sports School exhibited higher somatic anxiety, while YWC Manipur displayed higher cognitive anxiety and self-confidence. The study suggests that differences in training facilities, competitive exposure, and regional disparities may contribute to the observed variations in anxiety levels. The findings underscore the importance of a holistic approach to athlete development, integrating mental health support with physical training. Coaches, sports organizations, and policymakers should consider these insights when designing programs and implementing mental health initiatives for female elite soccer players in diverse regional contexts.

INTRODUCTION

Soccer, as a globally celebrated sport, serves as a unique platform for athletes to showcase their physical prowess and mental fortitude (Turner & Stewart, 2014). Showcasing talent and achieving the high level of performance cover a wide area of psychological aspects. Psychological aspects of soccer performance, including anxiety, aggression, stress and mental toughness have been acknowledged as pivotal determinants of success (Liew *et al.*, 2019) & (Cowden, 2017). How a player perceives anxiety and how an individual manages to control determine their performance. Anxiety levels among the soccer players have been a topic of interest in recent years (Ford *et al.*, 2017) as mental health and its impact on performance are being recognized. Poor performance is caused by an increase in anxiety (Ford *et al.*, 2017). In the dynamic realm of sports psychology, the intersection between anxiety and athletic performance stands as a compelling area of exploration (Rowland & van Lankveld, 2019), & (Ford *et al.*, 2017). Additionally, there appears to be a widespread belief in the field of sport psychology that worry predictably affects athletic performance. Numerous research has discovered factors that may influence the way that different types of anxiety manifest in sports performance, and numerous studies have demonstrated the detrimental effects that sports competitive anxiety has on soccer (Bukhari *et al.*, 2021). In recent research, the spotlight on the mental health of soccer players has gained unprecedented attention,

acknowledging the complexity between psychological well-being and athletic performance (Baniasadi & Salehian, 2021) & (Bali *et al.*, 2015). As athletes strive to achieve excellence, the intricate interplay of physiological and psychological factors becomes increasingly evident (Till & Baker, 2020), & (Razali Abdullah *et al.*, 2016). Effectively managing this relationship between anxiety and football becomes crucial for sustaining optimal performance on the field. Players often employ various psychological strategies, such as mindfulness, visualization, and goal-setting, to mitigate anxiety and enhance their mental resilience. The relationship between anxiety and football performance is a multifaceted interplay that encompasses pre-game nerves, fear of failure, and performance anxiety. The pressure to excel at an elite level, coupled with external scrutiny, adds layers of complexity to this relationship. Effectively managing anxiety becomes a key component in achieving and sustaining optimal performance on the soccer field. While existing literature has made significant strides in understanding anxiety in (Liew *et al.*, 2019; Rice *et al.*, 2019; Rowland & van Lankveld, 2019), but a specific focus on the female elite soccer players of Manipur and Tripura is noticeably absent. These regions, with their rich cultural heritage and distinct sporting environments, present an interesting setting to explore the factors contributing to anxiety in elite athletes. In Manipur and Tripura, where soccer being a mere sport to become an integral part of the cultural fabric, female athletes navigate a unique

¹ Department of Physical Education, Tripura University, Tripura, India

* Corresponding author's e-mail: sharinanaorem00@gmail.com

confluence of traditional values, societal expectations, and the demanding rigors of competitive sports. The inherent pressures associated with elite-level soccer can significantly impact the mental well-being of players, influencing not only their on-field performance but also their overall quality of life. This study tries to explore the relationship between soccer and anxiety, taking into account the experience that shape the female players in Manipur and Tripura.

LITERATURE REVIEW

The complex and multifaceted relationship between anxiety and football performance is a dynamic interplay that delves into the psychological distinctions experienced by soccer players. Anxiety, in the context of football, can manifest in various forms, creating a complex web of emotions that influence players both mentally and (Madsen *et al.*, 2022). One facet of this relationship is the prevalence of pre-game nerves, a phenomenon commonly experienced by soccer players before stepping onto the field (Fadare *et al.*, 2022). The anticipation of competition, combined with the desire to excel, can lead to heightened anxiety levels. These pre-game nerves are not merely a transient experience; they can significantly impact cognitive processes, affecting decision-making, concentration, and overall performance (Prasad Sahu, 2016). Fear of failure is another dimension that intertwines with anxiety in the world of football. The pressure to meet expectations, whether from oneself, teammates, coaches, or supporters, can instill a deep-seated fear of not living up to the standards set by others or even by one's own internal benchmarks (Esguerra *et al.*, 2023). This fear can create a psychological burden that, if not effectively managed, may hinder a player's ability to perform optimally (Sagar *et al.*, 2010) & (Ford *et al.*, 2017). Performance anxiety, a pervasive aspect of the relationship between anxiety and football, stems from the scrutiny players face from fans, the media, and even their own self-evaluation. The constant evaluation of every move on the field, coupled with the potential for public criticism, contributes to a heightened sense of pressure (Hussein, 2024). This pressure, if not addressed, can evolve into

a self-perpetuating cycle where anxiety adversely affects performance, leading to further anxiety (Bukhari *et al.*, 2021b) & (Razali Abdullah *et al.*, 2016). The pressure to perform at an elite level intensifies the complexity of this relationship. In elite soccer, the expectations are elevated, and the margin for error is minimal. Players are not only competing against opponents but also against the weight of their own reputation and the expectations of fans and stakeholders. The constant pursuit of excellence in such a competitive environment can contribute to persistent anxiety that permeates various aspects of a player's mental and emotional well-being.

MATERIAL AND METHODS

The study was designed with a main objective to find the level of anxiety perceive by the Female Elite Soccer Players of Manipur and Tripura. Total of N=42 subjects of 18-25 years of female player represented national tournaments for their respective states were purposively selected, where twenty-one (n=21) were from Manipur and twenty-one (n=21) were from Tripura. For collection of data, Competitive State Anxiety Inventory-2 (CSAI-2), a sport-specific state anxiety scale developed by Martens, Vealey, and Burton (1990) were used to collect the data. The scale divides anxiety into three components: cognitive anxiety, somatic anxiety, and a related component-self-confidence and each dimension has nine question each. The intensity response dimension was rated on a 4-point Likert scale ranging from 1 (not at all) to 4 (very much). To score the CSAI-2, take all the scores for each item at face value with the exception of item 14, and reverse the score i.e., (1 = 4; 2 = 3; 3 = 2; 4 = 1).

The researcher explained questionnaire clearly and read the instructions to the subjects to fill the questionnaire. The researcher has also given all the required items to fill the questionnaire. Descriptive statistics and 'Mann-Whitney U test' test was used for analysing data. The level of significance was set at 0.05.

RESULTS

Table 1 depicts the descriptive results of Tripura Sports School and YWC Manipur, which were measured on three

Table 1: Descriptive statistic of three different dimension

Parameters	Tripura Sports School		Level of Anxiety	YWC Manipur		Level of Anxiety
	Mean	Sd		Mean	Sd	
Somatic Anxiety	26.04	±3.38	High	20.71	±1.67	Average
Cognitive Anxiety	20.14	±3.07	Average	24.04	±2.43	High
Self Confidence	16.67	±2.79	low	31	±2.16	High

distinct dimensions: somatic anxiety, cognitive anxiety, and self-confidence. The results revealed that the Tripura Sports School group had a higher mean and standard deviation of 26.04±3.38 in Somatic Anxiety than the YWC Manipur 20.71±1.67. However, the YWC Manipur

group had a higher mean (24.04±3.07) in Cognitive Anxiety than the Tripura Sports School (20.14±2.43). In Self- Confidence, Tripura Sports School demonstrated a significantly lower mean (16.67±2.79) in self-confidence compared with YWC Manipur (31.00±2.16).

LEVEL OF ANXIETY

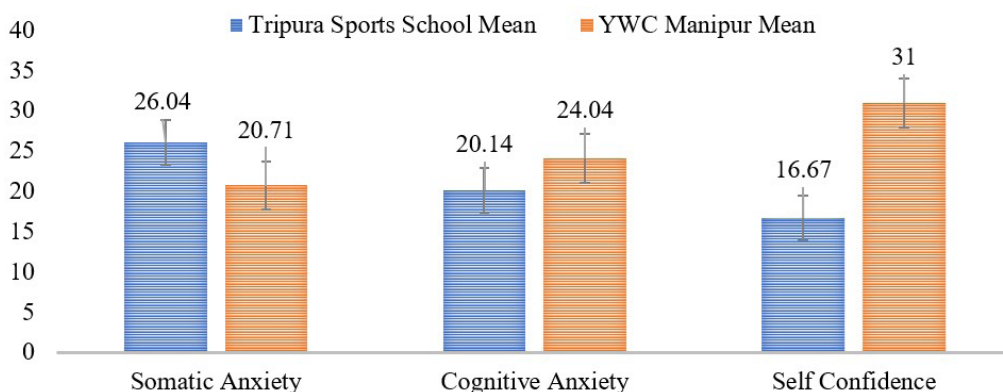


Figure 1: Illustration of somatic anxiety, cognitive anxiety, and self-confidence of Tripura Sports School and YWC Manipur

Figure 1 displays a graphical illustration of the three distinct dimensions of somatic anxiety, cognitive anxiety, and self-confidence of Tripura Sports School and YWC Manipur. The Manipuri players have less somatic anxiety than Tripura. In the case of cognitive anxiety and self-confidence, Manipuri players have higher cognitive anxiety, as shown in Figure. 1.

Table 2 displays the Mann-Whitney U test conducted to

compare the mean ranks of the two groups, Tripura and Manipur, on the variables i.e. somatic anxiety, cognitive anxiety, and self-confidence. The results of the Mann-Whitney U test showed a statistically significant difference between the Tripura and Manipur groups. The U value is 9.500, and the Wilcoxon W value is 240.500, which is significant at the 0.05 level of significance.

Table 2: Mann-Whitney U Test for Group Comparison

Group	N	Mean Rank	Sum of rank	Mann-Whitney U Test	Wilcoxon W	Asymp. Sig. (2-tailed)
Tripura	21	11.45	240.50	9.500	240.500	.000
Manipur	21	31.55	662.50			
Total	42					

*Significance at 0.05

DISCUSSION

Anxiety is a common emotional experience characterized by fear, apprehension, or unease, and it is often categorized either as an emotion when described by the person experiencing it or as an affect when observed by an external party (Steimer, 2002). In the context of sports, players frequently encounter significant anxiety, which can impact their performance during matches (Fekih *et al.*, 2021). Players may perceive anxiety in varying dimensions, and there is a significant negative correlation between somatic and cognitive anxiety and self-confidence. The somatic dimension of anxiety involves physical sensations and physiological reactions, whereas cognitive anxiety is related to mental processes such as fear and anxiety. In the context of sports performance, these dimensions of anxiety are often opposed to self-confidence, which affects players' overall mindset and affects their ability to perform optimally in competitions (Robazza & Bortoli, 2007).

The study reveals variations in the three dimensions of anxiety i.e., somatic anxiety, cognitive anxiety, and self-confidence among Tripura and Manipuri players. Specifically, Tripura players shows higher somatic anxiety, while Manipuri players reveal higher cognitive anxiety and

higher self-confidence. The finding of the study cannot precisely reveal the reason why higher cognitive anxiety has low self-confidence however a no. of possible cause for difference is worth mentioning. These differences may be attributed to variations in experience and exposure between the two groups. The influence of anxiety, particularly competition anxiety, is heavily dependent on an individual's career-long experiences, exposure, level of participation, and training methods (Goette *et al.*, 2015). Coaches should therefore provide careful guidance and make efforts to mitigate anxiety-related decreases in confidence in soccer. In addition, there is a need to guide players to self-management through the development and use of effective and systematic psychological skills using various techniques. These efforts would lead to positive match outcomes by minimizing players' loss of match performances even in away games (Seyong Jang, 2018). The observed differences in results between the two groups can be attributed to differences in training and experience. The infrastructure and grassroots academy development are significantly higher in Manipur compared to Tripura (Naorem *et al.*, 2020). Additionally, it was reported that Manipuri players found to be exposed more competitive opportunities which contributing

to their skills to control the anxiety in any situation. These discrepancies in training facilities and competitive exposure are likely to play a decisive role in shaping the level of anxiety and self-confidence of players from Manipur and Tripura.

Determined the factors contributing to athletes' anxiety and self-confidence is essential for sports development strategies. Addressing disparities in training facilities, improvising psychological skill and providing competitive exposure can play a decisive role in fostering a positive psychological environment for athletes. Initiatives aimed at improving infrastructure and ensuring equal opportunities for athletes from different regions can contribute to reducing anxiety and increasing self-confidence, thereby optimizing sports performance.

CONCLUSION

The anxiety levels among female elite soccer players vary between Manipur and Tripura. There are differences in anxiety levels between female elite football players in Manipur and Tripura. The results imply that socioeconomic, cultural, and environmental factors may have a significant impact on athletes' mental health in these areas. The study provides opportunities for future research to examine the particular difficulties faced by female football players in Manipur and Tripura, even though it did not specifically address the reasons of worry. Gaining an understanding of these variables can help with the creation of focused therapies and support networks that improve athletes' general wellbeing. The study also emphasises how crucial it is to approach athlete development holistically, taking into account both mental health assistance and physical training. Coaches, sports organizations, and policymakers should take these findings into account when designing training programs and implementing mental health initiatives for female elite soccer players.

Acknowledgement

We extend our sincere appreciation to all those who have contributed to the completion of this manuscript. This work would not have been possible without the support, guidance, and collaboration of numerous individuals and organizations.

REFERENCES

Bali, A. B., Ed, B., Ed, M., R, P. D., Jourian, O., & Bali, A. (2015). Impact Factor (ISRA): 4.69 IJPESH. ~ 92 ~ *International Journal of Physical Education, Sports and Health*, 1(6), 92–95. www.kheljournal.com

Baniasadi, T., & Salehian, M. H. (2021). The Effect of Psychological Well-being on Athletic Performance of Professional Athletes. *Pakistan Journal of Medical and Health Sciences*, 15(5), 1680–1682. <https://doi.org/10.53350/pjmhs211551680>

Bukhari, F. K., Fahd, S., Tahira, R., & Yaseen, M. (2021a). Impact of Sports Anxiety on Sports Performance of Players. *Pakistan Journal of Humanities and Social Sciences*,

9(3). <https://doi.org/10.52131/pjhss.2021.0903.0163>

Bukhari, F. K., Fahd, S., Tahira, R., & Yaseen, M. (2021b). Impact of Sports Anxiety on Sports Performance of Players. *Pakistan Journal of Humanities and Social Sciences*, 9(3). <https://doi.org/10.52131/pjhss.2021.0903.0163>

Cowden, R. G. (2017). Mental Toughness and Success in Sport: A Review and Prospect. *The Open Sports Sciences Journal*, 10(1), 1–14. <https://doi.org/10.2174/1875399x01710010001>

Esguerra, V., Solinas, R., & Esguerra, A. (2023). Education Through Sports of Migrants Sports Professionals in European Countries: A Comparative Study. *American Journal of Education and Technology*, 2(2), 15–22. <https://doi.org/10.54536/ajet.v2i2.1336>

Fadare, S. A., Loury Mae, I., P. Ermalyn, L., G. Kharen, M., & L. Ken, P. (2022). Athletes' Health and Well-Being: A Review of Psychology's State of Mind. *American Journal of Multidisciplinary Research and Innovation*, 1(4), 44–50. <https://doi.org/10.54536/ajmri.v1i4.551>

Fekih, S., Zguira, M. S., Koubaa, A., Bettaieb, A., Hajji, J., Bragazzi, N. L., & Jarraya, M. (2021). Effects of Mental Training Through Imagery on the Competitive Anxiety of Adolescent Tennis Players Fasting During Ramadan: A Randomized, Controlled Experimental Study. *Frontiers in Nutrition*, 8, 713296. <https://doi.org/10.3389/fnut.2021.713296>

Ford, J., Ildefonso, K., Jones, M., & Arvinen-Barrow, M. (2017). Sport-related anxiety: current insights. *Open Access Journal of Sports Medicine, Volume 8*, 205–212. <https://doi.org/10.2147/oajsm.s125845>

Goette, L., Bendahan, S., Thoresen, J., Hollis, F., & Sandi, C. (2015). Stress pulls us apart: Anxiety leads to differences in competitive confidence under stress. *Psychoneuroendocrinology*, 54, 115–123. <https://doi.org/10.1016/j.psyneuen.2015.01.019>

Hussein, M. H. (2024). The Degree of Exercise of Academic and Sports Freedom among Faculty Members at the Colleges of Physical Education and Sports Sciences in Baghdad. *American Journal of Physical Education and Health Science*, 2(1), 1–10. <https://doi.org/10.54536/ajpehs.v2i1.2379>

Liew, G. C., Kuan, G., Chin, N. S., & Hashim, H. A. (2019). Mentale Stärke im Sport: Systematische Übersicht und Ausblick. *German Journal of Exercise and Sport Research*, 49, 381-394. <https://doi.org/10.1007/s12662-019-00603-3>

Madsen, E. E., Hansen, T., Thomsen, S. D., Panduro, J., Ermidis, G., Krustrup, P., Randers, M. B., Larsen, C. H., Elbe, A. M., & Wikman, J. (2022). Can psychological characteristics, football experience, and player status predict state anxiety before important matches in Danish elite-level female football players? *Scandinavian Journal of Medicine and Science in Sports*, 32(S1), 150–160. <https://doi.org/10.1111/sms.13881>

Naorem, S., Farooque, S., Adhikari, T., & Sailo, L. (2020). Somatic Anxiety And Cognitive Anxiety Of Football Players: Evidence From Manipuri Women Football Player. *International Journal of Psychosocial*

- Rehabilitation*, 31251–31254. <https://doi.org/10.53555/V24I4/400013>
- Prasad Sahu Assistant Professor, D. (2016). A comparative study on pre-competition anxiety between individual games and team games. *International Journal of Multidisciplinary Research and Development Online Wwm.Allsubjectjournal.Com*, 3, 121–123. www.allsubjectjournal.com
- Razali Abdullah, M., Musa, R. M., Bisyri, A., Musawi, H., Maliki, B., Kosni, N. A., & Suppiah, P. K. (2016). In JPES) (Vol. 16, Issue 1). www.efsupit.ro
- Rice, S. M., Gwyther, K., Santesteban-Echarri, O., Baron, D., Gorczynski, P., Gouttebauge, V., Reardon, C. L., Hitchcock, M. E., Hainline, B., & Purcell, R. (2019). Determinants of anxiety in elite athletes: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 53(11), 722–730. <https://doi.org/10.1136/bjsports-2019-100620>
- Robazza, C., & Bortoli, L. (2007). Perceived impact of anger and anxiety on sporting performance in rugby players. *Psychology of Sport and Exercise*, 8(6), 875–896. <https://doi.org/10.1016/j.psychsport.2006.07.005>
- Rowland, D. L., & van Lankveld, J. J. (2019). Anxiety and performance in sex, sport, and stage: Identifying common ground. *Frontiers in psychology*, 10, 1615. <https://doi.org/10.3389/fpsyg.2019.01615>
- Sagar, S. S., Busch, B. K., & Jowett, S. (2010). Success and failure, fear of failure, and coping responses of adolescent academy football players. *Journal of Applied Sport Psychology*, 22(2), 213–230. <https://doi.org/10.1080/10413201003664962>
- Seyong Jang. (2018). Effects of Competition Anxiety on Self-Confidence In Soccer Players: Modulation Effects of Home and Away Games. *Journal of Men's Health*, 14(3), 62. <https://doi.org/10.22374/1875-6859.14.3.9>
- Steimer, T. (2002). The biology of fear- and anxiety-related behaviors. *Dialogues in Clinical Neuroscience*, 4(3), 231–249. <https://doi.org/10.31887/DCNS.2002.4.3/tsteimer>
- Till, K., & Baker, J. (2020). Challenges and [Possible] Solutions to Optimizing Talent Identification and Development in Sport. *Frontiers in Psychology*, 11. <https://doi.org/10.3389/fpsyg.2020.00664>
- Turner, A. N., & Stewart, P. F. (2014). Strength and conditioning for soccer players. *Strength and Conditioning Journal*, 36(4), 1–13. <https://doi.org/10.1519/SSC.0000000000000054>