



COMPARISON OF THE LEVEL OF COMPETITIVE STATE ANXIETY IN THE FIDE RATED MALE AND FEMALE CHESS PLAYERS

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Abstract: The purpose of the study was to examine the level of Competitive State Anxiety in the FIDE rated male and female Chess Players from Kerala, India. The participants of the study were 110 male and female FIDE rated Chess Players between the ages of 13 to 35 years from various districts in Kerala. The Competitive State Anxiety Inventory -2 (CSAI-2) developed by Martens et al. was used to measure the Competition Anxiety of the subjects under the study. The findings of the study indicated that significant differences were obtained between the male and female FIDE rated chess players on Sports Cognitive Anxiety and Somatic Anxiety. Female players had more Cognitive and Somatic Anxieties than male players.

Key words: Chess, Rating, Male, Female & Competitive State Anxiety

Introduction:

Chess is a distinctive cognitive nexus where art and science come together in the human mind and are sophisticated and enhanced by knowledge and experience. The blending of physical ability, conditioning, chess training, mental preparation and ability to perform well under pressure determine the success and failure of an individual chess player. Clearly, anxiety exerts a variety of effects on chess performance. These effects vary based on the level of experience of the players.



In order to facilitate peak performance the sports psychologists must consider the different components of the competitive anxiety. The competitive anxiety contains two sub components ie, cognitive and somatic anxiety. Cognitive anxiety is characterized by negative feelings, incapability to concentrate and disturbed attention. Somatic anxiety is one's perception of his physiological arousal such as rapid heart rate, tense muscles and butterflies in stomach. Self- confidence is an emotion or state of mind commonly associated with athletic success. Confidence is usually a result of a sportsperson anticipating success in the upcoming event. Early research was limited to due to the lack of clear operational definitions for the construct of anxiety. The development of multi dimensional theory of anxiety and the catastrophe model provides future researchers with a theoretical framework for better understanding of the relationship between cognitive anxiety, somatic anxiety, self- confidence and their effect on sports performance. The purpose of the study was to examine the level of competitive state anxiety in the FIDE rated male and female Chess Players from Kerala, India.

Methodology:

Subjects:

The participants of the study were 110 male and female FIDE rated Chess Players between the ages of 13 to 35years from various districts in Kerala.

Tool:

Competitive State Anxiety Inventory -2 (CSAI-2)

Purpose: The Competitive State Anxiety Inventory -2 (CSAI-2) developed by Martens et al. was used to measure the competition anxiety of the subjects under the study. The CSAI-2 contains three subscales in cognitive anxiety, somatic anxiety and self-confidence. Each item is rated on a 4-point scale range from 1(not at all) to 4(very much so). The lowest score possible for each subscale is 9 and the highest score 36.

Scoring: The score was recorded to the nearest whole number.

Procedure:

The participants of the study were 110 male and female FIDE rated Chess Players between the ages of 13 to 35years from various districts in Kerala. Prior to the test, a meeting of all the participants were held and they were explained regarding the objectives of the study, test procedure and effort they had to put in. The necessary data was collected by administering the test for the chosen variable.



Statistical Analysis of Data:

't' test were used to determine the difference between the subjects under the study.

Results:

The data pertaining to the competitive state anxiety of the FIDE rated male and female chess players were analyzed by 't' test with the help of SPSS version 17. Findings pertaining to the all the three subscales of the competitive state anxiety of the FIDE rated male and female chess players which were subjected to 't' test have been presented in the tables 1, 2 & 3. The mean difference of all the three subscales of competitive state anxiety of the FIDE rated male and female FIDE rated chess players are presented in figure1, 2 & 3.

Table 1

Difference in Means of the Cognitive Anxiety of the FIDE rated male and female chess players

Gender	Number	Mean	Mean Difference	't' Value	Significance
Male	50	18.360			
Female	50	20.840	2.480	5.59	Significant

Table value at 0.05 level of confidence = 1.98

Table 2

Difference in Means of the Somatic Anxiety of the FIDE rated male and female chess players

Gender	Number	Mean	Mean Difference	't' Value	Significance
Male	50	16.740			
Female	50	19.940	3.200	6.97	Significant

Table value at 0.05 level of confidence = 1.98

**Table 3****Difference in Means of the Self Confidence of the FIDE rated male and female chess players**

Gender	Number	Mean	Mean Difference	't' Value	Significance
Male	50	31.020			
Female	50	30.720	0.300	0.50	Not Significant

Table value at 0.05 level of confidence = 1.98

Tables 1, 2 & 3 shows the results of the t- test analysis. The t- test analysis indicated that the differences in cognitive anxiety and somatic anxiety between male and female FIDE rated chess players but there was no significant difference found in the case of self- confidence between the male and female players. The female players had recorded higher scores in cognitive and somatic anxiety than male players. It was also indicated that both male and female chess players had the same level of self –confidence. Mean difference of the male and female chess players for cognitive anxiety, somatic anxiety and self –confidence are presented in figures 1, 2 & 3.

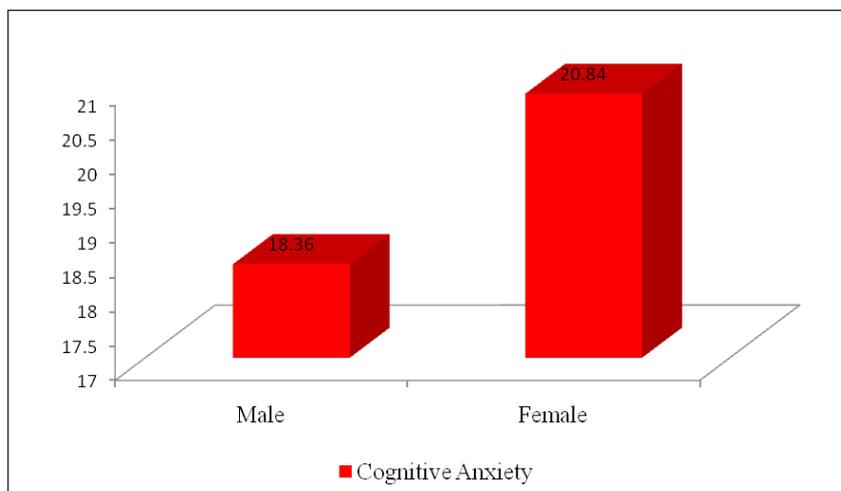
Figure 1**Mean difference of the male and female chess players for Cognitive Anxiety**



Figure 2

Mean difference of the male and female chess players for Somatic Anxiety

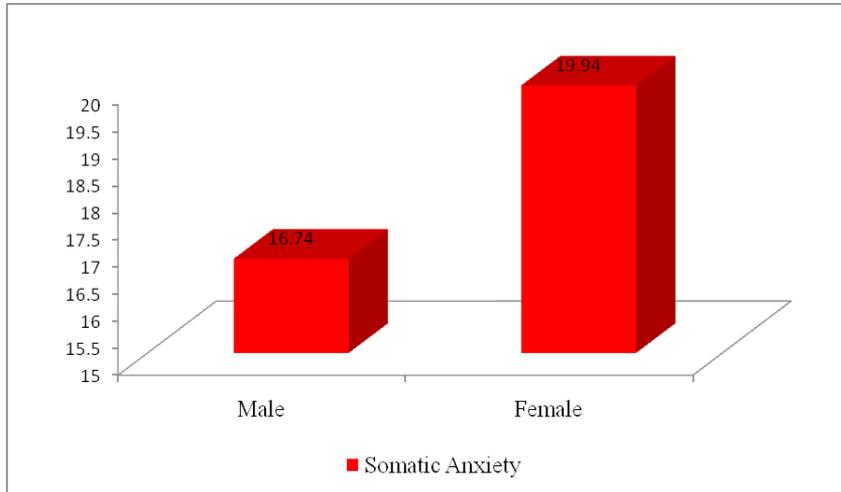
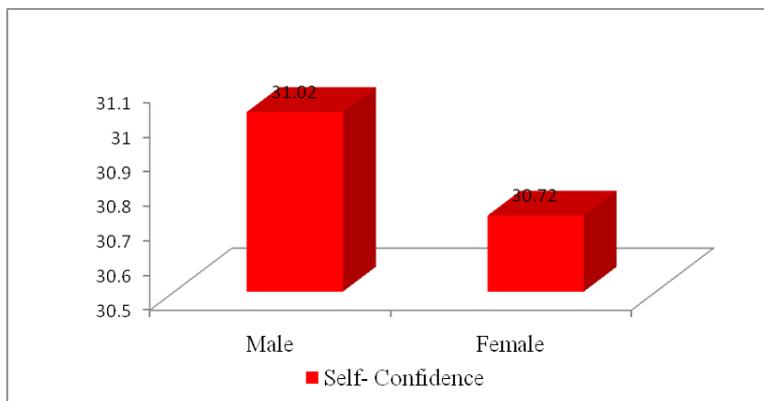


Figure 3

Mean difference of the male and female chess players for Self- Confidence





Discussion:

The present study was conducted to compare the competitive state anxiety differences between the genders. The findings of the study highlighted that significant differences were obtained between the male and female FIDE rated chess players on sports cognitive anxiety and somatic anxiety. Female players had more cognitive and somatic anxieties than male players. The reason may be related to the differences in personality traits, mode of thinking or cognitive structure between male and female chess players. The psychological arousal can influence the performance as a result of individual's interpretation of the psychological symptoms. But there was no difference found in the self- confidence between the male and female chess players. This shows that the strongest predictor of self – confidence has been found to be the amount of ability that a player believed he or she had. Here both male and female chess players believed that they have the high level of self- confidence in the competitive chess situation. The possible reasons might be that male and female chess players possess equal level of confidence in their playing ability. It was proven that competitive and somatic anxieties are higher in females than in male counterparts. But from this investigation; we can also see that there was no significant difference between the male and female chess players for self- confidence.

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