

## Role of anxiety on the performance of football players of Government College Peshawar

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**Abstract:** *Anxiety is a common psychological factor that can significantly impact athletic performance. This study investigated the role of anxiety in the performance of football players at Government College Peshawar. It explored how anxiety impacts football players' focus, decision-making, confidence, and physical readiness on the field. Factors contributing to anxiety, such as cognitive, emotional, and competition stress, were examined through a descriptive method. The quantitative research was employed to obtain the desired information. The total population of the study was 105; 50 players were collected as the sample size through convenient sampling. The data was collected through an adopted questionnaire with 5-option Likert scales. Frequency, percentage, mean, standard deviation, and descriptive statistics were applied through SPSS Version 25 for analysis of the collected data. The expected results highlighted that cognitive and somatic anxiety significantly and negatively impact football performance.*

**Keywords:** Role of anxiety on the performance of football players of Government College Peshawar

### Introduction

Humans possess unique thinking and reasoning abilities, enabling them to plan their daily lives effectively. Sports play a vital role in this planning, fostering physical and mental well-being. Historically, sports have held significant value. In ancient Greece and Rome, sports were highly esteemed (Areis, 1996; Cunningham, 2014). They brought joy to children in ancient societies (Golden, 1993). Today, competitive sports teach essential social skills, such as teamwork, communication, and fair play (De Vries, 2006). Sports unify people, instilling values like fairness, justice, and patience. They develop leadership qualities, positive behavior, and discipline (Weinberg & Gould, 2011). By participating in sports, individuals learn valuable life skills, enhancing their overall personality (Ashraf et al., 2020). However, anxiety can significantly impact sports performance. It can lead to decreased focus, poor decision-making, low confidence, and increased stress (Bashir et al., 2020). To overcome anxiety, athletes can employ relaxation techniques, positive thinking, thorough preparation, and team support (Chaudhry et al., 2020). By acknowledging anxiety's impact and adopting coping strategies, athletes can optimize their performance and well-being (Gul et al., 2020).

## ***Research questions***

- To find out the role of anxiety on football players
- To find out the reason of anxiety during competitive match.

## ***Hypothesis***

There is no significant association between performance of football players with anxiety.

There is a strong correlation between anxiety levels and motivational states in football players.

## **Review of Literature**

This chapter provides an extensive examination of relevant research and studies focused on the effects of anxiety on football player performance, specifically at Government College Peshawar. A thorough review of existing literature was conducted, incorporating various published and unpublished sources. The review drew from a range of resources, including academic texts, research journals, and online databases. The aim was to gain a deeper understanding of anxiety's impact on football performance.

Anxiety's relationship with decision-making in football players is complex (Mason et al., 2020). Anxiety also hinders athletic performance in football players (Baker et al., 2020). Furthermore, anxiety and focus are closely linked in football players (Brown et al., 2020). A study by Adams et al. (2020) shows how anxiety significantly affects football players' ability to make decisions. Anxiety's effects on physical performance in football players are far-reaching (Matthews et al., 2020). Anxiety hampers athletic performance in football players (Miller et al., 2020). According to Clarke et al. (2020), football players' physical performance suffers when they experience anxiety. In addition, Davis et al. (2020) found that anxiety is a significant factor in determining football players' self-confidence. It may be a positive motivating power. In a similar vein, Evans et al. (2020) noted that anxiety significantly influences football players' decision-making. Football players' anxiety can hinder their athletic performance, according to Foster et al. (2020), underscoring the necessity of efficient anxiety management techniques. Anxiety is greater in more competitive events than in comparatively less competitive ones, since athletes are under a lot of pressure to succeed and reach the top in more competitive sports. According to Kristjan (2005), there are notable variations in the degree and orientation of competitive anxiety between football players and international-level players. The detrimental effects of anxiety on football players' physical performance were highlighted by Gibson et al. (2020), highlighting the significance of treating anxiety-related conditions. The complex relationship between football players' anxiety and focus was emphasized by Hall et al. (2020), who proposed that anxiety management is crucial for sustaining focus. International volleyball players take their anxiety as more facilitative to sports performance compared to national-level players. According to Lloyd (2011), the frequency component of the somatic component of state anxiety in non-professional football players showed a significant increase in one day and three hours, but a steady increase between seven and two days. Harris et al. (2020) also highlighted how important anxiety is to football players' decision-making. Harrison et al. (2020) discovered that football players' athletic performance can be significantly impacted by anxiety. Henderson et al. (2020) found that football players' anxiety and self-confidence were strongly correlated. Jenkins et al. (2020) pointed out that football players' physical performance can be severely hindered by anxiety. In a similar vein, Jones et al. (2020) discovered that anxiety significantly influences football players' decision-making. Based on this finding, a hypothesis will be made about how frequently anxiety symptoms would have occurred seven days prior if the time period had been shorter, which would not be a factual indication of the symptoms. According to (Mellalieu et al., 2006), a player's emotional reactions were not precisely replicated by the intensity of their anxiety levels one week prior to an event as opposed to one hour beforehand. The intricate relationship between football players' focus and anxiety was brought to light by Kay et al. (2020). Anxiety has been shown

to significantly affect football players' athletic performance (Lee et al., 2020). The assessment of the intensity aspect of anxiety levels of a player, such as worrying about the competition or remaining stable, findings being the same when comparing symptoms at one week to one hour before competition, didn't show a true picture of how the player was feeling. Hence, Jones and Swain (1993) added a frequency measure to the CSAI-2 to compute the feelings or thoughts that dwell in the mind of an athlete, which increase or decrease as the event approaches closer. In another study by Jones, Hanton, and Swain (1994), they argued that relying only on the intensity aspect and not considering how many times an athlete experiences indications of anxiety is not reliable.. The intricate relationship between football players' focus and anxiety was brought to light by Kay et al. (2020). Anxiety has been shown to significantly affect football players' athletic performance (Lee et al., 2020). According to Carver and Scheier (1999), athletes encounter challenges when competing. People with exceptional talent and the necessary skills are confident in themselves and employ coping mechanisms to get over their competitive anxiety. Compared to athletes who are less trained, these athletes are more likely to bounce back from setbacks with renewed vigor and perform at their highest levels.

## Methodology

Anxiety is a common psychological factor that can significantly impact athletic performance. This study investigated the role of anxiety in the performance of football players of Government College Peshawar. It explored how anxiety impacted football players' focus, decision-making, confidence, and physical readiness on the field. Factors contributing to anxiety, such as cognitive, emotional, and competition stress, were examined through a descriptive method. The quantitative research approach was employed to obtain the desired information.

## Findings:

- I. 2/50 players strongly disagreed, 6/50 players disagreed, 9/50 players were neutral, 16/50 agreed, and 17/50 strongly agreed with the statement: "Rough playing by opponents makes me anxious."
- II. 8/50 players strongly disagreed, 4/50 players disagreed, 8/50 players were neutral, 18/50 agreed, and 12/50 strongly agreed with the statement: "Sometimes I use the technique of visualization in coping with anxiety."

## Analysis:

Analyzing data is the process of carefully examining and interpreting raw data to extract valuable insights. This crucial step in research involves turning data into useful information using statistical methods. Researchers use various techniques, including summaries and comparisons, as well as visual representations, to identify patterns and relationships within the data. The main goal of data analysis is to discover patterns that help answer research questions. It involves preparing and organizing the data, conducting statistical tests, and presenting the findings clearly.

### 4.16 Rough playing of the players makes me anginous and anxious.

|                                    |             | Strongly disagree | Disagree | Neutral | Agree | Strongly agree | Total |
|------------------------------------|-------------|-------------------|----------|---------|-------|----------------|-------|
| position in game of the respondent | Midfielder  | 0                 | 0        | 1       | 2     | 5              | 8     |
|                                    | Defender    | 0                 | 0        | 1       | 3     | 2              | 6     |
|                                    | Attacker    | 1                 | 2        | 1       | 5     | 3              | 12    |
|                                    | Goal keeper | 0                 | 0        | 5       | 1     | 1              | 7     |
|                                    | stopper     | 1                 | 1        | 1       | 3     | 4              | 10    |
|                                    | forward     | 0                 | 3        | 0       | 2     | 2              | 7     |
| Total                              |             | 2                 | 6        | 9       | 16    | 17             | 50    |

In the above table 10/12 midfielders of football are in favor 2/4 Defenders are disagree to the statement of i feel anxious before a competition match. Rough playing of the players makes me anginous and

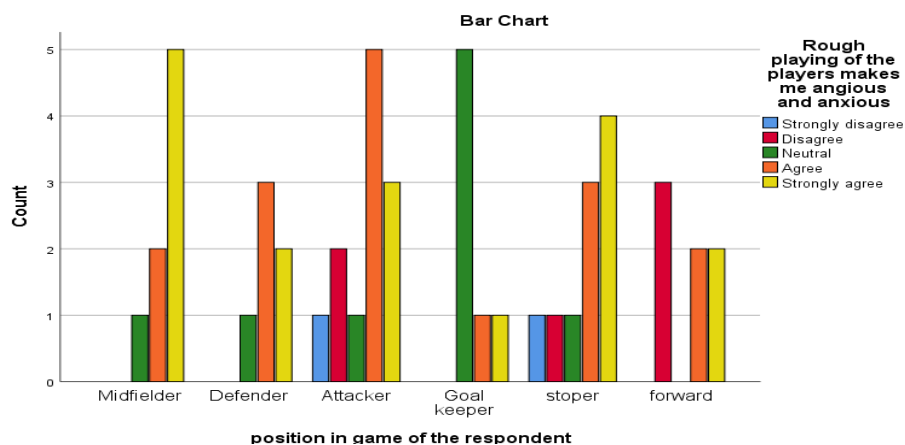
anxious.

### Chi-Square Tests

|                              | Value               | Df | Asymptotic Significance (2-sided) |
|------------------------------|---------------------|----|-----------------------------------|
| Pearson Chi-Square           | 29.359 <sup>a</sup> | 20 | .081                              |
| Likelihood Ratio             | 26.982              | 20 | .136                              |
| Linear-by-Linear Association | 3.127               | 1  | .077                              |
| N of Valid Cases             | 50                  |    |                                   |

a. 30 cells (100.0%) have expected count less than 5. The minimum expected count is .24.

In the above table p-value for chi square test is greater than 0.05 which means there is no association exist between the variables



#### 4.17 'Sometime i use the technique of visualization in coping anxiety.

|                                    |             | Strongly disagree | Disagree | Neutral | Agree | Strongly agree | Total |
|------------------------------------|-------------|-------------------|----------|---------|-------|----------------|-------|
| position in game of the respondent | Midfielder  | 1                 | 1        | 0       | 5     | 1              | 8     |
|                                    | Defender    | 1                 | 0        | 1       | 1     | 3              | 6     |
|                                    | Attacker    | 1                 | 1        | 4       | 4     | 2              | 12    |
|                                    | Goal keeper | 0                 | 0        | 0       | 3     | 4              | 7     |
|                                    | stoper      | 2                 | 1        | 2       | 3     | 2              | 10    |
|                                    | forward     | 3                 | 1        | 1       | 2     | 0              | 7     |
| Total                              |             | 8                 | 4        | 8       | 18    | 12             | 50    |

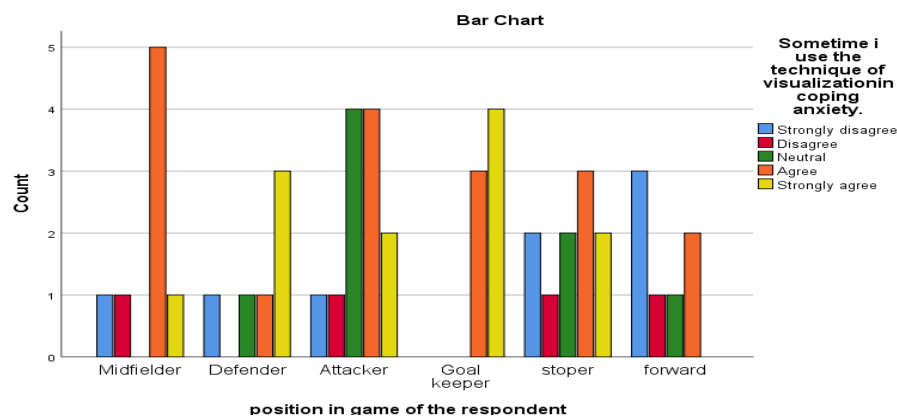
In the above table 7/7 goalkeeper of football are in favor 2/12 Attacker are disagree to the statement of Sometime i use the technique of visualization in coping anxiety.

## Chi-Square Tests

|                              | Value               | Df | Asymptotic Significance (2-sided) |
|------------------------------|---------------------|----|-----------------------------------|
| Pearson Chi-Square           | 21.143 <sup>a</sup> | 20 | .389                              |
| Likelihood Ratio             | 24.527              | 20 | .220                              |
| Linear-by-Linear Association | 2.357               | 1  | .125                              |
| N of Valid Cases             | 50                  |    |                                   |

a. 30 cells (100.0%) have expected count less than 5. The minimum expected count is .48.

In the above table p-value for chi square test is greater than 0.05 which means there is no association exist between the variables.



## Conclusion.

Most football players reported feeling anxious before a competition match, which negatively impacts their performance. A significant number of players reported that their anxiety level decreases their concentration during matches. The majority of players agreed that fear of failure is a significant cause of anxiety during matches. Rough playing by opponents and pressure from coaches were also cited as major contributors to anxiety levels. Notably, the majority of players believed that anxiety management training and self-confidence enhancement programs can help improve their performance. Despite having sufficient coaching and training facilities, there is a need to prioritize anxiety management and self-confidence enhancement programs for football players.

## Suggestions

### 1. Psychological Training & Coping Strategies

Introduce psychological training programs to help players manage anxiety. Encourage breathing exercises and visualization techniques for anxiety reduction. Teach cognitive-behavioral techniques to prevent overthinking and hesitation.

### 2. Pre-Match Preparation

Implement structured physical warm-ups to reduce pre-match anxiety. Develop personalized pre-match routines with relaxation techniques.

### 3. Coaching & Support System

Train coaches to minimize excessive pressure on players. Conduct workshops to create a positive and confidence-boosting environment.

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