

## COMPARISON OF STATE AND TRAIT ANXIETY LEVELS OF INDIVIDUAL AND TEAM ATHLETES BEFORE AND AFTER COMPETITION

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## YAKKA VA JAMOAVIY SPORTCHILARNING MUSOBAQA OLDI, MUSOBAQADAN KEYINGI SHAXSIY VA REAKTIV XAVOTIRLIK DARAJALARI

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## СРАВНЕНИЕ СОСТОЯНИЯ И УРОВНЕЙ ТРЕВОЖНОСТИ ИНДИВИДУАЛЬНЫХ И КОМАНДНЫХ СПОРТСМЕНОВ ДО И ПОСЛЕ СОРЕВНОВАНИЙ

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**Abstract:** This research aims to investigate the pre-game mood and trait anxiety levels of individual and team athletes. The research found that those involved in solitary sports had significantly higher levels of pre-game state and trait anxiety than those participating in team sports. Each athlete's achievements and psychological profile are distinct. All athletes, coaches, and management must acknowledge the need for psychological support, which is as vital as training. Anxiety, a psychological component influencing athletic achievement, may be regarded as one of the fundamental human emotions.

**Key words:** psychological assistance, coach, anxiety, emotions, individual and team athletes, pre- and post-competition.

**Annotatsiya:** Ushbu tadqiqot individual va jamoaviy sportchilarning o'yindan oldingi kayfiyatini va xarakterli tashvish darajasini o'rganishga qaratilgan. Tadqiqot shuni ko'rsatdiki, yakka sport bilan shug'ullanadiganlar jamoaviy sport turlari bilan shug'ullanadiganlarga qaraganda o'yindan oldingi holat va xarakterli tashvish darajasi ancha yuqori. Har bir sportchining yutuqlari va psixologik profili alohida. Barcha sportchilar, murabbiylar va rahbariyat mashg'ulotlar kabi muhim bo'lgan psixologik yordamga muhtojligini tan olishlari kerak. Xavotir sportchi muvaffaqiyatiga ta'sir qiluvchi psixologik komponent, insonning asosiy hissiyotlaridan biri sifatida qaralishi mumkin.

**Kalit so'zlar:** psixologik yordam, murabbiy, tashvish, hissiyotlar, individual va jamoaviy sportchilar, musobaqadan oldin va keyin.

**Аннотация:** Целью данного исследования является изучение предигрового настроения и уровня тревожности отдельных спортсменов и команд. Исследование показало, что у тех, кто занимается одиночными видами спорта, уровень предигрового состояния и тревожности значительно выше, чем у тех, кто занимается командными видами спорта. Достижения и психологический профиль каждого спортсмена различны. Все спортсмены, тренеры и руководство должны признавать необходимость психологической поддержки, которая так же важна, как и тренировки. Тревога,

психологический компонент, влияющий на спортивные достижения, может рассматриваться как одна из основных человеческих эмоций.

**Ключевые слова:** психологическая помощь, тренер, тревожность, эмоции, индивидуальные и командные спортсмены, до и после соревнований.

**INTRODUCTION.** In order to improve athletic performance in today's sports, it will be necessary to have more than only physical competence. It is essential to recognize that the psychological capabilities of an athlete are equal to or even more important than their physical capabilities. Akarçeşme (2004), Tavacıoğlu (1999), and Erkan (1998) all put out the idea that athletes who are experiencing emotional changes may not perform to their full potential, even if they are physically prepared. As a result of the fact that a number of the most accomplished athletes exhibit a high level of competence in psychological aspects such as motivation, anxiety regulation, attention, goal formulation, and physical and physiological capabilities (Koc, 2004), it is abundantly clear that the psychological component must not be ignored when it comes to improving athletic performance.

Several different psychological aspects impact performance in athletics. Anxiety is one of the most severe kinds of problems that may arise. As described by Öncül (2000) and Coşkun and Günbey (2009), anxiety may be defined as "a state of anticipation that causes distress and unease regarding the future, a condition of excitement intertwined with insecurity." In their study published in 2000, Alisinanoğlu and Ulutaş say that fear is a feeling that occurs when a person perceives a situation as being potentially dangerous. Anxiety is characterized by feelings of anxiety and apprehension as if a certain event is about to take place imminently. Tremors, sweat, palpitations, and an increased heart rate are some of the physiological symptoms that are associated with anxiety, which is largely generated by an unconscious recall of a disturbing warning (Morgan, 2000).

The two types of anxiety that may be distinguished from one another are state anxiety and trait anxiety. The term "state anxiety" refers to a kind of anxiety that is described as anxiety that arises from stress related to environmental circumstances. This type of anxiety is primarily traceable to logical reasons, is understandable to others, and is often tied to a temporary predicament that all individuals

experience. The authors of the study are Öner and Le Compte (1998), Selya (1998), and Kuru (2000).

When trying to understand the athlete, it is vital to consider their condition. Athletes must take this into mind before, during, and after tournaments. It is a vital aspect. According to the assertion made by İkişler (1993), this is connected to the athlete's personality. The definition of anxiety is "the interpretation of a stressful situation as perilous or menacing, accompanied by an escalation in the frequency and intensity of state emotional responses to these threats and their persistence" (Özgüven, published in 1994). There is a variability in both the intensity and length of this anxiety, which is determined by the personality structure. İkişler (1993) discovered that the structure of an individual's personality has an effect on the degrees of trait anxiety that they experience. The individual's behaviour cannot indicate trait anxiousness. The assertion made by Öner and Le Compte (1998) is that the intensity and prevalence of state anxiety reactions may be used in a variety of situations.

One of the most significant factors that affect an athlete's ability to perform is the degree of anxiety they experience. Anxiety may negatively influence performance and outcomes in competitive situations (Başer, 1998). The possibility of the athlete making appropriate decisions or showcasing their talents decreases as the athlete's level of anxiety increases. Athletes who are under a substantial amount of stress may make mistakes. Athletes who experience excessive anxiety may find that they forget basic procedures that they have practised extensively, that they experience emotional disorientation, and that they take behaviours that are damaging to their performance (Gumuş, 2002).

Each occurrence has substantial repercussions for the player in terms of their social and economic lives. The ability to manage anxiety effectively is critical to success in this environment, independent of the athlete's physical characteristics or the training methods that they use. There must be a difference in psychological preparation depending on the sport. Individual sports are contrasted with team sports. When opposed to team sports, players

who participate in individual sports are thought to have greater levels of anxiety (Konter, 1998).

**MATERIALS AND METHODS.** In 1964, Spielberger and his colleagues created a test to examine the amounts of current and trait anxiety that individuals exhibited. There are forty short statements included in the self-assessment measure. A twenty-item "state anxiety form" may be used to evaluate current feelings, and a twenty-item "trait anxiety form" can be used to evaluate feelings over the preceding week. Both forms are included in the assessment. Item reliability ranges from .34 to .72, test-retest reliability ranges from .71 to .86, and the Alpha reliability ranges from .83 to .87 for the Likert-type scale with four points.

Scales	Sport type	N	Medium color	H	P
Reactive anxiety state	Kurash	45	117,08	27,410	.000**
	Football	76	67,96		
	Handball	52	88,80		
	<b>Total:</b>	173			
A state of personal anxiety	Kurash	52	90,13	1,516	.459
	Football	76	81,79		
	Handball	45	92,18		
	<b>Total:</b>	173			

The approach used in the "Study of Reactive and Personal Anxiety Scales" resulted in the identification of significant variations in the levels of reactive anxiety among students who participated in sports ( $H=27.410$ ;  $p<0.001$ ). Because of their low self-esteem and their unwillingness to participate in competitive sports, kids who play handball have a higher level of response anxiety than their peers.

**DISCUSSION AND CONCLUSION.** It was shown that there were no significant variations in the levels of state and trait anxiety among the athletes based on their ages. The results of the research were verified by the studies that were included in the literature review. When conducting research in 1989, Özbekçi discovered no association between age and the levels of competition-induced stress in the state anxiety ratings of athletes who participated in basketball, volleyball, and track and field. Within the framework of a competitive environment, Arseven and Guven (1992) performed a study investigating the anxiety levels experienced by athletes competing in various sports, including

**RESULTS.** The statistical data were analyzed using the program SPSS 14.0 for Windows. The data received from both athlete scales were analyzed to determine the scoring criteria. The least squares approach is used to conduct variance analysis, which evaluates the variations in acquired trait and state anxiety levels across different groups. The Least Significant Difference Test was used to determine whether or not the group means had statistically significant fluctuations.

**FINDINGS. Results of the methodology "Reactive and personal anxiety scale study" in different student athletes, Kruskal Wallis criterion  $n=297$ .**

basketball, handball, volleyball, and track and field. The athletes were divided into two age groups: those over 20 and those under 20.

The findings did not have any significant association with one another. Furthermore, even though these data support our investigation, it is suggested that the number of comparable studies be increased since some findings are inconsistent. It was shown that there were no significant differences between the genders of athletes in terms of their assessments of state and trait anxiety conditions. Özbekçi's (1989) research into athletes' state anxiety levels, Engür's (2002) analysis of the influence of achievement motivation on state anxiety, and Yücel's (2003) evaluation of state and trait anxiety levels in taekwondo athletes all provide sufficient evidence to support the findings of the study. Other research findings, on the other hand, contradict their findings. This was shown by Segal and Weinberg (1989) in their study, which demonstrated that women exhibit more significant levels of trait anxiety compared to men. It was discovered by Başaran et al. (2009) that

male athletes demonstrated more outstanding ratings of extraordinary state anxiety in comparison to female athletes. As a consequence of these findings, more study is necessary to determine whether or not anxiety is different between the sexes.

Several factors contribute to the fact that state anxiety is lower in team sports compared to individual sports. These factors include the collective impact of competition outcomes on the entire team, the ability to rectify negative actions with the assistance of teammates, the shared responsibility in the face of defeat, and the reduced likelihood of individual athletes being solely accountable for adverse results. A substantial degree of trait anxiety may be linked to a lack of social cohesiveness and shared responsibility among members of a team while they are working under normal conditions.

**SUGGESTIONS.** Based on the research findings, the following suggestions might be recommended: To choose athletes who can manage their fear with optimism and discernment, coaches and physical education teachers need to make crucial decisions. Techniques for managing anxiety should be taught to athletes by persons who are qualified to do so. It is necessary to do a comprehensive analysis of the athlete's social surroundings, and it is also necessary to implement anxiety reduction measures. When participating in team sports, it is necessary to create relationships on solid foundations, and participants must face conditions analogous to one another. Taking into consideration the fact that the conditions surrounding success and failure, in addition to injuries received after the competition, affect the trait anxiety ratings of athletes, it is of the utmost importance to establish a more comprehensive assessment of trait anxiety that takes into account both losses and injuries.

As is the life case, there are a great many factors in sports that are beyond the players' control. Athletes can control their thoughts, ideas, emotions, and behaviours even though they do not influence the referee's judgments, the audience's expectations, or the draw. A variety of obstacles, both on and off the field, are encountered by athletes during their

careers. Instead of focusing on things beyond their control, athletes should concentrate on those under their power. After that, they should devise ways to deal with circumstances beyond their control.

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