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## RESEARCH ARTICLE

### THE EFFECT OF PHYSICAL SELF-CONCEPT ON COMPETITION ANXIETY OF YOUNG WRESTLERS

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#### ABSTRACT

**Introduction:** Physical self-concept is viewed as basic for acknowledging human potential. A competitor with unsatisfied self-perception may encounter more prominent competition anxiety than his peers who have fulfilled self-perceptions or take part in non-aesthetic games because of the apparent risk of their unacceptable build. **Aim:** To determine the effect of physical self-concept on competition anxiety of young wrestlers. **Materials and Methods:** Physical Self Perception Profile (PSP) and Sports Competition Anxiety Test (SCAT) were administered on a total of 123 young wrestlers who participated in the "7<sup>th</sup> All India Chandgiram gold cup wrestling tournaments in March 17-18, 2018". Pearson correlation coefficient was used to measure the significance relationship. **Results:** The average age of wrestlers was 22 years. The relationship between Physical Self-concept and competition anxiety was negative, strong in strength and statistically significant (p-value 0.05). **Conclusion:** Wrestler's competition anxiety diminishes with the increase of Physical Self-concept. Such data will help wrestlers themselves, just as coaches and sport psychology advisors.

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## INTRODUCTION

In people, a significant element that emphatically impacts serious choices is the level of trust in one's capacity. Biases in fearlessness (i.e., overabundance and absence of trust) can extraordinarily impact individuals' prosperity and position in the public eye, just as at last influence society at various levels (Taylor, 1988). Competing anxiety can regularly be characterized as "a disagreeable mental state because of saw pressure identified with playing out an undertaking under tension" (Cheng, 2009). It is a typical passionate state experienced by competitors at all degrees of execution. Anxiety has regularly been found to impede execution, particularly when the main job is complex and demanding. Competitors who rule the games condition get the most elevated inward inspiration, have an uplifting disposition towards sports and apply the most liquid purposes and data to assess their performance. Accordingly, they can likewise raise their convictions about self-viability by feeling that the situation of game is extremely positive to challenge and conceivably defeat all these games. The physical self-concept (PSC) is simply the impression of an individual shaped through the experience and translations of his condition

comparable to his physical space (Shavelson, 1976). PSC is viewed as basic for acknowledging human potential. Previous studies uncovered how young people saw their physical personality and relationship with sport investment (Brettschneider). Female competitors revealed a higher by and large physical self-concept than non-athletic females, however more seasoned athletes indicated a lower physical self-concept than more youthful females in the two gatherings. A competitor with unsatisfied self-perception may encounter more prominent competition anxiety than his peers who have fulfilled self-perceptions or take part in non-aesthetic games because of the apparent risk of their unacceptable build. Study supports the distinctive physical self-concept of world class and non-competitors. Both male and female competitors have more noteworthy physical self-concept than non-athletes (Marsh, 1998). Male athletes have a higher physical self-concept than female competitors and by and large connect more prominent significance to physical capacity than physical appearance (Kelly). In any case, there is little research on whether the sort of game, for example, aesthetic versus non-aesthetic, can affect the competitor's physical self-concept. Wrestling is a horrendous game that requires more prominent functional aptitudes, for example, physical continuance, coordination and exactness. With the persistent advancement of wrestling sports and the slow improvement of the technical level of the wrestler, it is turning out to be progressively

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obvious that mental athletic abilities and adapting style could impact the result of the opposition. Nowadays, wrestlers are likewise searching for their muscle assemble and body shape and are additionally searching for an appealing body. In spite of the fact that the appointed authorities do exclude the "offer body" as a variable in their score. Along these lines, it is critical to anticipate PSC and competition anxiety in "non-aesthetic sports" competitors. A review of existing literature provides support of aesthetic athletes possessing a high physical self-concept having less competition anxiety. However, the relationship between physical self-concept and competition anxiety, in non-aesthetic athletes needs to be determined. Therefore, this study tried to determine the relationship between the Physical Self-Concept with competition anxiety of Wrestlers.

## MATERIALS AND METHODS

A convenient, descriptive-correlation type of study design was carried out to evaluate the relationship of PSC with the competition anxiety of young wrestlers. The statistical population of the present study was subjected to the whole young wrestlers participated in the "7<sup>th</sup> All India Chandgiram gold cup wrestling tournaments in March 17-18, 2018". More than 800 wrestlers participated in this event. A total of 123 subjects were selected by simple convenient sampling for study after signing the informed consent according to the inclusion and exclusion criterion. Healthy male/female wrestlers of ages 18 to 25 year having BMI under normal range of WHO 18.5-24.9 kg/m<sup>2</sup> were included in the study. All the participants were at the same level of activity. Wrestlers with recent history of any musculoskeletal or neurological impairment as reported by participants were excluded from the study. The *PSPP questionnaire* is distributed and gathered only one day before the beginning of the tournaments. The competitive anxiety (SCAT) questionnaire is subjected to half or one hour before the beginning of the tournaments and all participants are let respond the questions. The present study was conducted in accordance to the Declaration of Helsinki.

**Physical Self Perception Profile (PSPP):** (Fox, 1990). The Physical Self-Perception Profile is a multidimensional 30-item self-report instrument measuring an individual's physical self-concept. It features four domain-specific subscales assessing perceived sport competence (SPORT), body attractiveness (BODY), physical condition (CONDITION), and physical strength (STRENGTH), and one subscale that assesses a global perception of overall physical self-worth (PSW). A four-choice structured alternative item format is used with six items per subscale. Scoring the PSPP involves adding the scores of each subscale. Each response is assigned a value of 1 to 4 points. Each subscale, SPORT, CONDITION, BODY, STRENGTH, and PSW, contains six items ranging from 6 to 24. The negative items are reversed so that the lowest-scoring descriptor is placed first, and items from each of the sub domains are placed in sequence within the complete profile. Therefore, high scores reflect high self-concept. Test-retest findings for this instrument have been reported by Fox (1990) with test-retest reliabilities ranging from .74 to .92 over a 16-day period and .81 to .87 over a 23-day period (Fox, 1990).

**Sport Competition Anxiety Test (SCAT):** (Martens). The Sport Competition Anxiety Test is a 15-item trait anxiety instrument designed to measure a predisposition to respond with varying levels of state anxiety in competitive sport

situations. It is composed of 10 statements referring to feelings of anxiety spawned by competition, and 5 spurious statements that are added to reduce response. The SCAT is self-administered with subjects responding to the items on a 3-point Likert-type scale. Scoring SCAT involves assigning values to the possible responses: (a) Hardly ever, (b) Sometimes, (c) Often. The 10 test items are scored by adding the items together with one point for "Hardly ever," two points for "Sometimes," and three points for "Often." The 5 spurious items are not scored. Items 6 and 11 require reverse scoring. The total scores for the SCAT range from 10 to 30, with high scores indicating a high predisposition to respond to competitive situations with state anxiety. The test-retest reliability coefficient of the SCAT ranged from .57 to .93 producing a mean of .77 (Martens).

**Statistical analysis:** A Pearson Product Moment Correlation Coefficient (PPMC) was used with SPSS16 to estimate the relationship between Physical Self-Concept, and competitive trait anxiety in the young wrestlers.

## RESULTS

**Descriptive data:** 123 wrestlers (18 females, and 105 males) were recruited for the study. Mean and standard deviation of age, height, weight, BMI, PSPP Score, and SCAT Score was 22.30±2.03, 177.42±5.90, 72.73±4.15, 23.13±1.30, .80±.080, 16.54±3.633 respectively (Table 1.)

**Table 1. Descriptive Statistics for the Variables in this Study**

	M	SD
Age	22.30	2.03
Height	177.42	5.90
Weight	72.73	4.15
Index	23.13	1.30
PSPP Score	.80	.08
SCAT Score	16.54	3.63

**Table 2. Descriptive Statistics for PSPP Score, and SCAT Score by the Male and Female Wrestlers**

	PSPP Score		SCAT Score	
	Mean	SD	Mean	SD
Female (18)	0.81	0.072	0.67	0.48
Male (105)	0.8	0.082	0.64	0.48
Total (123)	0.8	0.08	0.64	0.48

**Table 3. Correlations for PSPP score with SCAT score (N= 123)**

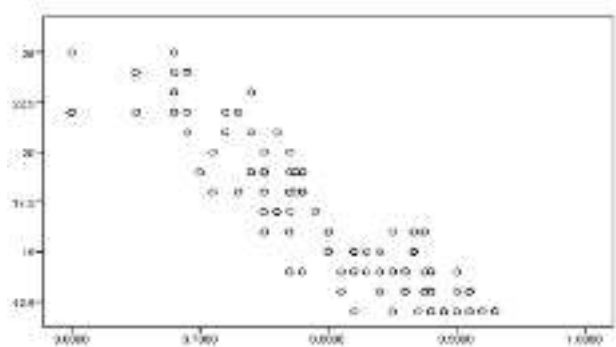
	PSPP Score
PSPP Score	1
SCAT Score	-.90**

Note. \*\*. Correlation is significant at the 0.01 level (2-tailed).

**Correlations for PSPP score with SCAT score of Wrestlers**  
123 young wrestlers were surveyed about their Level of PSPP score ( $M = 0.80$ ,  $SD = 0.080$ ) and their SCAT score during the tournament ( $M = 16.54$ ,  $SD = 3.63$ ). The relationship was negative, strong in strength and statistically significant ( $r(123) = -.90$ ,  $p < .001$ ). A complete list of correlations is presented in Table 3. And a scatter plot of PSPP score and performance is presented in Figure 1.

## DISCUSSION

The hypothesis proposed that there will be a connection between physical self-concept and competition anxiety of young wrestlers. Results showed a solid negative relationship between the two factors for young wrestlers.



**Figure 1. Correlations for PSPP score with SCAT score of Wrestlers**

These discoveries demonstrated the more the score of physical self-concept of a wrestler, the less anxiety he or she will experience prior to competition. It implies that both physical self-concept and competitive anxiety are conversely related to one another. These outcomes are like the analysis of earlier studies where competitors with self-presentational concerns, for example, sentiments of an inadequate physique, experienced high levels of competition anxiety (Martin, 1996; James, 1997). Physical self-concept ended up being a superior indicator of serious quality nervousness in young wrestlers at the time of competition. These outcomes harmonize with discoveries from other research that discovered competitors with self-presentational concerns, for example, body attractiveness or fear of negative assessment of their appearance experienced elevated levels of competitive trait anxiety (Martin, 1997).

Both Self-assurance and Psychological State nervousness were significant in segregating among winning and losing competitors (Cox, 2001). In a perfect world, a more grounded connection between SCAT scores and wrestling result was wanted. Nevertheless, this examination offered further help for build legitimacy of the SCAT in an authentic competitive setting. Competitive trait anxiety confirms that the character inclination can influence the competitor's view of the serious circumstance as undermining (Martens, 1975). Female competitors with self-presentational concerns, specifically individual performers, have high inclinations to competition anxiety (Wong, 1993). Like social anxiety, sport competition anxiety may emerge when people question their capacity to introduce an ideal picture and dread ensuing contrary evaluative responses from a group of people. Sport members are worried about the performance, however regularly worried about the appearance and assessment of their bodies and proposed that such physical self-presentation concerns might be an attendant of game competition anxiety (Leary, 1992). Sport rivalry uneasiness spins around the self-presentational consequences of competition. That is, individuals need to feel that they have established a positive connection with others, yet at whatever point they contend, they risk passing on negative pictures of themselves, and being contrarily assessed by observers. We also found that wrestlers having low PSPP score experience increasingly self-reported pressure and feel less great during physique assessment. These wrestlers have progressively visit negative contemplations about their body's appearance and they incline toward private exercise settings. Competitive situations may pose a greater threat and fear of negative physical evaluation by a variety of sources, such as spectators, officials, and other competitors.

Ongoing improvements in precompetitive anxiety evaluation have shown that competitors with higher self-confidence see their anxiety as increasingly facilitative (Wiggins, 1996). PSPP for the most part shows high score in aesthetic sports, however it was discovered that wrestling which is a non-aesthetic sport likewise shows the high score on PSPP. It was amazing that male wrestlers score practically same on physical self-concept than do female wrestlers. This finding is very intriguing as in physical self-concept is viewed as a feminine component. It was not amazing that physical appearance was simply the most grounded indicator regard. The connection between physical appearance and confidence has been demonstrated to be very robust across both sexual orientation and age (Hart, 1989). These discoveries bring up significant issues concerning how the estimation of attractiveness comes to overwhelm as a determinant of male wrestler's and female wrestler's feeling of worldwide regard. The accentuation set by mainstream society on appearance and its relationship to acknowledgment, may well fill in as a clarification. Motion pictures, TV, magazines, and commercials tout the significance of engaging quality as physical highlights and dress, and glamorize the well-known good examples one ought to copy. Watching appearance-related TV advertisements prompted expanded body disappointment in female and male young people, just as to decreased confidence in girls (Hargreaves, 2002).

#### Limitation

A significant concern identifies with the members' trustworthiness. Most wrestlers want to have a perfect body for their game, yet most shun conceding that they come up short on that perfect body. Although complete obscurity was guaranteed to the subjects, one should scrutinize the reaction unwavering quality. Additionally, all the wrestlers were reviewed either previously or after training, consequently nature, or nearness of colleagues or mentors may impact their reactions in a socially attractive estate. For future research, distinctive instrumentation for physical self-concept might be fundamental. While this scale was picked for its length (just 30 things), a questionnaire with a Likert-scale reaction organization may create less disarray for the members. We had an extremely less number of female wrestlers in our examination. In future we can increase the example size of females to sum up the outcomes.

#### CONCLUSION

The current examination gave that a wrestler's competition anxiety diminishes with the increase of Physical Self-concept. Despite the absence of a comparison group, the findings of this study contributed to our understanding of patterns of PSC in male and female wrestlers. This examination gave an establishment from which to increase an improved comprehension of the relationship of Competition Anxiety with the PSC. Such data will help wrestlers themselves, just as coaches and sport psychology advisors. They will get advantage from such request in that endeavors to prepare performers for competition, and advising wrestlers whose exhibitions have been frustrating can be upgraded.

#### Acknowledgement

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**GLOSSARY OF ABBREVIATIONS****PSC:** Physical Self-Concept**PSPP:** Physical Self-Perception Profile**SCAT:** Sport Competition Anxiety Test**WHO:** World Health Organization**BMI:** Body Mass Index**M:** Mean**SD:** Standard Deviation**REFERENCES**

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