Competition Anxietyin Relation to the Performance of Serving in Badminton

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ABSTRACT

Skill of the serving is the active element and the most important in getting the points because it is the key of playing and it is a skill that can through player predicts and determines the path of badminton which back by competitor, and then the player is initiative in attack and scoring and settle of the game, the psychological variables play an important role in comprehend of the player and the acquisition of skills, self-confidence and mastery performance through repetition and experience of success by following the scientific method which achieves the objectives set by the coaches, experts, and educators to access the best level of performance. The problem of the research is that players are performance of serving fast in doubles matches because of the small of serving play area in comparison single playas' a result of fear of failure of serving that is caused by the lack of attention to psychological variables of players. The objective of this study to identify the relationship between the anxiety of competition and the level of performance of short back serving for badminton players, sample of the study is players Iraqi Middle Euphrates Universities in badminton and the number of players is 36 players from 8 Iraqi Universities, the researchers used a descriptive approach, and used a measure of competition anxiety which prepared by Rainer Martens and after statistical analysis the researchers found that competition anxiety level of study sample is with an average level, the number of repetition approximately (18) and the percentage is (50%).

Keyword: **Competition Anxiety, Serving, Badminton.**

1. Introduction

Activities and sports events are developed rapidly and effectively over the last years, the development is occurred as a result of actual a lot of researches and studies in various team and individual games, including badminton which developed at all its aspects and led to high levels of performance of the players physically, skillfulness, psychologically, and mentally.

Badminton players need to psychological variables with the same what they need to physical abilities and skills since it is an individual game, the psychological pressure is increased on the player in the competitions, critical matches and the points of influencing the outcome of the match. Badminton is a game characterized with plenty of skills in defense and attack and is characterized by abundance of variables that occur during matches, it needs to abilities of physical, skill, planning, and psychological, so as to be the player with more mastery and more stable when performing of skills. Serving skill is the active element and the most important to get the points because a key play, it is a skill that the player can predict and determine the trend of badminton which give it back competitor and therefore the initiative in the attack and achieved scores and win the match.

Psychological variables play a role in comprehend of the player and the acquisition of skills and self-confidence and masterly of performance through repetition and experience by following the scientific method which achieves the objectives set by the coaches, experts and educators to reach to the best level of performance (Peter., 1995). Given the importance of serving in badminton and for the use of optimization training method in badminton training, so researchers studied some psychological variables related to the level of serving performance in badminton which is believed that it will give good results and access to the correct performance and to avoid technical errors by measuring aspects of psychological tests and accurate tests to economy of effort.

2. Methodology
Study used descriptive approach because it is suitable of nature of problem which researchers want to solve, the study started on November 15, 2012 to March 15, 2013, the study was conducted in Waset and Kuffa Universities at sport closed hole.

2.1 Subject
Sample of current study consisted of players of teams of Iraqi Universities at middle Euphrates who participant in Iraqi Universities championship which was hold 2012-2013, the number of Universities were approximately (8) Universities and the number of sample was (36) players which represented study community, the percentage of original community is (100%).

Table (1) illustrates the number of universities and players that participated in Iraqi Universities championship of middle Euphrates with badminton

N	University	Subjects
1	Babylon	6
2	Kuffa	4
3	Wasit	6
4	Karballa	4
5	Bassra	4
6	Qahdesia	4
7	Muthna	4
8	Nasria	4

2.2 Psychological Tests

2.2.1 Sport Competition Anxiety Test

Study used competition anxiety measure which prepared by (Riner and Martniz) and translated into Arabic language by (Mohammad Hassan Allawi), it is a measure component of 15 paragraph, for every paragraph three replacements of answering is (Rarely, sometimes, often) and scores of this replacements is the high scores (3) and low scores (1) so as to give a chance to the player to show his performance in badminton.

The purpose of the testing: Measure degree of sport competition anxiety.

Using Tools: Special form to measure degree of sport competition anxiety and pencil. Testing Describe: The test consists of (15) term, of which (10) real terms, a measure of competition anxiety, player responds for each phrase in the light of the scale that are included (3) replacements are (rarely, sometimes, often) and placed mark (√) in the square, which he sees appropriate in front of each phrase.

Recording: Scores range between (10) and (30) degree, score (10) means low level of anxiety and scores (30) is higher level of competitive anxiety, phrases that are not counted are (1, 4, 7, 10, 13).

Accounting of the results: Collected of degrees for ten phrases and total of scores indicate to the degree of sport competitive anxiety which practiced.

2.2.2 Measure of Serving Skill in Badminton through Matches:

Measure of performance level by observation, calculates the number of successful servings for each player and the number of failed servings or count the number of servings are not accurate and non-influential (servings easy back, which makes it easier for the competitor to resolve the point to his favor) for each player, by observation method can one person evaluate a player in the performance of all skills, whether defensive of attack (Mohamad, 1994) as following:

1- Serving which player can get a direct point and give its (3) degrees.
2- Serving which is difficult on competitor and creation a chance to get a point and give its (2) degree.
3- Serving which doesn't impact in competitive player and replay it is easy and give its (1) degree.
4- Failed serving which because of it the player loses point and loses the serving and giving (zero) degree.

2.3 Main Experiment

The researchers applied the study variation tests on December 15, 2012 on the main subject and the number of players was (36) players, the questionnaire forms distributed to the players of universities that participated in championship for Euphrates area, the researchers distributed the forms before one hour of match starting, the researchers demonstrated the paragraphs of questionnaire and how answer and then the researchers collected the forms after were answered by players (Research Sample) to extent the results.

2-4 Statistical Analysis

Study used SPSS to extent the study results.

3. Results & Discussion

The researchers collected the raw degrees and converted them into degrees and standard levels by natural curve, the researchers divided competition anxiety into three difference levels as shown in table (2).

Table (2) illustrates competition anxiety levels into three different levels for study subjects

No	Competition Anxiety Level	Rang	Repetitions	Percentage	Mean	Standard Deviation
1	Low Level	14-6	7	%19,44		
2	Medium Level	20-15	8	%50	16	2,57
3	High Level	30-21	1	%30,55		
Total			6	%100		

The results of the tests which applied to measure anxiety level to the players showed high anxiety level because of the important of universities championship and most of players are students who did not have previous experience about competitions, In addition, the results of matches and get the team advanced positions depend on performance of player in match, the result of player impacts largely of result team because the game is single and every player represents a university and the final result calculates within dotting the team in the stage that take place within the competition, hence result in increasing of anxiety level negatively at performance, table (2) showed different levels of competition anxiety to the players (low, medium, and high levels) depending on mean which ranges its value (16) with standard deviation (2.57), since competition anxiety to the study sample is medium level because their repetitions (18) with percentage approximately (50%) so the index is not low but is up somewhat.

The performance of 7 players were good because their anxiety were low and expressed as a percentage of the amount (19.44%) which is lower than expected due to the level of players was advanced and some of them has a good experience and play in excellence clubs, 11 players with percentage (30.05%) had high competition anxiety, so there is a single differences between players in this feature. If we come back to standard deviation for this feature which is (3.05) and it is expressed about the differences, the reasons of that are the rules of the intensity championship, in addition, the students situation at university and irregular of training due to intensity of lessons and duties that carry out by students in many activities in different levels then leads to decreased of player concentration in their specialist games and training.

Indeed, It shows that the first level of the level of competition anxiety to the players is (7) s player which can be expressed by facilitated level to the performance, either the second and third level for competition anxiety to the players are (11, 18) expressing a high level of anxiety, and it is a disability anxiety to perform, which requires great efforts to get rid of the anxiety influences (Jack., 1983).

Table (3) showed the results of players to serving performance, the level of study subjects performance for medium level is around (20) with percentage (55.55%), it is a good ratio and a good indicator to the level and performance of players.

Table (3) Illustrates of serving performance level as percentage

No	Competition Anxiety Level	Rang	Repetitions	Percentage	Mean	Standard Deviation
1	Low Level	24-15	7	%19.444		
2	Medium Level	32-25	20	%55,555	27	1.42
3	High Level	45-33	9	%25		
Total		%100	36			

The performance of 7 players were low because their anxiety were up and expressed as a percentage of the amount (19.44%) which is bigger than expected due to their hesitate to play the serving and the high level of competitors and they didn't training in good way before championship, the results confirm that there was 6 players with percentage (25%) had a high level of performance, it is a good ratio especially the study simple from advanced players and they have a good experience, so there is a single differences between players and performance through playing.

4. Conclusions

Study concluded that importance of competition determined from anxiety for the players when increased of importance of competition will be increased anxiety for players, in addition, psychology anxiety to the players with three levels of a high, medium, and low anxiety and decreases anxiety when increasing of players experience and the number of players participating in championship, also the players who have low anxiety achieve a good results in championship.

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