Anxiety and Its Relationship to the Level of Achievement in the 100-Meter Event for the Baghdad University Team in the Track and Field

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Abstract

The psychological factors that affect any person in one way or another, whether on the pattern of his behavior or the level of his achievement. Since psychological anxiety is currently considered one of the important elements that may affect the level of achievement of athletes, the researcher found that there is a need to know the relationship between anxiety and achievement for the 100-meter effectiveness. And the research objective recognizing the relationship between psychological anxiety and achievement for the Baghdad University team in the arena and the field for the 100-meter event, The research community included (20) players, (15) players were selected from among them to represent the research community, after deporting (5) as an pilot sample.

After collecting and extracting the data, it was processed statistically to reach the most important conclusions :

The greater the physical and psychological preparation of the athlete, the more anxiety turns into a positive influence that works to produce greater energy and achieve the goal.

Keywords: Anxiety, achievement and track and field.

1. INTRODUCTION

The level of scientific research differs in the way each research and case is dealt with, but it does not move away from the desired goal, which is to achieve an advanced mathematical level, so we find that there is a revolution of ideas and variables that crowd together to study ways to achieve the mathematical goal in different ways.Therefore, the current research found that there is a topic related to the achievement of digital achievement for the athlete, which is the issue of anxiety, as anxiety is one of the important psychological phenomena that affect the emotional and motor behavior of the human being.

The manifestations of anxiety are among the trends that have emerged recently, that anxiety is a compound emotion of internal tension, a feeling of fear and the expectation of not being able to achieve the goal. Sullivan Walder believes that anxiety arises as a result of the lack of acceptance or approval in social relations, and this concept indicates that the emergence of anxiety is the result of the dynamic interaction between the individual and society.[1]

Some believe that anxiety levels are related to human behavior, giving and performance, which is greatly influenced by the level of anxiety that characterizes the individual. There are at least three levels:[2]

1. **Low level of anxiety:** At this level, a general alert occurs to the individual with a high degree of sensitivity towards external events, and the degree of preparedness and readiness to confront sources of danger in the environment in which he lives increases. This level of anxiety is referred to as a warning relationship of imminent danger.

2. **Theaverage level of anxiety:** In the medium levels of anxiety, the individual becomes less able to control and stagnates over the individual's responses in different situations, and the individual needs to exert more effort to maintain appropriate and appropriate behavior in multiple life situations.

3.   **High level of anxiety:** The high level of anxiety affects the behavioral regulation of the individual negatively, and the individual cannot distinguish between harmful and harmless stimuli, and this is related to the inability to focus, pay attention, irritability, and random behavior.

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2.   RESEARCH OBJECTIVE

•   Recognizing the relationship between psychological anxiety and achievement for the Baghdad University team in the arena and the field for the 100-meter event.

Hypothesis

•   There is a statistically significant relationship between psychological anxiety and achievement among the Baghdad University team in the arena and the field for the 100-meter effectiveness.

Research fields

•   The human field: the university's track and field team players at the University of Baghdad.

•   Time range: for the period from 1/10/2021 to 1/02/2022.

•   Spatial field: the football field at the University of Baghdad/College of Physical Education and Sports Sciences.

3.   RESEARCH METHODOLOGY

The researcher used the descriptive approach to suit the nature of the research procedures.

Community and sample research

The research community included (20) players, (15) players were selected from among them to represent the research community, after deporting (5) as an pilot sample.
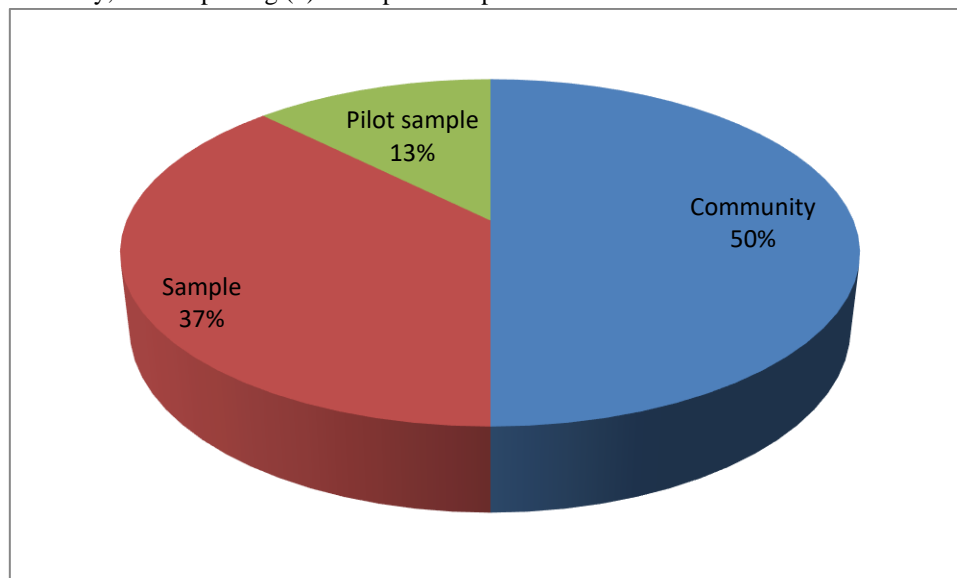

Figure 1: Shows the distribution of the research population and sample

Equipment, tools and means used in the research

•   Information collection form.

•   Personal interview.

•   Psychological anxiety questionnaire.

•   Stopwatch.

- Playground yard and legal field.

Field research procedures
Pilot study
The pilot studywas conducted on (4/10/2021) in order to control the method of research procedures and to identify the appropriate time to apply the research sample tests.

The measurements used in the research[3]
1.   Psychological anxiety scale
For the purpose of achieving the goal of the research, the STAI test was adopted to measure the level of psychological anxiety among the 100-meter runners, which was developed by the psychologist Charles Spielberger.
2.   100 meter sprint
  100 meters is the shortest race distance that is competed on open tracks. The winner of this race is usually called the fastest man/woman in the world, although the average speed in a 200m race is usually faster than 100m, however the current record for 100m is faster than 200m
The distance of a 100-meter sprint is divided into:[4]
1.   Start-up phase (reaction speed).
2.   The stage of gradual velocity (increasing velocity).
3.   The stage of maintaining the maximum speed.
4.   The stage of deceleration.

4   RESULTS
After collecting the data, the researcher extracted the results from the test form and processed them statistically.

Show results for search variables in Descriptive Statistics

Table 1: Show descriptive Statistics

	Mean	Std. Deviation	N
Anxietyduringtraining	34.1333	6.50128	15
Anxietyduringcompetition	38.4667	7.02919	15
Achievementduringtraining	8.6667	0.81650	15
Achievementduringcompetition	10.2667	0.88372	15

Table 2: Shows the relationship between anxiety and 100 meter achievement

		Anxietyduring training	Anxietyduring competition	Achievementd uringtraining	Achievementd uringcompetiti on
Anxietyduringtraining	Pearson Correlation	1	-0.089-	-0.314-	-0.156-
	Sig. (2-tailed)		0.752	.254	0.579
	N	15	15	15	15
Anxietyduringcompetition	Pearson Correlation	-0.089-	1	-0.133-	-0.102-
	Sig. (2-tailed)	0.752		.637	0.718
	N	15	15	15	15
Achievementduringtraining	Pearson Correlation	-0.314-	-0.133-	1	0.231
	Sig. (2-tailed)	0.254	0.637		0.408
	N	15	15	15	15
Achievementduringcompetition	Pearson Correlation	-0.156-	-0.102-	0.231	1
	Sig. (2-tailed)	0.579	0.718	0.408	
	N	15	15	15	15

5. DISCUSSIONS

Through the results that were presented, there was no clear relationship between anxiety and achievement, and this is due, of course, to the amount of muscle energy or the athlete's ability to control the results of the energy used in performance, and this assures us that preparing the athlete well qualifies him to participate in competitions and achieve results.[5]

It is necessary to note an important note, which is that the sources indicate that anxiety is divided into levels and what happened to the research sample falls within the classification of low anxiety, which is not significantly reflected on the results of the sample,[6] and this is a positive factor that can be used in training different age groups to pass that psychological barrier that may Significantly affects performance and achievement.[7]

Freud distinguishes between two types of anxiety: objective anxiety (which he sees as a response to a known external danger and is a specific danger, such as athlete anxiety before sports competitions) and neurotic anxiety (defined as the vague and incomprehensible fear that the individual cannot feel, feel, or know its causes and divides it into three There are two types: rampant anxiety, paranoid anxiety, and hysteria anxiety.[8]

This explains that the anxiety experienced by the research sample was a positive concern, as it had a good impact on the individual's athletic performance and achievement and prompted him to exert more effort and mobilize all his forces, and this led to an increase in the player's confidence in his abilities.[9]

6. CONCLUSIONS

1. The higher the level of competition, the greater the anxiety and the greater and lesser the player's chance of achieving a good performance.

2. The greater the physical and psychological preparation of the athlete, the more anxiety turns into a positive influence that works to produce greater energy and achieve the goal.

3. Continuously involving players in competitions and in different places relieves them of anxiety and fear of competition.

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