

A Perspective of Fear of Negative Evaluation on Athletes

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ABSTRACT

The present study was based on Cottrell's Evaluation-Apprehension Theory with the main objective to find the difference between the fear of negative evaluation between players belonging to group and individual sports events. The study was further extended to study the impact of duration of sports participation, history of injury, age and education, on fear of negative evaluation. Random sampling technique was employed on 77 SAI inmates of which 40 were from group events and 37 were from individual sports events, of age range 12-23 yrs. The Brief Fear of Negative Evaluation was used to assess their fear of negative evaluation. Independent t-test was employed to find the difference between the two groups, where the mean and S.D were found to be 26.80 ± 4.04 and 25.47 ± 4.31 , respectively. No significant difference was found as the obtained t value 1.37 was lesser than the required value at 72 df, at 0.05 level of significance. Further, one way ANOVA was employed to find the impact of duration of sports participation, history of injury, age and education, respectively, on fear of negative evaluation, which was found to be insignificant. Therefore, the present study reveals no significance difference on the level of fear of negative evaluation on sports events, duration of sports participation, history of injury and their level of education.

KEYWORDS

Fear of negative evaluation, evaluation apprehension, team and individual sports events.

INTRODUCTION

It is well known that sports performance is not simply a product of physiological and biomechanical factors but psychological factors also play a crucial role in determining performance (Ashwani Bali, 2015). The present study is an attempt to understand the level of

fear of negative evaluation among group and individual event. The study is a survey model based on Cottrell's Evaluation-Apprehension Theory which states that the presence of others causes an increase in one's arousal because when he feels that he is about to be

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evaluated. Fear of negative evaluation is defined as apprehension about other's evaluation distress over their negative evaluation and the expectation that others would evaluate oneself negatively (Watson & Friend, 1969).

Fear of negative evaluation has not been extensively studied in sports scenario; however, there are few studies which have been attempted to explore its contribution in sports performance. Christopher, Jack & Christopher (2010) conducted a study to understand the role of fear of negative evaluation on choking under pressure on 138 experienced Basketball players. The results indicated that the high FNE (fear of negative evaluation) athletes displayed a significant increase in anxiety and a significant decrease in performance from low to high pressure phases. The low FNE group exhibited only minimal changes in anxiety and was able to maintain performance under pressure. Ebru et al (2013) conducted a study on 41 kick boxers to investigate gender differences on FNE which was found to be insignificant. Later on, another study on the relationship between FNE and empathetic tendency among 63 Judokas was taken up (Ebru & Ziya, 2013). It was found that gender and sportive age did not have much effect; however, the level of performances successful and unsuccessful athletes has significant effect on fear of negative evaluation and

empathetic tendency. Tamar (2015) conducted fear of negative evaluation on 135 deaf sports people which revealed significant gender differences, where female scored higher. However, their educational background and sports experience on fear of negative evaluation was found to be insignificant.

Since sports is a platform where the participants are to be judged from multiple angles. The observer in sports can range from mere observers, playmates to expert panels. Considering their presence, the present study was taken up with the main objectives of studying the difference in the fear of negative evaluation among group and individual sports events. Further, it was extended to see the impact of duration of sports participation, history of injury and their level of education on the fear of negative evaluation. The finding of the study was anticipated to understand the mechanisms that exist in the team and individual events and other variables on the fear of negative evaluation. The finding can help us in planning and execution of proper intervention plan to enhance the sports performance.

METHODOLOGY

This research was a survey model that mainly aimed at investigating the difference between fear of negative evaluation among players of team and individual sports events. The study

further aimed to see the effect of gender and duration of sports participation on fear of negative evaluation. Random sampling technique was conducted on 77 SAI, NERC, Imphal inmates belonging to different events of which 40 players were from team events and 37 from individual events. The brief fear of negative evaluation (Leary, 1983) was used for the study. It is a shortened version of the original FNE questionnaire (Watson & Friend, 1969). It consists of 12 items with four "reverse-worded" questions and measures individuals' expectations of being negatively evaluated by others, looking foolish, and making a bad impression on others. Individuals respond to the questions by rating the extent to which the statements are characteristic of them, on a 5-point Likert scale ranging from 1 (not at all characteristic of me) to 5 (extremely

characteristic of me). Total scores range from 12 to 60, with higher scores indicating greater FNE disposition. Prior permission was taken from their respective coaches. The assessment was conducted individually, during their practice session, to retain the genuineness of the response.

Independent t-test was employed as a measure to see the mean difference in the fear of negative evaluation among group and individual sports events. Then later on, to find the effect of duration of sports participation, history of injury, age and education on fear of negative evaluation, one way analysis of variance (ANOVA) was carried out. The details are given the result section.

RESULT & DISCUSSION

The data analysis of 77 players belonging to team and individual sport events is presented in this section.

Table-1: Mean and S.D of fear of negative evaluation on two groups i.e. Team and Individual event.

Group	Mean	S.D	t-value	df	P-value
Team	26.80	4.03	1.367	72	0.176
Individual	25.47	4.31			

* $p < 0.05$

From the above Table, it is seen that the mean score and standard deviation of FNE of team event is 26.80 and 4.03 and that of individual event is 25.47 and

4.31, respectively, with t-value 1.367 which is found to be insignificant at 0.05 level.

Table-2: Result of ANOVA, where Mean and S.D of FNE on three levels of duration of Sports Participation are given.

Duration of Sports participation	Mean	S.D	F	P-value
Below 1 year	25.00	8.48	0.138	0.176
1 to 3 years	25.95	4.14		
Above 3 years	26.32	4.15		
Total	26.18	4.19		

*p>0.05

In the above Table, it is seen that the mean and standard deviation of the three level of duration of sports participation as 25.00 ± 8.48 , 25.95 ± 4.14 and 26.18 ± 4.19 for period below 1 year, 1 to 3 years and above 3 years,

respectively. The P-value is found to be 0.176 which is not significant at confidence level set at 0.05 which indicates that the duration of sports participation has no significant effect on fear of negative evaluation.

Table-3: Result of ANOVA, where Mean and S.D of FNE on with and without History of Injury

History of Illness	Mean	S.D	F	P-value
With history of Injury	26.67	3.85	0.996	0.322
Without history of Injury	25.70	4.50		
Total	26.18	4.19		

*p>0.05

In the above Table, it is seen that the mean and standard deviation of inmates with and without history of injury, respectively, on fear of negative evaluation as 26.67 ± 3.85 and 25.70 ± 4.50 , respectively. The

p value is found to be 0.322, which is not significant at the confidence level set at 0.05, which indicates that history of injury has no significant effect on fear of negative evaluation.

Table-4: Result of ANOVA, where Mean and S.D of FNE on three levels of education are given.

Level of Education	N	Mean	S.D	F	P-value
High School	33	26.21	4.76	0.001	0.999
Higher Secondary	26	26.15	4.14		
Graduate & Above	15	26.22	4.69		
Total	74	26.18	4.19		

*p>0.05

In the above Table, it is seen that the mean and standard deviation of the three level of education i.e. high school, higher secondary and graduate and above on FNE as 26.21 ± 4.76 , 26.15 ± 4.14 and 26.22 ± 4.69 , respectively. The p value is found to be 0.999, which is not significant at confidence level set at 0.05, which indicates that the level of education has no significant effect on fear of negative evaluation.

The sportive productivity has been reported to be affected by many environmental as well as internal factors. Psychological factors have been considered as an internal factor and hence psychological preparation of athletes is crucial factor in sportive success. The present study was a survey model aimed to find the difference between team and individual sports on the psychological variable of fear of negative evaluation. In order to study the impact certain other external factors, the study was further extended to find the effect of the duration of sports participation, history of Injury and level of education on fear of negative evaluation. It was anticipated that, the level of fear of negative evaluation will be lesser in team event as compared to individual event, since team event consists of several athletes, the evaluation will be dispersed unlike in Individual event where the attention is given to a single individual. However, after the statistical analysis, it was found that there is no significant difference

between these two groups as indicated by the p value ($p > 0.05$). Therefore, the first hypothesis has been rejected. However, when we compare the mean, slight differences were seen but it is not significant statistically. Similarly, it was hypothesised that the duration of sports participation will have a significant effect on fear of negative evaluation. However, the result ($0.176 > 0.05$) indicates no significant effect of the duration of sports participation which is supportive of a study conducted by Ebru and Ziya (2013). This may be attributed to the lesser number of participants and the discrepancy in the distribution of the participants. It was further found that history of injury has no significant effect on fear of negative evaluation as indicated by the p value ($0.322 > 0.05$). Similarly, the level of education of the inmates has no significant effect on fear of negative evaluation as indicated by the p value $0.999 > 0.05$.

CONCLUSION

As indicated in the result and discussion session, it can be concluded that there is no significant difference in the level of fear of negative evaluation between team and individual events. Moreover, it is also conclusive that the duration of sports participation, history of injury and their level of education have no significant effect on the fear of negative evaluation. The findings of the study should be treated with caution, as the study had some limitations marked by

discrepancies in the distribution of the participants based on the age, gender, level of participations and duration of training. Therefore, a more precise form of this research can be conducted by rectifying these flaws.

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