

Factors Affecting the Performance Anxiety for Under 19 Male Cricket Player's Performances in Colombo District, Sri Lanka

WACJ Weerakoon^{1#} and PP Weerakkody¹

¹ *Department of Sports Sciences and Physical Education, Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka*

chamindujwerakoon@gmail.com

One aspect of the complex picture of what makes sportsmen successful is their physical makeup. Successful athletes must develop a mindset that enables them to succeed in the face of potentially adverse environmental or psychological factors in addition to ability and aptitude. The prominent objective of the current study is to identify the factors affecting the performance anxiety of under-19 male cricket players in the Colombo district. The survey covered 47 male cricket players who have participated in the "Singer" under-19 one-day tournament and gathered data for a Sports Competition Anxiety Test (SCAT) questionnaire. This study used Minitab 17 software to analyze the data. The study's findings indicated that anxiety levels are not significantly affected by all-rounders' batting and bowling averages. The moderate anxiety level of all-rounders' batting average is higher and that level of all-rounders balling average is lower than high and low anxiety levels of them. The turkey test reveals that bowlers with moderate anxiety had lower average scores than those with low and high levels. Also, batsmen with intermediate levels of anxiety have greater batting averages than those with high and low levels. The researchers discovered that gamers with intermediate anxiety levels perform better than those with low and high levels of anxiety. Thus, this study has shown enough evidence that players' batting and bowling performances in Sri Lanka are significantly impacted by a moderate level of Anxiety. Repeating this study with additional cricket teams is recommended to maintain a moderate degree of anxiety for these players.

Keywords: *anxiety levels, batsman's performance, bowler's performance, all-rounders performance, (SCAT)*