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RELATIONSHIP BETWEEN CREATIVITY WITH COMPETITIVE ANXIETY OF MALE ATHLETES IN TEHRAN

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ABSTRACT

The aim of present research is study of relationship between creativity with competitive anxiety of men athlete between 18 to 35 years old in individual sports (Taekwondo, Karate, and Tennis) that were selected with multistage accidental manner from 5 region (North, Sought, East, West, Center) of 22 region of Tehran. In order to gathering data, questionnaires Abedi creativity and martens competitive anxiety were used. In order to analyzing data, correlation coefficient and analysis regression – was used. The findings of research showed that there was meaningful and positive relationship between creativity and competitive anxiety ($P < 0/01$). We conclude from these findings that creativity is predictor of competitive anxiety.

Keywords: *Creativity, Competitive Anxiety*

INTRODUCTION

Creativity in the past, the phenomenon was considered synonymous with ingenuity and creativity to destroy immediately any talk of genius does not come to mind. In the history of the ancient Greeks, the genius, the legendary meaning of the Greek word. In the name of Satan had accepted narrative that was synonymous with genius. According to the Greeks was a guardian spirit with the coming of the soul and the body, they have the ability and incentive to make extraordinary (Pirkhaefi, 2005). In the late nineteenth century the idea that talent or an unusual ability in a person comes out of a spirit Faded, but the effects of the idea that creativity and ingenuity are synonymous still remained And also led to the Renaissance, and it took nearly half a century of creativity in scientific and careful study (Pirkhaefi, 2005). Year 1950 can be considered as a milestone in the study of creativity. In 1950, the Congress of Psychology Guildford America stated that Ranbayd creativity as an exceptional gift that only some people are considered It should be realized that more or less creativity in all subjects of different ages (Hosseini, 2006). Creativity is one of the issues about the nature and definition has been agreed between researchers and psychologists in general, the definition of creativity as their division. Some definitions focus on personality characteristics and some other definition based on the creative process and creative product innovation have been seen (Guil, 1950). In terms of character sees creativity and creativity is a set of capabilities and features that are creative thinking (Shah and Kavooosi, 2009). Gibson *et al.*, (2009) Creativity is the ability to extract the thoughts and experiences of the past and combining them in novel ways to know. Because creativity is expressed in different ways consider it as a syndrome or set who are affected by various factors such as personality, genetic makeup, environment, social and biological factors and culture (Runko, 2007). Zare *et al.*, (2010) in his research, creativity and personality traits among college students showed that the veins acceptance and creativity in students of physical education has a significant positive relationship. Acceptance as a personality trait behaviors such as compassion, cooperation, collaboration and adaptability of social media communication and the development of social and interpersonal capabilities and functions, Also in the area of physical education cannot ignore the importance of social relationships, Athletes should be the proper relationship and working together with established groups and coaches and referees and organizers of sports events interactions. The inability of the athlete's social performance despite her athletic skills and abilities can lead to failure, and failure is an athlete. Championship athletes at all levels are obliged to meet the needs of physically and mentally while most of the needs of physiological, behavioral and psychological athletes so we are anxious athletes (Rezai, 2007).

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Negative emotional state of anxiety and fear, nervousness and fear associated with the activation of the body, with components such as anxiety trait and anxiety state (Gelin and partners quoted from Hadinezhad, 2012). Spilberger (1966) two types of anxiety differentiate the state anxiety and trait called. Anxiety, trait anxiety refers to aspects of personality. This high level of anxiety in his person, regardless of position, personality traits over anxious. In theory, this anxiety is mentioned. Aizank believes that some people are more anxious than others because of their genetic makeup is such that most of the threats to their environment and react. Situational anxiety to emotional anxiety (cognitive and physical) that is usually experienced before the race and during the race (Jarvis and partners, 1992; Mohammadi translation, 2009).

Joel and partners (2007) noted that competitive anxiety can affect the performance of athletes. In other words, how much more competitive anxiety, athletic performance during competition will be weaker. Therefore, the present study was to investigate the relationship between creativity and competitive anxiety is male athletes in Tehran to finally answer the question of what is the relationship between creativity and competitive anxiety male athletes?

MATERIALS AND METHODS

The present study investigates the relationship between creativity and competitive anxiety and correlation is present. The study population in this study is male athletes aged 18 to 35 years in Tehran in individual sports and martial arts such as taekwondo, karate and table tennis. The sample size was 200 and the possibility of a drop in the number 21 was added the sample size was increased to 221. Is a multi-stage random sampling so that the 22 districts of Tehran, 5 regions (North, South, East, West and Central) Select the Zone 2 area each and every area of a sports club and each club from 20 to 23 athletes were selected. For gathering creativity questionnaire to collect data that its validity and reliability by Saatchi *et al.*, (2011). For a four-part initiative, fluid, flexible and extended to the 0.85, 0.76, 0.59 and 0.63 were obtained. For competitive Anxiety Questionnaire Marten (1990) Using the validity and reliability of the Martens (1990) has determined were 0.87 (Sedarati, 2004). In this study, to analyze the data from both descriptive and inferential statistics were used. In the descriptive statistics mean, frequency, variance, standard deviation variables were examined and in inferential statistics Kolmogorov Smirnov test (KS) were used to determine normal and to investigate the relationship between creativity, or anxiety Pearson correlation and regression analysis were competitive.

RESULTS AND DISCUSSION

Results

The ages of the athletes stated in Table 1.

Table 1: The age groups studied in athletes

Age groups	Taekwondo		Karate		Tennis	
	Count	Percent	Count	Percent	Count	Percent
Under 20 years	0	0	0	0	18	8,14
Under 21-30	62	28,5	82	37,10	31	14,02
31-40	6	2,72	5	2,72	17	7,70
Sum	68	30,77	87	39,37	66	29,86
Total	221					

As it can be seen in Table 2 the Average Anxiety 1.94 and 14.14 is obtained internal and external control the tilt amount calculated variables show that normal data is distribution (normal).

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Table 2: The number, mean, median, standard deviation, variance, skew, stretch, minimum and maximum score

	Competitive anxiety	Internal and external control
Count	221	221
Average	1,94	14,14
Middle	1,92	14
Fashion	1,89	14
Standard Deviation	0,36	2,90
Variance	0,13	8,24
Tilt	-0,065	0,18
Elongation	0,223	0,17
Lowest score	0	5
Highest score	3,26	23

As it can be seen in Table 3 Smirnov scores calculated by the significant level of .05 is smaller. $P > .005$ the calculated value represents the normal distribution of data.

Table 3: Normality test of data distribution

	Smirnov	Degree of freedom	Significant level
	Amount		
Competitive anxiety	0.044	221	0.200
Creativity	0.047	221	0.187

As it can be seen in Table 4 shows the correlation between creativity and competitive anxiety there is a direct positive correlation.

Table 4: The results of correlation between creativity and competitive anxiety

Correlations		Creativity	Anxiety
creativity	Pearson Correlation	1	.192**
	Sig. (2-tailed)		.004
	N	221	221

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

As it can be seen in Table 5, 19% creativity can play a role in anxiety.

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Table 5: Summary Model

Model Summary					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	
1	.192 ^a	.037	.032	.31550	

a. Predictors: (Constant), Anxiety

As it can be seen in Table 6, given the significant amount calculated for f specified independent variable able to explain and predict changes in a significant way the dependent variable.

Table 6: ANOVA^b

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	.833	1	.833	8.373	.004 ^a
	Residual	21.800	219	.100		
	Total	22.633	220			

a. Predictors: (Constant), Anxiety

b. Dependent Variable: creativity

As it can be seen in Table 7 variables into regression analysis creativity could explain variability in the athlete's competitive anxiety.

Table 7: Coefficient

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.787	.116		15.430	.000
	Anxiety	.170	.059	.192	2.894	.004

a. Dependent Variable: creativity

Discussion

The results showed that there is a significant relationship between creativity and competitive anxiety male athletes. The results partly by findings from Davari research (2007), SoltaniAmroAbadi (2002), Keraplin and Juda (1920), Mackenaghi (1961), Jamison (1970), Prenteki (1989), Rotenbwрге (1990), Felexpat (2000), Carolinkoh (2006), PirKhaefi (2012). The results of the research findings by the research of Ghobadi (2011), Khosravi and partners (2003), Karimi (2000), Khosravani (2005) Is a little set. Followed by athletes, success and failure is considered to be It is recommended that coaches and athletes understand the psychological characteristics and personality, they develop physical skills, technical, tactical and psychological assistance to help athletes.the highest capacity in the fields of competition and proud of their appearance.

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