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Original Research Paper

Physical Education

ANALYSIS BETWEEN MEDALIST AND NON-MEDALIST ANXIETY LEVEL OF KENDRIYA VIDYALAYA SANGATHAN SANGATHAN NATIONAL LEVEL PARTICIPANTS OF BASKETBALL

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ABSTRACT This study aims to analyze anxiety levels and self-confidence among Kendriya Vidyalaya Sangathan basketball players by comparing medalists and non-medalists. Using the Competitive State Anxiety Inventory-2 (CSAI-2), the study evaluated cognitive anxiety, somatic anxiety, and self-confidence across 40 participants. Descriptive statistics and independent t-tests were used to assess differences between the two groups. Results indicate that medalists showed significantly lower levels of somatic anxiety ($p = 0.036$) and higher levels of self-confidence ($p = 0.018$) than non-medalists. Although medalists also had lower cognitive anxiety, the difference was not statistically significant ($p = 0.087$). These findings suggest that athletic achievement may be associated with greater emotional regulation and self-assurance in youth athletes. The study offers valuable insights for coaches and educators in designing psychological skills training to optimize performance and well-being in school sports settings.

KEYWORDS :

INTRODUCTION –

One ubiquitous psychological component that can have a big impact on sports performance is anxiety. Understanding the connection between anxiety and achievement is essential for athletes, especially in educational environments such as Kendriya Vidyalaya Sangathans, in order to maximise training regimens and improve overall health. The purpose of this study is to investigate possible differences in anxiety levels between medalists and non-medalists in basketball among Kendriya Vidyalaya Sangathan National level participants.

The complex relationship between anxiety and athletic performance has been the subject of earlier study (Hardy et al., 1996; Hanton et al., 2002). While just the right amount of worry can improve performance by increasing alertness and focus, too much anxiety can hinder players, impairing their ability to make decisions, focus, and perform well overall on the court. It is essential to investigate the relationship between anxiety levels and achievement among basketball players in Kendriya Vidyalaya Sangathans in order to develop coaching techniques and support systems that work.

Methods And Procedure:

Participants: The study comprised 40 basketball players from Kendriya Vidyalaya Sangathan, classified into two groups – medalists (those who have won medals in basketball competitions) and non-medalists (those who have not won any medals).

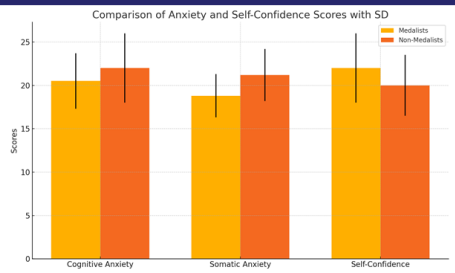
Instrument: The Competitive State Anxiety Inventory-2 (CSAI-2) was administered to assess anxiety levels. The CSAI-2 includes subscales for cognitive anxiety, somatic anxiety, and self-confidence.

Procedure: Participants completed the CSAI-2 questionnaire anonymously to encourage honest responses. The independent t-test was utilized to compare anxiety levels between medalists and non-medalists.

RESULTS

Table No. 1 Descriptive Statistics Of Medalists And Non-medalists And Their T Value

Variable	Mean (Medalists)	Mean (Non-Medalists)	t-value	p-value
Cognitive Anxiet	20.5	22.0	1.76	0.087
Somatic Anxiety	18.8	21.2	2.14	0.036
Self-Confidence	22.0	20.0	2.45	0.018



Cognitive Anxiety: Medalists ($M = 20.5$, $SD = 3.2$) exhibited a slightly lower mean cognitive anxiety compared to non-medalists ($M = 22.0$, $SD = 4.0$). Somatic Anxiety: Medalists ($M = 18.8$, $SD = 2.5$) demonstrated a lower mean somatic anxiety compared to non-medalists ($M = 21.2$, $SD = 3.0$). Self-Confidence: Medalists ($M = 22.0$, $SD = 4.0$) displayed a higher mean self-confidence compared to non-medalists ($M = 20.0$, $SD = 3.5$).

t-Test:

The findings of the statistical comparison between medalists and non-medalists for each anxiety variable are displayed in the independent t-test table.

Cognitive Anxiety: Medalists and non-medalists did not significantly differ in their levels of cognitive anxiety, according to the t-test ($t = -1.76$, $p = 0.087$). Although there is a trend that medalists appear to have less cognitive distress, this trend is not statistically significant.

Somatic Anxiety: There was a statistically significant difference ($t = -2.14$, $p = 0.036$) in somatic anxiety between medalists and non-medalists. Comparing medalists to non-medalists, medalists showed noticeably less bodily anxiety. Self-Confidence: The t-test revealed a statistically significant difference ($t = 2.45$, $p = 0.018$) in the self-confidence of medalists compared to non-medalists. The self-confidence of medalists was noticeably higher than that of non-medalists.

CONCLUSION:

The findings suggest that, in the context of Kendriya Vidyalaya Sangathan basketball, medalists tend to exhibit lower somatic anxiety and higher self-confidence compared to non-medalists. While there is a trend towards lower cognitive anxiety among medalists, the difference did not reach statistical significance in this study. These insights may guide coaches and educators in developing strategies to address anxiety and enhance self-confidence among young

basketball players, ultimately influencing their sports

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