



A Study of Anxiety Level in Selected Players of Various Schools Sports and Non-Players

KEYWORDS

Competition, Anxiety and Weight Lifting

Mr Dilip B. Gholap

Research Scholar CMJ University

INTRODUCTION

Present era of civilization is moving fast towards industrialization, mechanization and maximum exploitation of available natural resources. This is a new social process in which competition, conflict, social differences, inflation, increasing cost of livelihood, migration of population towards cities and disruption of joint families and all such factors together form certain type of disorganized society in, which we have to live. That is why the present age, which we live in, is rightly called "age of Anxiety". Anxiety is a sense of constant fear capturing our mind. An anxious is without obvious exciting. An individual tries to avoid the state of anxiety, but he cannot do so in the absence of clarity. Thus many persons get habituated to anxiety.

Sports bring out the best qualities in every individual. Every faculty of the human body, whether physical or mental, is stretched to its limits while playing a competitive game. In today's world, the standard of all games has increased considerably. Elite sportspersons are finding it increasingly difficult to sustain their dominance in their respective sports. The mental state of a sportsperson plays a vital role in his or her performance. Anxiety sets in when an individual begins to doubt his or her capacity to deal with the situation which builds stress. Quite often it is not the talent that decides your performance. It simply depends on the way you deal with the ups and downs of the game.

According to 'Athletic Insight', a journal of sports psychology, anxiety can be classified in two ways; trait anxiety and state anxiety. State anxiety is situational stress induced by situations in the game. A sportsperson's autonomic nervous system is aroused in this state which is the natural reaction of any individual. On the other hand, trait anxiety can be thought of as a world view that an individual uses when coping with stress.

In sports, individuals who are state anxious and low on the trait anxiety in tough situations, often deliver good performances consistently. Whereas, athletes who have higher levels of trait anxiety, added with the state anxiety, tend to perform below expectations.

Anxiety before or during athletic competitions can hinder your performance as an athlete. The coordinated movement required by athletic events becomes increasingly difficult when your body is in a tense state. A certain level of physical arousal is helpful and prepares us for competition. But when the physical symptoms of anxiety are too great, they may seriously interfere with your ability to compete. Similarly, a certain amount of worry about how you perform can be helpful in competition, but severe cognitive symptoms of anxiety such as negative thought patterns and expectations of failure can bring about a self-fulfilling prophecy. If there is a substantial difference between how you perform during practice and how you do during competitions, anxiety may be affecting your performance.

WHAT RESEARCH SAYS?

The purpose of the study conducted by Sanderson and Reilly (1983) was to explore the relationships between state/

trait anxiety and competitive cross-country performance for males and females. A-trait and A-state pre- and post-competition were monitored in 38 females and 26 males at major meetings. The females' A-trait was correlated with pre-race A-state (p less than .05) which was itself correlated significantly with race performance (p less than .05). A significant post-race A-state reduction occurred only with the better runners. The correlation between A-trait and pre-race A-state was also found in the male athletes (p less than .05) while A-trait significantly correlated with race performance (p less than .05).

A-state was significantly reduced post-race, the greatest decrease being observed in the top performers. It is concluded that trait as well as transient dispositions are relevant when psychological determinants of performance are considered.

PURPOSE OF THE STUDY

The purpose of the study was to compare the Anxiety Level among the selected players and non-players in Schools of Gujarat State.

HYPOTHESIS

It was hypothesized that there will be no significant difference in the Anxiety Level among the selected players and non-players in Schools of Gujarat State.

METHODOLOGY

SAMPLE: The players who had attended the intense training camp for various sports such as Archery, Athletics, Kabaddi, Kho-Kho, Wrestling, Judo, Gymnastics, Swimming, Football, fencing, Basketball, Badminton, Yoga, Weight Lifting, Volleyball, Handball and Hockey organized at Sadara, Rajpipla and Saputara by Sports Authority of Gujarat for the year 2001-2002 were selected as the subjects of the study. There were total 262 players out of which 144 were Male and 118 were Female. Further, non-player subjects were randomly selected from the urban as well as rural schools of Gujarat State which consisted of total 428 non-players out of which 246 were Male and 182 were Female. The age of the selected subjected was ranging from 14 to 19years.

TOOL: The "State Trait Anxiety Inventory (STAI)" Questionnaire published by www.psy.com services New Delhi which includes five factor such as Guilt Proneness(12), Maturity(6), Self Control(8), Suspiciousness(4), Tension(10). Scoring was done as per the result key provided in the manual obtained from the website. Scores on the STAI have direct interpretation high scores on their respective scales mean more traits or state anxiety and low scores mean less.

ANALYSIS

The scores of Anxiety Level arrived from 144 Male Players and 246 Male Non-Players were compared by applying the 't' test. The resultant value of 0.9671 which was found not significant at the predetermined confidence level of 0.5 level of significance, which can be seen in the table below:

Table - 1
Significant Difference of Mean Scores on Anxiety among the male players and male non-players

Groups Compared	Mean	SD	Mean diff.	't' ratio
Male Players	4.63	1.44	0.15	0.9671
Male Non-Players	4.48	1.50		

It is evident from Table-1 that there is no significant difference between the mean scores of anxiety level of male players and male non-players, since the obtained value of 't' (1.145) is lower than the tabulated value of 't' (1.960) which was required to be significant at (388) degree of freedom at 0.05 level of confidence. The graphical presentation is as below:



graph OF MEAN SCORES ON ANXIETY AMONG THE

MALE PLAYERS AND MALE NON-PLAYERS

Further, the scores of Anxiety Level arrived from 118 Female Players and 182 Female Non-Players were compared by applying the 't' test. The resultant value of 0.683 which was found not significant at the predetermined confidence level of 0.5 level of significance, which can be seen in the table below:

Table - 2
Significant Difference of Mean Scores on Anxiety among the female players and female non-players

Groups Compared	Mean	SD	Mean diff.	't' ratio
Female Players	4.76	1.29	0.12	0.683
Female Non-Players	4.88	1.60		

Table 4
Two way ANOVA table

Source of Variations	df	SS	MSS	F value	Probability Value	Significance of F Value
effect	3	8.874	2.958	1.341	0.260	Non Significance
Level of Game	2	1.353	0.677	0.307	0.736	Non Significance
Sex	1	7.521	7.521	3.408	0.065	Non Significance
Interaction between the level of sports and gender	2	11.060	5.530	2.506	0.081	Non Significance
Error	684	1509.343	2.207			

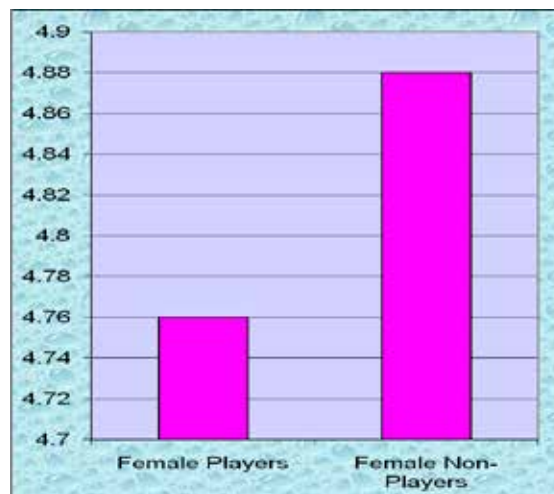
DISCUSSION OF HYPOTHESIS

The hypothesis stated earlier, that there would be no significant difference in Anxiety Level among the selected players and non-players in Schools of Gujarat State, was accepted.

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1. The male players and male non-players of various schools of Gujarat State had no significant difference in Anxiety Level.
2. No significant difference was found among the female players and female non-players of various schools of Gujarat State in Anxiety Level.
3. On applying two ways ANOVA test there was no significance found in level of game.
4. Also there was no significance found in sex in two ways ANOVA.

It is evident from Table-2 that there is no significant difference between the mean scores of anxiety level of female players and female non-players, since the obtained value of 't' (0.683) is lower than the tabulated value of 't' (1.960) which was required to be significant at (298) degree of freedom at 0.05 level of confidence. The graphical presentation is as below:



graph OF MEAN SCORES ON ANXIETY AMONG THE feMALE PLAYERS AND feMALE NON-PLAYERS

Table 3
Table of Mean and Standard Deviation of Anxiety of Group Sports, Individual Sports and non-players boys & girls)

	Boys			Girls					
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Team Game	82	4.72	1.49	74	4.51	1.28	156	4.62	1.40
Individual Game	62	4.50	1.38	44	4.57	1.34	106	4.53	1.35
Non- Players	246	4.48	1.50	182	4.88	1.60	428	4.65	1.56
Total	390	4.54	1.48	300	4.75	1.50	690	4.66	1.49

CONCLUSION

On the basis of the findings of the present study the following conclusion was drawn:

This study revealed no significant difference among the players and non-players in male and female of various schools of Gujarat State in Anxiety Level. This clearly shows that the Anxiety level of both players and non-players of the schools students is same. This may be due the same age group.

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