

# Analysis of Academic Anxiety Among Sports and Non Sports School Children



## Management

**KEYWORDS:** Academic Anxiety, Emotional Intelligence, Academic Achievements, Sports Person.

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### ABSTRACT

*The purpose of the study was to understand the academic anxiety among sports and non sports school children. Persons participating in sports and physical activities have relatively infrequent symptoms of anxiety and exercise on psychological stress and mood responses. Anxiety is the official emotion of our age and it is well established that if anxiety could be controlled by biological or social means, fundamental alterations in the organization or our civilization would ensure and the probability of individual happiness would be greatly enhanced. To achieve the objectives of the study, a total number of 80 boys and girls were randomly selected and the Academic Anxiety Scale for Children (A.A.S.C.) constructed by Singh and Sengupta (2009) was administered.*

### I INTRODUCTION

The present day generation of young people is living in an environment surcharged with free floating anxiety. The study had been designed to investigate very pertinent psychological variable between the two group i.e. sports and non-sports groups. Today, anxiety is a common phenomenon of everyday's life which plays a crucial role in human life because all of us are the victims of anxiety in different ways. Putnam (2010) defined anxiety as a complex psychological condition that affects various cognitive, behaviour, and psychological states. Educational or academic anxiety is a kind of anxiety which relates to the imminent danger from the environment of the educational institutions together with teacher and certain subjects. Mnicholas and Lewiensohn (1998) conducted a study on the anxiety on the basis of gender differences and the data indicated that at age 6, females are already twice more likely to have experienced anxiety disorders than males. Bryme (2000) conducted a study on anxiety, depression and coping strategies in adolescents. Results suggested that males present significant decrease of anxiety and fear in 12th grades instead of girls who show increase in anxiety and by this time both males and females use different coping strategies in order to deal with fear and anxiety.

### II METHODOLOGY

To achieve the objectives of the study, a total number of 80 boys and girls (40 from each gender group) studying in various schools in the Amritsar were randomly selected as subjects. Half the subjects belonged to sports category and the other half to the non-sports category. To measure academic anxiety among the subjects, the Academic Anxiety Scale for Children (A.A.S.C.) constructed by Singh and Sengupta (2009) was administered.

### III RESULTS

To find out the difference between the two groups i.e. sports and non-sports groups, the mean, SD and 't' values were worked out for female students on the variable academic anxiety and the same have been presented in the Table-1.

**TABLE-1**  
**Mean, S.D. and 't' value with regard to female sports and non-sports persons on the variable Academic Anxiety**

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Sports person	20	12.8	3.45	0.79	0.159
2.	Non-Sportsperson	20	12.1	2.69	0.60	

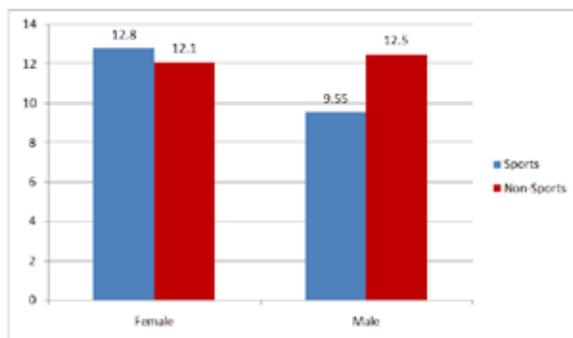
A perusal of the contents of Table-1 would show that the female sports participants had the mean value of 12.8 as compared to 12.1 obtained for female subjects of non-sports group. The two

groups indicated standard deviation of 3.45 and 2.67 respectively. The 't' value was found to be 0.159 which was not significant. The results of descriptive analysis i.e. mean, SD and t-value concerning the male sports and non-sports persons on the variable academic anxiety have been depicted in Table-2

**Table-2**  
**Mean, S.D. and 't' value with regard to male sports and non-sports persons on the variable Academic Anxiety**

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Sports person	20	9.55	3.19	0.71	0.570
2.	Non-Sportsperson	20	12.2	3.79	0.80	

The results presented in Table-2 reveal that the mean values for the two groups i.e. male sports and non-sports persons were 9.55 and 12.2 respectively, the SD values for these two groups were 3.19 and 3.79 the calculated t value was found to be 0.570 which was not significant.



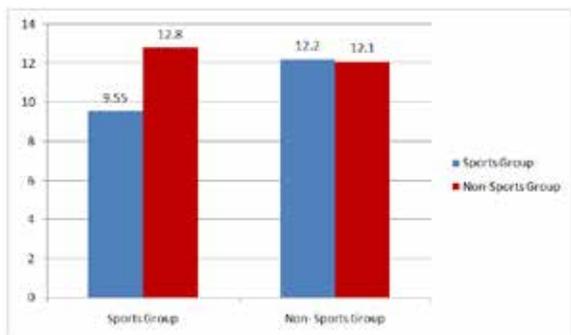
**Mean score among the two gender groups on Academic Anxiety**

The results with regard to the difference between overall sports group and non-sports on the variable academic anxiety were worked out and the mean, SD and t-value concerning these two groups have been presented in Table-3.

**TABLE- 3**  
**Mean, S.D and 't' value with regard to overall sports and non-sports groups on the variable Academic Anxiety**

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Overall Sports group	40	11.18	3.66	0.57	0.196
2.	Overall Non-Sports group	40	12.15	3.19	0.50	

The values depicted in Table 3 reveal that the two groups i.e. overall sports group and non-sports groups had the mean values of 11.18 and 12.15 respectively whereas the SD for these two groups were 3.66 and 3.19. The t-value was found to be 0.196 which was not significant.



**Mean Scores among the Sports and Non-Sports groups on the variable Academic Anxiety**

The mean, SD and t-value with regard to female non-sports group and male non-sports group on the variable academic anxiety were calculated and the same have been presented in Table-4.

**TABLE-4**  
Mean, S.D and 't' value with regard to non-sports groups on the variable Academic Anxiety

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Female Non-Sports group	20	12.1	2.67	0.60	-0.022
2.	Male non-Sports group	20	12.2	3.79	0.85	

From the result shown in Table-4 it would appear that the mean values for these two gender groups were 12.1 and 12.2 whereas SD for the same groups were 2.67 and 3.79 respectively. The 't' value was found to be -0.022 which was not significant.

With regard to the two gender groups, belonging to sports group, the mean, SD and t-value were calculated on the variable academic anxiety and the same have been depicted in Table-5.

**TABLE-5**  
Mean, S.D. and 't' value with regard to Sports Groups on the variable Academic Anxiety

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Female Sports group	20	12.8	3.55	0.79	-0.692
2.	Male Sports group	20	9.55	3.19	0.71	

A glance at figures presented in Table- 5 would show that the two gender groups belonging to the sports category had the mean value of 12.8 for female group and 9.55 for the male group. These two groups had the SD 3.55 and 3.19 respectively. The computed t-value was -0.692 which was not found to be significant.

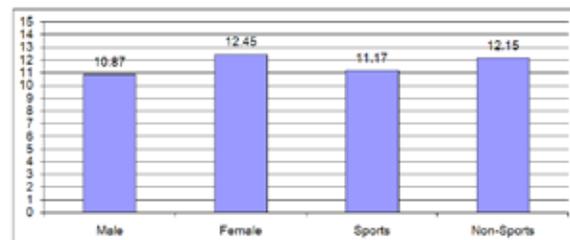
For Finding out the overall gender difference between male and female subjects on the variable academic anxiety, descriptive analysis was got done and the mean, SD and t-value so obtained have been presented in Table-6.

**TABLE-6**  
Mean, S.D. and 't' value regarding Overall two gender groups on the variable Academic Anxiety

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Female Subjects	40	12.45	3.08	0.48	-0.324
2.	Male Subjects	40	10.87	3.66	0.57	

1.	Female Subjects	40	12.45	3.08	0.48	-0.324
2.	Male Subjects	40	10.87	3.66	0.57	

The results presented in Table-6 show that the mean value for female subjects was 12.45 as compared to 10.87 for the male subject. Both the gender groups indicated SD=3.08 and 3.66 respectively. The t-value was found to be -0.324 which was not significant.



**Mean scores among overall gender groups and performance groups on Academic Anxiety**

The computerized data regarding the co-efficient of correlation among sports and non-sports groups on the variable academic anxiety have been presented in Tabel-7.

**TABLE-7**  
Mean, S.D. and Co-efficient of Correlation between sports and non-sports groups on the variable Academic Anxiety

S. No	Group	N	Mean	SD	Co-efficient Correlation
1.	Sports Group	40	11.17	3.66	-0.070
2.	Non Sports Group	40	12.15	3.19	

From the contents of Table 7 it can be found out that the two groups i.e. sports and non-sports groups had the mean variables of 11.17 and 12.15 respective, the SD also being 3.66 and 3.19. The coefficient of correlation was found to be -0.070 which did not indicate any significant relationship between the two groups.

**IV DISCUSSION**

The results presented demonstrated that there were no significant differences between female sports and non-sports groups on the variable academic anxiety. The female sports person scores had mean value of 12.8 as compared to 12.1 obtained by non-sports persons. This indicated the female sports persons experienced lower level of academic anxiety that the female non-sports persons (low scores indicate lower level of academic anxiety). Similar results regarding academic anxiety between male sports and non-sports persons, the former having mean value of 9.55 as compared to 12.2 scored by male non-sports persons. The t-value being 0.570 these differences were not found to be significant.

Though not significantly different, but similar trends were observed when the result regarding the male sports and non-sports groups were perused. The results regarding overall sports and non-sports groups on the variable academic anxiety depicted that mean value of two groups were 11.18 and 12.15 respectively and t value being 0.196 fell short of significance level of 05. These findings support conclusions of Stephew (1998) that participation in sports is positively related with positive mood general well being and reduced anxiety and depression.

It can be found out that the two gender groups belonging to non-sports category had mean values of 12.1 and 12.2 for female and male subject respectively. The boys of this category had higher level of academic anxiety than the girls because the boys had mean score of 9.55 as compared to girls who had the man score of 12.8. These difference, however, were not found to be significant, t-value being -0.692. As per the classification pro-

vided in the test manual, the boys fell in “average” level and the girls fell in a little lower level i.e. “less anxious”.

The result regarding overall gender difference between the sports and non-sports groups on the variable academic anxiety, reveal that the female subjects had mean value of 12.45 as compared to 10.87 scored by male subjects and these differences were found to be not significant as t-value was 0.324 As per the classification in the manual, the female group fell in “less anxious” category whereas the male subjects were in “average” category as the higher scores indicate higher level of academic anxiety. From cumulative reading it is apparent that the female groups were definitely having lower levels of academic anxiety as compared to the male groups.

## V CONCLUSIONS

The results with regard to overall sports and non-sports groups (i.e. both male and female subjects) on the variable academic anxiety did not indicate any significant difference between these groups. The results pertaining to the overall gender groups (both sports and non-sports) demonstrated significant difference between them on the variable academic anxiety. The two gender groups belonging to both the categories i.e. sports and non-sports did not evidenced any significant difference on the variable academic anxiety.

The results regarding coefficient of correlation between sports and non-sports groups on the variable academic anxiety did not evidence significant correlation.

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