A study of state anxiety, trait anxiety and overall anxiety of successful male and unsuccessful male sports groups

Dr. Ajay Kumar

Abstract
The purpose of this study was to compare the State anxiety, Trait anxiety and overall anxiety of successful sports male and sports unsuccessful male college level. The present study was conducted on the 60 successful sports male and sports unsuccessful male sports college level of Punjab. Their age was ranged 18 to 25 year. The collection of data to measure State anxiety, trait anxiety, Spielberger, Gorsuch and Lushene’s (1970) State-Trait Anxiety inventory (STAI) was used. For the analysis of data, collected by administering the questionnaire to all the subject’s t-test was employed at p<.005 level of significant. The result of the study concluded that there was statistically not significant difference in successful sports male and sports female. It is clear that the mean successful sports male and sports unsuccessful male between is not significantly state anxiety, trait anxiety and overall anxiety.

Keywords: Sports, inventory, competition, questionnaire, unsuccessful, successful etc.

Introduction
Most professional and elite amateur athletes will agree that their psychology has a large influence on their sports performance. Most will concede that they could benefit from the services of a sports psychologist. Despite this, the significant majority under utilize their psychological potential. It is well know by all who play sports that defeat often stems from the ability to manage anxiety, fear anger or despair. In addition drug abuse, eating disorders, narcissism, sociopathic personality disorders and depression are often diagnosed in athletics. Coaches and physical educationists who are ill-equipped to handle such matters will attempt to provide a common sense approach to these complex problems and frequently fail the athlete.

Anxiety as an emotion that is difficult to define and even more difficult to reliably detect in performance but the importance of anxiety as a powerful influence in contemporary life is increasingly recognized and manifestations of current concern with anxiety phenomena are ubiquitously reflected in literature, the arts, science and the facets of our culture. The most serious level of anxiety is panic. One would never want panic to be a part of the athletic environment. It is a condition in which the anxiety has become so great the person loses complete control of himself and the situation. Fear is a still higher level if anxiety and can have a serious effect on sports performance. Fear is an intense anxiety experienced in response to a specific threat.

Competitive anxiety is a multidimensional state that arises as a result of the cognitive evaluation of a competitive situation. There is a tendency to perceive competitive situations as threatening and to respond to them with feelings of apprehension and tension. Situational factors (such as type of sport or the complexity of the task) and personal factors (such as expectations, achievement of goals, skill level, experience, and age) are crucial in the process of evaluation.

Anxiety symptoms can occur before, during or after the event, which can be cognitive (confusion, negative thoughts, irritability, fear, feelings of weakness, poor concentration), somatic (increase in blood pressure and heart rate, sweating, muscle tension, nausea, vomit) and behavior (repetitive movement, aggressive outbursts, inhibited posture, biting nails).
Procedure and Methodology
In the present study a sample of 30 successful male sports and 30 unsuccessful male sports (Total=60 male & male) of Punjab. The collection of data to measure Sports State anxiety, trait anxiety, Spielberger, Gorsuch and Lushene,s (1970) State- Trait Anxiety inventory (STAI) was used. For the analysis of data, collected by administering the questionnaire to all the subject’s t- test was employed at 0.01 level of significant.

Results
To find out the significant differences State anxiety, Trait anxiety and overall anxiety of successful sports male and sports unsuccessful male college level. The analysis of data, collected by administering the questionnaire to the entire study show that the first group i.e. successful male would show that the first groups on the variable overall anxiety would show that the first group i.e. successful male and unsuccessful male groups revealed the mean score of 51.17 and SD= 5.649 for former group where as for the other group the result presented in table on the variable Trait Anxiety among successful male and unsuccessful male groups unsuccessful male groups revealed the mean score of 51.17 and SD= 5.837 for former group whereas for the other group i.e. unsuccessful male group the same were 58.07 and 9.169 respectively. The obtained t- value being 3.477 the same has been found to be significant (<0.05)

A glance at the results depicted in table would show that with regard to successful male and unsuccessful male group on the variable state anxiety, the successful male group has obtained the mean score and SD values of 51.50 and 5.649. As compared to there values of 57.27 and 9.262 respectively. The t-values was 2.911 which was found to be significant (P<0.01)

Table 1: Mean, Sd And T-Values With Regard To Successful Male And Unsuccessful Female On The Variable Anxiety, Trait Anxiety And Overall Anxiety

<table>
<thead>
<tr>
<th>Variable</th>
<th>Groups</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>State Anxiety</td>
<td>Successful Male</td>
<td>51.50</td>
<td>5.649</td>
<td>1.031</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unsuccessful Male</td>
<td>57.27</td>
<td>9.262</td>
<td>1.691</td>
<td>2.911**</td>
</tr>
<tr>
<td>Trait Anxiety</td>
<td>Successful Male</td>
<td>51.17</td>
<td>5.837</td>
<td>1.066</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unsuccessful Male</td>
<td>58.07</td>
<td>9.169</td>
<td>1.1764</td>
<td>3.477**</td>
</tr>
<tr>
<td>Overall Anxiety</td>
<td>Successful Male</td>
<td>102.67</td>
<td>10.512</td>
<td>1.919</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unsuccessful Male</td>
<td>115.33</td>
<td>16.441</td>
<td>3.002</td>
<td>3.555**</td>
</tr>
</tbody>
</table>

**P<0.05

Discussion and Conclusions
The results of the study are concluded as follows:
This study was an effort in similar way to find out and compare the variety among the two different field’s men in terms of State anxiety, Trait anxiety and overall anxiety. In the researcher had selected successful male sports and unsuccessful male sports. In the light of the results of analysis researcher found that there were significant difference was observed between the successful male sports and unsuccessful male sports in terms of surrounding especially where you work having more influence. This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion. This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion.

A perusal of content of table pertaining to successful male and unsuccessful male groups on the variable overall anxiety would show that the first groups on the variable overall anxiety would show that the first group i.e. successful male group had secured the mean and SD values of 102.67 and 10.512 respectively. On the other hand, unsuccessful male group had meant secured mean and SD values of 115.33 and 16.441. the t-value being 3.555, the same was found to be significant (p<0.01).

References
2. Arnason A. Physical Fitness, Injuries and Team...


