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Study of sports competitive anxiety between urban and rural badminton players of senior secondary school level

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Abstract

This study was conducted to compare competitive anxiety of rural and urban girls badminton at senior secondary school level. 15 urban girls and 15 rural girls badminton players (Ave.age 14-18 yrs) who took part in state level badminton tournament were selected as sample. Anxiety questionnaire was used in the present study to collect the data. Result revealed that the competitive anxiety of urban girls in higher as compared to rural girls badminton players at .05 level of significance. On the basis of result, it may be concluded that psychological qualities such as anxiety which is related with sports performance can be differentiated in senior secondary school level badminton players on the basis of their urban-rural belongingness.

Keywords: Urban-rural belongingness, badminton, anxiety

Introduction

Sports

Among the complex societies, sports bring with it spirit of competition. There is a motive behind the game with the motive to win. This encompasses a minimum of two players of two teams each being an opponent other. Both the teams spend days together polishing their skills practicing and perfecting themselves with the ultimate goal of the sports.

Importance of Sports Psychology in sports

While some may deride sports psychology as mumbo jumbo, when properly practiced, mental training for sports supplies concrete benefits. Pre-practicing specific routines you'll use during a match or game can help trigger better motor responses and prevent fatigue, among other benefits.

Sports Anxiety

The medical definition of anxiety describes it is a state consisting of psychological and physical symptoms brought about by a sense of apprehension of a perceived threat. It also goes on to state that anxiety can differ according to the situation and the individual. Applied to the sporting arena this means that a golfer for example may experience more anxiety playing in a national tournament compared to a club competition.

Competition Sports Anxiety

Competition can cause athletes to react both physically (somatic) and mentally (cognitive) in a manner which can negatively affect their performance abilities. Stress, arousal and anxiety are terms used to describe the condition.

Hypothesis of the study

It was hypothesised that Competitive Anxiety in Badminton players will significantly on the basis of their urban rural belongingness.

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Material and Methods

Following Methodological steps are used for the present study:-

Sample

30 girls badminton players (ave age.14-18 yrs) who took part in state level badminton tournament were selected as sample.The selected sample comprise of equal number of subjects from urban and rural belonginess. Hence 15 urban and 15 rural female badminton players were selected randomly.

Tools

To assess competitive anxiety, A test constructed by Martens (1990) was used to find out the level of anxiety. Test is highly reliable and valid.

Procedure

As per availability and convenience competitive anxiety inventory prepared by martens (1990) was administered to seleted subjects. After scoring competitive anxiety as per

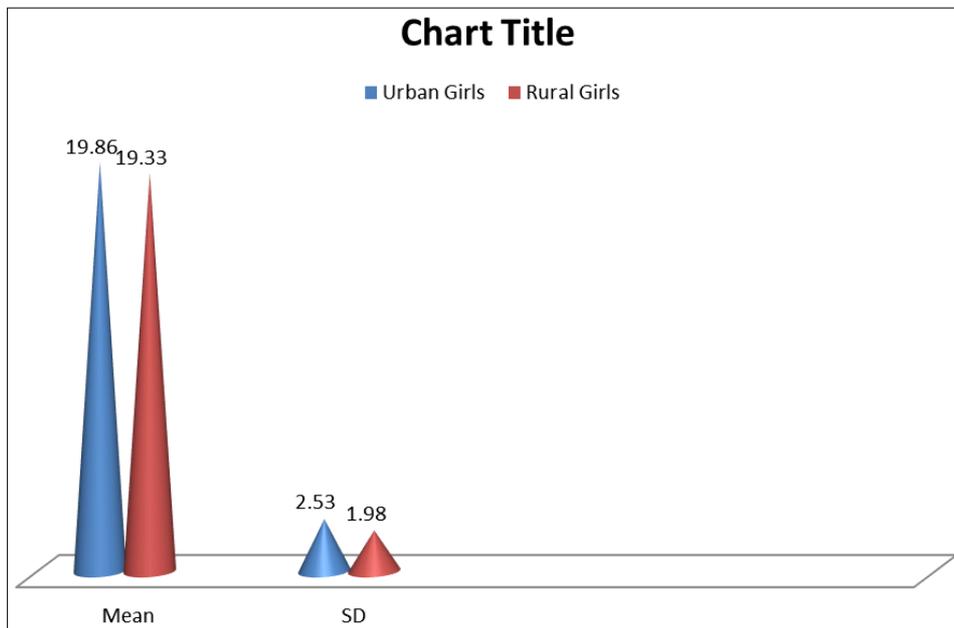
author’s manual, it was tabulated according to their respective study groups. To find out the differences in competitive anxiety of subject comprising of two pre defined groups, ‘t’ test was use. The result in presented in table 1.

Result and discussion

Table 1: Comparison of competitive anxiety between Urban and Rural girls badminton players

Variable	Groups	N	Mean	S D	SED	‘t’ value
Anxiety	Urban girls	15	19.86	2.53	0.83	.64
	Rural girls	15	19.33	1.98		

A close look at enteries in table1 shows that competitive anxiety in urban girls Badminton players (M=19.86) is higher as compared to rural girls badminton players (19.33). which is statistically significant at 0.05 level. The result indicate that urban girls badminton players have more anxiety than rural girls badminton players.



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