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## A comparative study of state anxiety, trait anxiety and overall anxiety of successful female and unsuccessful female sports groups

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### 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).

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### Procedure and Methodology

In the present study a sample of 30 successful female sports and 30 unsuccessful female 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

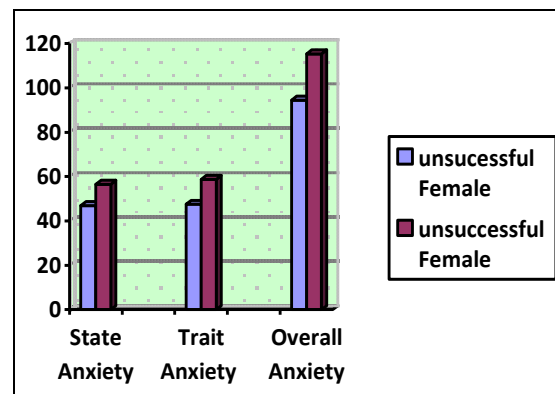
To find out the significant differences State anxiety, Trait anxiety and overall anxiety of successful sports female and sports unsuccessful female college level. The analysis of data, collected by administering the questionnaire to the entire

subject's t- test was employed at 0.05 level of significant. The statistical analysis of data pertaining to anxiety, Trait anxiety and overall anxiety is given below. Finding of the study show that all there was significant the successful sports female and unsuccessful sports female of Punjab. It is clearly indicates that Sports anxiety, Trait anxiety and overall anxiety of sports is significantly successful sports female and unsuccessful female of Punjab. This may be attributed due to the reality that the players of anxiety, Trait anxiety and overall anxiety for various competition and develop team composition in them and it also help them to distribute the pressure of the completion. It is necessary to train players of team sports to anxiety, Trait anxiety and overall anxiety. These outcomes may realize to develop the various training plans.

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

Variable	Groups	Mean	SD	SEM	t-value
State Anxiety	Successful Female	46.87	5.557	1.015	7.270**
	Unsuccessful Female	56.57	4.747	.867	
Trait Anxiety	Successful Female	47.53	6.101	1.114	7.178**
	Unsuccessful Female	58.77	6.021	1.099	
Overall Anxiety	Successful Female	94.40	9.729	1.776	9.681**
	Unsuccessful Female	115.33	6.753	1.233	

\*\* $p < 0.01$



$t, < 0.01(58)$

With regard to successful Female and unsuccessful female groups, the results in table pertaining to variable State Anxiety, revealed the mean score and SD value of 46.87 and 5.557 respectively for the former group i. e. successful Female group, for the other group i.e. unsuccessful female group. These values were 56.57 and 4.747 respectively. The obtained t-value being. 7.270, the same has not been found to be significant.

A glance at the results depicted in table would show that with regard to successful female and unsuccessful female groups on the variable Trait Anxiety, the successful female group, had obtained the mean scores and SD values of 47.53 and 6.101 respectively. The t-value was 7.178 which were found to be significant.

The results presented in table on the variable overall Anxiety revealed that successful female group had obtained the mean score of 94.40 and SD = 9.729 whereas for the other group, i.e. Unsuccessful female group had the mean score of 115.33 and SD 6.753 respectively. The obtained t-value being. 9.681 the same has been found to be significant ( $P < 0.01$ ).

### 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 tow different field's men in terms of State anxiety, Trait anxiety and overall anxiety. In the researcher had selected successful female sports and unsuccessful female sports. In the light of the results of analysis researcher found that there were significant difference was observed between the successful female sports and unsuccessful female 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.

Researcher feel this I above factor might be reason to bring the significant difference between the successful female sports and successful female sports who are not involved in any sports activities.

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