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The comparative study of anxiety between male players and non-players

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Abstract

The purpose of this study was to compare the Anxiety between male players and non players. The subjects were 50 (N=50) male players and 50 (N=50) male non players of various colleges of Punjabi University Patiala with their age ranging between 20 to 30 years. For the study, only five games were selected i.e. Football, Volleyball, Handball, Netball, Hockey and also the students of M.A. psychology., MBA, and M.Tech were taken for the study. The data was collected by questionnaire method using questionnaire table i.e. Sports Competition Anxiety test Questionnaire Developed by Raner Marten 1987 was used. The results showed that there is not any significant difference between female players and non players in relation to their Anxiety.

Keywords: Anxiety, Players, Non Players

Introduction

In every sphere of life, each individual is engrossed in stressful situations. Each individual is continuously under the influence of emotions. Thus the behavior of the sportsman is also continuously directed by his emotions. In view of this, in the field of physical education, a great deal of concern has been shown for stress, tension and anxiety. In Sports performance, both mental, tension and muscular tension play a main role. Sports scientists have been concerned with finding the facilitating as well as the detrimental effect of muscular tension on the performance of motor skills.

Many athletes who perform well during training or practice can suffer from performance anxiety on game day. If feelings of nervousness, anxiety or fear interfere with your sports performance, learning to use a few tips from sports psychology may help you get your anxiety under control and reduce game day nerves. Has defined anxiety in two terms: trait anxiety and state anxiety. Trait anxiety is a tendency to respond emotionally to a wide range of non-threatening stimuli. State anxiety, on the other hand, is the actual feeling of tension and nervousness. Anxiety is one of the most important motivators in an educational milieu and is a person-internal motivation which is frequently viewed as ego threatening. Most of the time, many athletes under potential stress are more anxious about the physical harm. They are anxious due to failure in sports, especially in higher competitive sports.

Anxiety is a natural reaction to threats in the environment and part of the preparation for the 'fight or flight' response. This is our body's primitive and automatic response that prepares it to 'fight' or 'flee' from perceived harm or attack. It is a 'hardwired' response that ensures survival of the human species. Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem.

Physical effects of anxiety may include heart palpitations, muscle weakness and tension, fatigue, chest pain, shortness of breath, stomach aches, or headaches. The body prepares to deal with a threat: blood pressure and heart rate are increased, sweating is increased, blood flow to the major muscle groups is increased, and immune and digestive system functions are inhibited (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling, and pupillary dilation. Someone who has anxiety might also experience it as a sense of dread or panic. Although panic attacks are not experienced by every person who has anxiety, they are a common symptom. A person experiencing a panic attack will often feel

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as if he or she is about to die or pass out. Anxiety does not only consist of physical effects; there are many emotional ones as well.

The little evidence which is available shows some relationship between anxiety and sports at showing a relationship between competitive trait anxiety and state anxiety. Similar work has also been completed showing the effect of success/failure on both pre and post-game state anxiety levels. These studies provide data concerning factors related to inducing stress in competitive sports while attempting to predict various levels of state anxiety, most research has concentrated as using only one independent variable.

To overcome performance anxiety, traditional coaches and trainers may try to help the athlete understand why those thoughts and feelings develop and then try to change or modify that process with limited amounts of success. Why such thoughts arise may be of interest, but knowing the answer isn't always necessary to overcome them.

Material & Methods

In this chapter the method and procedure used to study the variable of Anxiety has been explained. This study has been undertaken to assess and evaluate Anxiety between the Male players and Male players belonging to inter college medalist.

Sample

The sample of present study was collected from colleges which are affiliated to Punjabi university, Patiala. The data was collected by questionnaire method using questionnaire table i.e. Sports Competition Anxiety test Questionnaire Developed by Raner Marten 1987 was used. Players were related to the inter college level tournaments held in the session 2017. Were taken for this study 45 Male players and 45 Male Non- players were selected.

Tools Used

The following tools were used to investigate the variable selected for the purpose of this study. Questionnaire method was used to assess Anxiety. The data was collected by questionnaire method using questionnaire table i.e. Sports competition anxiety test questionnaire developed by Raner Marten 1987 was used.

Administration of the Test

To administer the test as per the specified instructions the researcher had to seek co-operation from many quarters. The players subjects include in the present study were selected from the affiliated colleges of Punjabi university, Patiala. Who had represented inter-college level competitions during the session 2017 for Male players and Male Non-players. First of all permission was obtained from the coaches and team incharges of respective colleges and after that investigator had approached to players. The information regarding the data, venue, availability of subjects was also obtained well in advance. Coaches and team incharges conducting the inter college tournaments were requested to co-operate to administer for test. The subjects were acquainted with significance purpose of study. Timing of administration of the test was decided in consultation with the team in-charges and coaches accompanying the teams so that the tournaments and later coaching schedule was disturbed. On the appointed day the subjects were called after their competition. The subjects were made to sit at a place where minimum distraction was present. The administration of the test was conducted in groups. The subjects were told to record their first response and complete the questionnaire without any restriction of time. How ever unusual delay was not permitted. It took 5 minutes to distribute necessary materials (questionnaires and pencils) in the next 5 minutes the instructions as specified in the test were given and doubts sought by subjects were clarified.

Statistical Design

The data collected after scoring the responses of the subjects was statistically analyzed with the help of computer. There were two groups, one is Male players group and one is Male Non-players group. However mean, standard deviation, standard error and t-ratio were computed to know the direction of differences and significance of differences.

Results and Discussion

This chapter deals with comparable results of groups based on performance inter university. And their interaction effects on the variable. The results of t-test have been discussed in this chapter and the t-test has been followed by table no.1.

Table 1: Mean, Std Deviation and STD Error Mean of Male players and Male non- players in relation to their Anxiety

Category	Number	Mean	Std. Deviation	Std. Error Mean	't' value
Players	100	20.85	3.29	0.329	0.13
Non-Players	100	20.79	2.97	0.297	

*Significant at 0.05 with 198 df Tab t= 1.97

Table 1 reveals that the t value is 0.13 which is not significant at 0.05 and 0.01 Level of significance on anxiety. Hence it can be said that the Mean score of Male players of Punjabi university Patiala is 20.85 which do not differ significantly than the Mean Score of Male non players of Punjabi

university Patiala that is 20.79. It may therefore be said that Male players of Punjabi university Patiala and Male non players of Punjabi university Patiala have same level of Anxiety.

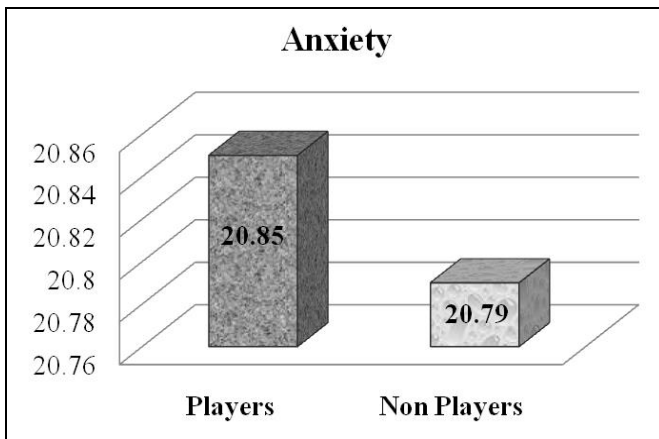


Fig 1: Figure showing the mean difference of female players and non- players in relation to their Anxiety

Discussion

It is evident from the findings of this investigation there is no significant difference between Male players and Male non-players in relation to their Anxiety. There is no significant difference found among the mean of Anxiety of Male players and Male non-players. The level of the significance 0.05 and the degree of freedom was set at 43.

Conclusion

With in the limitations and delimitations of the present study, conclusion has been drawn that there is not any significant difference between Male player and Male non-players in relation to Anxiety. The present investigation was a maiden effort in this direction. More intensive researches are needed in this direction to help out the problems faced by the physical education teachers and coaches to improve states of Anxiety of their players and students.

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