



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 981-984

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www.theyogicjournal.com

Received: 05-11-2017

Accepted: 07-12-2017

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## A comparative study of state and trait anxiety of Sepaktakraw players

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### Abstract

The aim of present study is to compare the male and female sepaktakraw players with regard to their State and Trait Anxiety. To accomplish the study, purposive sampling technique has been used. For this purpose, 60 sepaktakraw players (30 male and 30 female) from the 8<sup>th</sup> sepaktakraw federation cup were selected as subjects. The aim of present study is to compare the sepaktakraw players with regard to their State and Trait Anxiety. To accomplish the study, purposive sampling technique has been used. The sample of the study has been selected from the 8<sup>th</sup> Sepaktakraw federation cup (Men & Women) held at Panjab University, Chandigarh from 20<sup>th</sup> to 22<sup>nd</sup> April, 2018. State and Trait Anxiety Inventory constructed and standardized by Dr. Roma Pal and Dr. Govind Tiwari (1984) was used to measure the State and Trait Anxiety of the players. To find out the difference in the level of State and Trait Anxiety, independent sample 't' test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. The result of the present study shows that no significant difference was found between male and female sepaktakraw players with regard to their State and Trait Anxiety.

**Keywords:** State anxiety, Trait anxiety, Sepaktakraw, federation cup, players

### Introduction

Sepaktakraw or kick volleyball is an emerging sport native to south-east Asia. Sepaktakraw differs from the similar sport of foot volley in its use of a rattan ball and only allowing players to use their feet, knee, chest and head to touch the ball. It is a popular sport in Malaysia, Thailand and Indonesia (Kelley, 2007) <sup>[5]</sup>. The sepaktakraw sport is played on a similar to badminton double sized court. A match is played by two teams, also known as 'regus', each consisting of three players. One of the three players shall be at the back; he is called a "Tekong". The other two players shall be in front, one on the left and the other on the right. The player on the left is called a "feeder/setter/tosser" and the player on the right is called an "attacker/striker/killer". (International Sepaktakraw Federation, 2004) <sup>[4]</sup>. Anxiety is 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 recognised and manifestations of current concern with anxiety phenomena are ubiquitously reflected in literature, arts and science facets of our culture. According to Frost (1971) Anxiety is an uneasiness and feeling of foreboding often found when a person is about to embark on a hazardous venture; it is often accompanied by a strong desire to excel. No doubt, anxiety occupies a very important place in the study of human personality and a multitude of activities of mind. It has been found that the circumstances in which failure is experienced or in which an individual's intelligence is evaluated, are particularly threatening to the individual resulting in high Trait anxiety (Spielberger, 1966) <sup>[6]</sup>.

### Objectives of the Study

- To analyze the difference between male and female sepaktakraw players with regard to their State Anxiety.
- To analyze the difference between male and female sepaktakraw players with regard to their Trait Anxiety.

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**Delimitations of the Study**

- The study is delimited to sepaktakraw players.
- The study is delimited to 8<sup>th</sup> Sepaktakraw federation cup held at Panjab University, Chandigarh from 20<sup>th</sup> to 22<sup>nd</sup> April, 2018.
- The study is delimited to male and female players.
- The study is delimited to state anxiety and trait anxiety.

**Criterion Measure/Tool Used:** State-Trait Anxiety Inventory constructed and standardized by Dr. Roma Pal and Dr. Govind Tiwari (1984) [2] was used to measure the State and Trait Anxiety of the players.

**scoring:** The possible range of the scores for the state anxiety and trait anxiety varies from 30 (minimum) to 90 (maximum). The subjects respond to each item of both the scales by rating themselves according to the standard instructions on a three point scale - (1) Always, (2) Some times and (3) Never for balancing state and trait scale equal numbers of items have been taken. High rating indicates high anxiety whereas low rating indicates low anxiety for the positive items of each scale. The weightage scores of responses will be marked 3, 2 and 1 respectively whereas reversed items will be marked 1, 2 and 3. The positive and negative items of the state and trait anxiety are given overleaf:

**1. State Anxiety**

Positive item: 1,2,4,5,6,7,10,11,1,1,5,16,1 9,20,22,24,25, 26,27,28,29,30 (scoring should be 3,2,1).

Negative items: 3,8,9,12,13,14,17,18,21,23 (scoring should be 1,2,3).

**2. Trait Anxiety**

Positive items: 1,2,3,6,7,8,10,11,13,14,15,23,26,27, 28, 29, 30 (scoring should be 3,2,1).

Negative items: 4,5,9,12,17,18,19,20,21,22,24,25 (scoring should be 1,2,3).

**Method & Procedure:** For this purpose, 60 sepaktakraw players (30 male and 30 female) from 8<sup>th</sup> sepaktakraw federation cup were selected as subjects. The aim of present study is to compare the sepaktakraw players with regard to their State and Trait Anxiety. To accomplish the study, purposive sampling technique has been used. The sample of the study has been selected from the 8<sup>th</sup> Sepaktakraw federation cup (Men & Women) held at Panjab University, Chandigarh from 20<sup>th</sup> to 22<sup>nd</sup> April, 2018. State-Trait Anxiety Inventory constructed and standardized by Dr. Roma Pal and Dr. Govind Tiwari (1984) [2] was used to measure the State and Trait Anxiety of the players. To find out the difference in the level of sports aggression, independent sample ‘t’ test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. The result of the present study shows that no significant difference was found between male and female sepaktakraw players with regard to their State and Trait Anxiety.

**Statistical Technique:** The Data was analyzed and computed by applying Descriptive statistics i.e. Mean and Standard Deviation whereas to compare the mean scores, independent sample t-test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05.

**Findings of the Study**

The table no.1 presents significance of mean difference between male and female sepaktakraw players with regard to their State Anxiety.

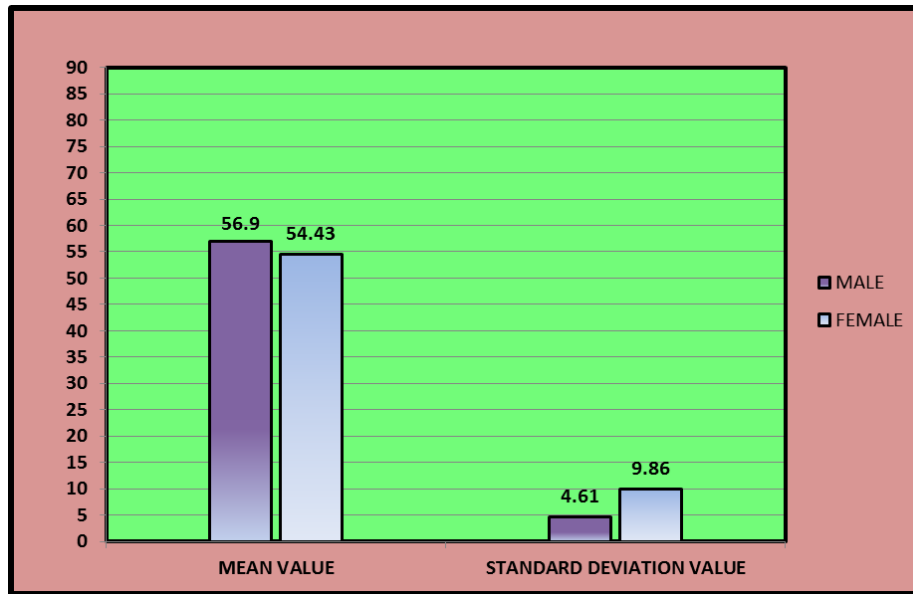
**Table 1:** Significance of Mean Difference between Sepaktakraw Players With Regard To Their State Anxiety.

Variable	Groups	N	Mean	S.D.	M.D.	t -value	Sig. (p-value)
State Anxiety	Male	30	56.90	4.61	2.46	1.24	.220
	Female	30	54.43	9.86			

- Level of significance was set at .05
- t value at 58 degree of freedom was 2.00

Table 1 represents the significance of mean difference between male and female sepaktakraw players with regard to their State Anxiety. On the variable state anxiety, male sepaktakraw players registered 56.90 as mean score with standard deviation 4.61. Whereas female sepaktakraw players recorded 54.43 as mean score with standard deviation 9.86. The mean difference between male and female sepaktakraw players obtained was 2.46 and the t-value/calculated value obtained was 1.24. The tabulated value was 2.00 at 58 degrees

of freedom which showed that the calculated value was less than the tabulated value and revealed no significant difference between the male and female sepaktakraw players with regard to their state anxiety. The p-value (sig.) obtained was .220 which also states no significant difference between male and female sepaktakraw players as the p-value (sig.) was higher than the .05 level of significance. The comparison of mean and standard deviation scores of both the groups has been presented graphically in figure 1.



**Fig 1:** The Graphical Representation of Male and Female Sepaktakraw Players With Regard To Their State Anxiety

The table no.2 presents significance of mean difference between male and female sepaktakraw players with regard to their Trait Anxiety.

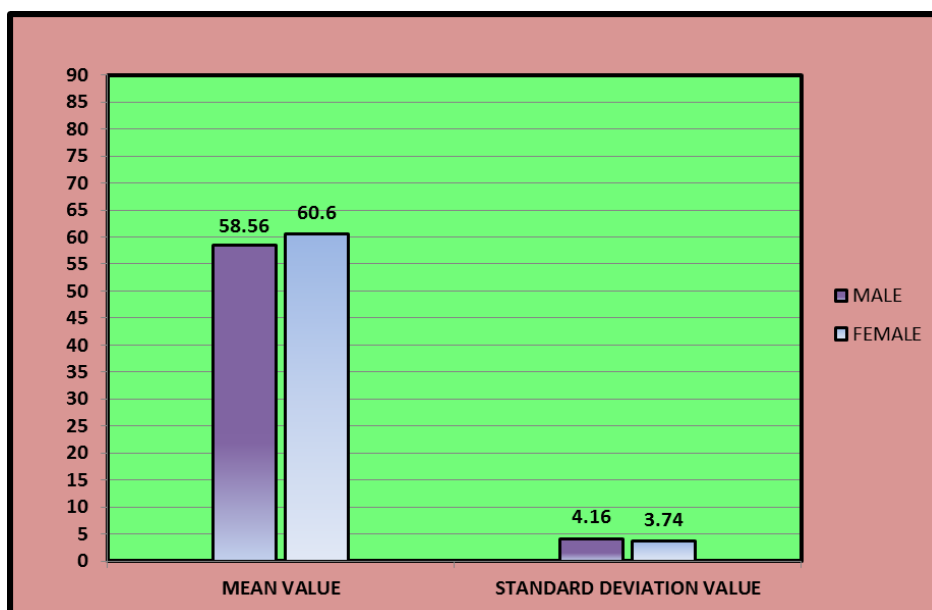
**Table 2:** Significance of Mean Difference between Sepaktakraw Players With Regard To Their Trait Anxiety.

Variable	Groups	N	Mean	S.D.	M.D.	T -Value	Sig. (P-Value)
Trait Anxiety	Male	30	58.56	4.16	2.03	1.98	.062
	female	30	60.60	3.74			

- Level of significance was set at .05
- t value at 58 degree of freedom was 2.00

Table 2 represents the significance of mean difference between male and female sepaktakraw players with regard to their Trait Anxiety. On the variable trait anxiety, male sepaktakraw players registered 58.56 as mean score with standard deviation 4.16. Whereas female sepaktakraw players recorded 60.60 as mean score with standard deviation 3.74. The mean difference between male and female sepaktakraw players obtained was 2.03 and the t-value/calculated value obtained was 1.98. The tabulated value was 2.00 at 58 degrees

of freedom which showed that the calculated value was less than the tabulated value and revealed no significant difference between the male and female sepaktakraw players with regard to their state anxiety. The p-value (sig.) obtained was .062 which also states no significant difference between male and female sepaktakraw players as the p-value (sig.) was higher than the .05 level of significance. The comparison of mean and standard deviation scores of both the groups has been presented graphically in figure 2.



**Fig 2:** The Graphical Representation of Male and Female Sepaktakraw Players With Regard To Their Trait Anxiety

### Discussion of the Findings

The present study was conducted to compare the male and female sepaktakraw players with regard to their State and Trait Anxiety. The findings of the study highlighted that no significant difference was obtained between male and female sepaktakraw players with regard to their State and Trait Anxiety. Results in table 1 indicated that male sepaktakraw players mean score obtained was high as compared to the female sepaktakraw players and the female players have the more tendency to divert from their average score as compared to male players with regard to their sports state anxiety. Results in table 2 indicated that female sepaktakraw players mean score obtained was high as compared to the male sepaktakraw players and the male players have the more tendency to divert from their average score as compared to male players with regard to their sports state anxiety. The difference exists between mean scores of both the groups was not much higher that it can display the significant difference. The possible reasons might be that both the groups possess angry behavior when losing the game, extremely irritated on unfair decision, feel excited when the opponent is aggressive, hurt the opponent to deprive him from winning, never feel angry while playing, forget everything in anger, pay him back when the opponent trying to do wrong, go out of the way to win a game, worried to see my opponent hurt and screaming, player must be penalized for in appropriate violence, winning or losing a game is not important tonic, attention towards planning of the game, ability to play with more courage at the time of losing, they feel sad when opposed players losing or lacking behind, take part in the game that they are going to win, they don't feel bad while playing bad game, they don't feel bad when their coach didn't give them full co-operation, a good played game gives satisfaction though they loose in the game. Before they compete they feel uneasy and worry about not performing well, noticed that my heart beats faster than usual, worry about making mistakes, feeling calm, relaxed, nervous, uptight and they believe in pleasure and enjoyment than winning in the game etc. are definitely the strong parameters that influence the psychological state and performance of the players.

The findings are in consistency with with Dureha *et al.* (2010) <sup>[1]</sup> compared the status of national and international hockey players on the selected psychological variables. As shown by the result of the study there was insignificant difference was found in incentive motivation, achievement motivation, state anxiety and trait anxiety between national and international hockey players and significant difference was found in sports competition anxiety. In order to test, t" test was used and 0.05 level of significance was used. The result of the present study also supports the same and, then, there is no significant difference was found between male and female sepaktakraw players with regard to their State and Trait Anxiety.

### Conclusion

The following conclusion were drawn from the present study that there was no significant difference was obtained between male and female sepaktakraw players with regard to their State and Trait Anxiety.

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