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A comparative study of level of anxiety in university players of Punjab and Haryana state

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Abstract

The major games (Basketball, Football, Hockey, Kabaddi and Volleyball) are most popular sports in India as well as world. In India these game have been very excellent performance at International level. When the players are ready to perform in major competition then level of anxiety is very high in players. According to this the researcher was selected this study "level of Anxiety in University Players of Punjab and Haryana State". A total number of 200 male players (100 Punjab, 100 Haryana) are observed for the study by having a questionnaire schedule including closed-ended questions. And when we talk about players, they all are university player's e.g Basketball, Football, Hockey, Kabaddi and Volleyball etc. Their age group is in the stage of between 18 to 25 years. To evaluate the test anxiety scale which contains 25 items formulated by Dr. V.P. Sharma, was applied. To observe the theory of the study illustrative statistics like mean and standard variation & t ratio were used. It concludes the more difference of level of anxiety among Punjab and Haryana players. The level of significance set at 0.05 levels.

Keywords: Level, anxiety, university players, basketball, football, hockey, kabaddi, volleyball

Introduction

Sports psychology is a specialty within the broader science of psychology. It emphasizes to understand the web of relationship between psychological and behavioral aspects that impacts on achievement and performance, all we can say that there are plenty of ways in which psychology to sports can be applied, Sports is primarily a physical endeavor, which involves bodily resources to coordinate, act and attain demanding physical specialized tasks. Keeping in mind the various culture in which humans live and are distinct, which in the way shape the behavior of their young people with its wide range of practices, which emphasizes on the values of competitiveness, masculinity, co-operation, achievement, winning and confidence generated through these activities in every part of the world are regarded as sport; on the basis of this the European Federation of Sport Psychology (FEPSAC) produced a broad definition in 1996, which reads: Sport psychology is the study of the psychological basis, processes and effects of sport. In broad sense it encompasses any physical activity for the purposes of competition, recreation, education or health^[2].

Anxiety and Stress in Sporting Performance : Psychologist are concerned and always develop an understanding that which factors affect arousal, anxiety and stress in any of the situations where competition is involved or activity is to be performed. The three are linked together in the sport competition and in turn it tends to induce anxiety, characterized by an increase in arousal. The ability to handle these separates the winner and loser. Waiting for kick off, or for the starting gun to fire is usually associated with feelings of nerves, tension, even anxiety. The body is becoming more aroused as it prepares itself for the "threatening" task ahead; this is the well-known fight or flight syndrome, something we have all experienced at some point in our lives. For some people this increasing level of arousal will translate into improved performance, but for others, high levels of arousal will cause their performance to deteriorate. It is this relationship between arousal and performance that is of interest to sport psychologists^[2].

Anxiety is always present in the competitive sports and the best of this is that its presence in not always negative. The term Anxiety is from the Latin anxious, from angered, to choke.

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There are several forms of Anxiety, and all are related by a general emotional and cognitive reaction to a stimulus in which apprehension and trepidation are present. This is considered as subset of arousal, which is usually understood as physiological response to a stimulus, characterized by uncertainty, discomfort, apprehension, and a fear of the unknown, which is usually described as self-perception of doubt about one’s ability to cope with the demand of a particular situation in which we feel threatened. It should be distinguished from fear, which always assumes a person, event or object; this is normally referred to as state anxiety to distinguish it from the more enduring personality trait of trait anxiety (Spielberger, 1966). Hence, the distinction between state and trait anxiety is based on the degree of generality involved. State anxiety refers to a relatively temporary occurrence of anxiety related to specific event; trait anxiety refers to a general tendency to be anxious across a verity of contexts. Because anxiety typically fluctuates based on context variations and sport psychology literature tends to focus more on state anxiety than trait anxiety. There is couple of ways to view anxiety, and one of them is the state- trait dichotomy^[2].

Types of anxiety

Many researchers have studied and classified many types of anxiety. They are: Trait anxiety, State anxiety, Competitive

trait anxiety, Competitive state anxiety, Unconscious anxiety, free floating anxiety, Cognitive anxiety and Somatic anxiety [Suresh 2008].

Aim of the study

- To evaluate the level of anxiety in university players of Punjab state.
- To analyze the level of anxiety in university players of Haryana state.
- To comparison the level of anxiety in university players of Punjab & Haryana state.

Method and Technique

The survey type study was designed to find out the significance difference in male university players (Basketball, Football, Hockey, Kabaddi, and Volleyball) of Punjab & Haryana state. The 200 (20 players of each game) male players (100 from Punjab & 100 from Haryana) were selected for this study with the age group of 18 to 25 years. The random sampling method was used for selection of players. Only level of anxiety was calculated through the test anxiety scale which include 25 items designed by Dr. V.P. Sharma, was applied. The t ratio was used for significance of this study. After that the difference in level of anxiety was presented in following table & graph.

Table 1: Showing the ‘t’ ratio in level of anxiety between university Players

S/No	State	Mean	S.D	Mean difference	S.E	‘t’ ratio
1	Punjab	65.01	9.89	3.25	1.4	2.32
2	Haryana	68.26	10.93			

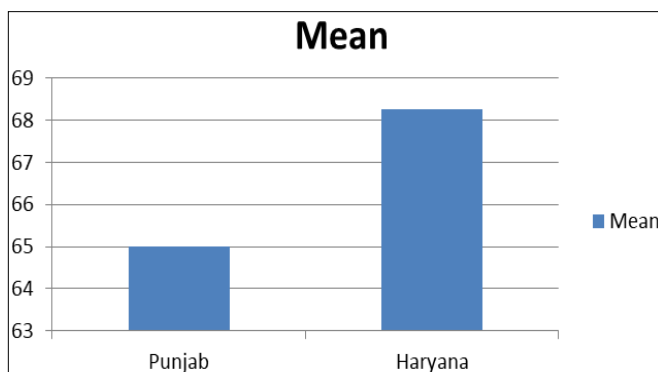
Level of Significance 0.05, Tabulated value at (98df) =3.40

According to Table 1 statistically represent that the Mean and Standard Deviation with regard to university players of Punjab is 65.01 and 9.89 of Haryana, where as in case of university players of Punjab is 68.26 and 10.93 of Haryana respectively. The calculated t-value (2.32) which is less than the tabulated’ value (3.40) at 0.05 levels.

In this table it can be concluded that university players of Punjab have low test anxiety as compare the Haryana players. So, it indicates that there is not significant difference between university players of Punjab & Haryana state for their anxiety level.

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Graph 1: Graphical representation of Descriptive statistics of level of Anxiety

Conclusion

After the used of suitable statistical analysis (t ratio) it can be concluded that the level of anxiety is high in university players of Punjab compare to university players of Haryana state.