



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 203-205

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www.theyogicjournal.com

Received: 13-11-2018

Accepted: 16-12-2018

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A comparative study of competition anxiety between men and women boxers and fencers

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Abstract

The purpose of this study was to compare the psychological variable namely competition anxiety between men and women Boxers and Fencers. To achieve the purpose of this study one hundred and twenty Boxers and Fencers of Boxers and Fencers Cuddalore District, Tamil Nadu, India were randomly selected as subjects. Among them sixty men Boxers and Fencers (thirty men and thirty men Boxers and Fencers) and sixty women Boxers and Fencers (thirty women and thirty women Boxers and Fencers) with an age of the subjects were ranged between 18 to 24 years were selected as subjects. Competition anxiety was assessed by using standardized test item Rainer Marten's sports competition anxiety test questionnaire and it was statistically analysed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. There was significant difference between men and women Boxers and Fencers on selected psychological variable namely competition anxiety irrespective of their games (Boxers and Fencers) and gender (men and women). Among them, men Boxers and Fencers were better competition anxiety than other categories of Boxers and Fencers.

Keywords: Psychological, competition anxiety, men and women boxers and fencers

Introduction

There is a decent amount of empirical data on the physical benefits of martial arts training; the psychological and social effects are more obscure. The effects of long-term martial arts training are still being investigated, and there have been a number of interesting studies. Most of the studies that have been conducted are similar in showing that martial art training generally causes positive psychological and social adjustments.

Anxiety is a complex emotional state characterized by a general fear or fore binding, usually accompanied by tension. It is related to apprehension and fear and is frequently associated with failure, either real an anticipated. It must do inter-personal relations and social situations. Feelings of rejection and insecurity are usually a part of anxiety.

Competitive anxiety is the anxiety generated in a sport, competitive situation. It is a specific term of anxiety that occurs as function of the competitive situation.

Selection of subjects

To achieve the purpose of the study one hundred and twenty Boxers and Fencers of Boxers and Fencers of Cuddalore District, Tamil Nadu and India were randomly selected as subjects. Among them sixty men Boxers and Fencers (thirty men Boxers and Fencers and thirty men Boxers and Fencers Boxers and Fencers) and sixty women Boxers and Fencers (thirty women Boxers and Fencers and thirty women Boxers and Fencers Boxers and Fencers) with an age of the subjects were ranged between 18 to 24 years were selected as subjects.

Selection of variable

In the present study, the investigator selected the psychological Variable namely competition anxiety.

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Statistical technique

The collected data's were statistically analysed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05

level of confidence was fixed to test the level of significance which was considered as an appropriate.

Result of Study

Table 1: The mean and standard deviation on competition anxiety of men and women Boxing and Fencing

Gender / Games		Boxing	Boxers and Fencing
Men	Mean	28.43	24.30
	SD	0.84	1.16
Women	Mean	19.47	22.67
	SD	1.15	0.94

Table 1 shows that the mean values on competition anxiety of men Boxers and Fencers, men Boxers and Fencers, women Boxers and Fencers and women Boxers and Fencers were

28.43, 24.30, 19.47 and 22.67 respectively. The two way factorial ANOVA on competition anxiety of men and women Boxers and Fencers have been presented in Table 2.

Table 2: Two way factorial anova on competition anxiety of men and women Boxers and Fencers

Source of Variance	Sum of Squares	df	Mean Squares	Obtained "F" Ratio
A factor (Gender)	842.7	1	842.70	764.89*
B factor (Games)	6.53	1	6.53	5.93*
AB factor (interaction) (Gender x Games)	403.33	1	403.33	366.09*
Error	127.8	116	1.10	

*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 116 was 3.924).

Table 2 shows that the obtained 'F' ratio value on competition anxiety 764.89 for factor-A (Gender - men and women Boxers and Fencers) irrespective of their games which was greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant difference between men and women Boxers and Fencers irrespective of their games on competition anxiety.

The obtained 'F' ratio value on competition anxiety 5.93 for factor-B (Games - Boxers and Fencers) irrespective of their gender which was greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant

difference between the Boxers and Fencers Boxers and Fencers irrespective of their gender on competition anxiety.

The obtained 'F' ratio value on competition anxiety 366.09 for interaction [AB factor - (Gender × Games)] which was also greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study showed that there was a significant difference between men and women Boxers and Fencers on competition anxiety.

Since, the obtained 'F' ratio for the interaction effect was found significant, the simple effect test was applied as follow up test and it was presented in Table 3.

Table 3: The simple effect test for gender and games on competition anxiety

Source of Variance	Sum of Squares	Df	Mean Squares	Obtained "F" Ratio
Gender Boxers	1206.02	1	1206.02	1094.67*
Gender Fencers	40.02	1	40.02	36.32*
Games and Men	256.27	1	256.27	232.61*
Games and Women	153.6	1	153.60	139.42*
Error	127.80	116	1.10	

*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 116 was 3.924).

Table 3 shows that the obtained 'F' ratio values on competition anxiety 1094.67 and 36.32 for gender and Boxers and Fencers and gender and Boxers and Fencers which are greater than the table value of 3.924 with df 1 and 116 required for significant at .05 level of confidence. The results of the study indicated that there was a significant difference between gender and Boxers and Fencers and gender and Boxers and Fencers on competition anxiety.

Table 3 also revealed that the obtained 'F' ratio value on competition anxiety 232.61 and 139.42 for games and men

Boxers and Fencers and games and women Boxers and Fencers which are greater than the table value 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant difference between games and men Boxers and Fencers and games and women Boxers and Fencers on competition anxiety.

The mean values of men and women Boxers and Fencers on competition anxiety are graphically represented in Figure 1.

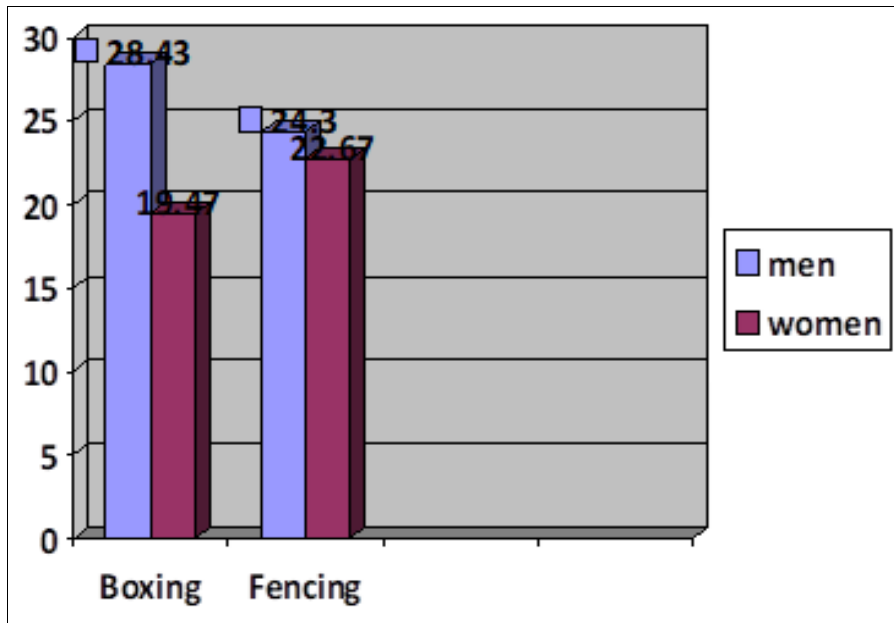


Fig 1: The mean values of men and women boxers and fencers and boxers and fencers Boxers and Fencers on competition anxiety

Conclusions

Based on the results of the study, the following conclusions were drawn,

1. There was significant difference between men and women Boxers and Fencers on psychological variable competition anxiety irrespective of their games (Boxers and Fencers).
2. There was significant difference between Boxers and Fencers Boxers and Fencers on selected psychological variable competition anxiety irrespective of their gender (men and women).
3. There was significant difference between men and women Boxers and Fencers Boxers and Fencers on selected psychological variable competition anxiety.
4. Among the groups, men Boxers and Fencers Boxers and Fencers were better on selected psychological variable achievement motivation than other categories of Boxers and Fencers.

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