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**Dr. Ajay Kumar**  
Assistant Professor of Physical  
Education, SGGS Khalsa College  
Mahilpur, Punjab, India

## Effect of anxiety level in sports female and non-sports female groups

**Dr. Ajay Kumar**

### Abstract

The purpose of this study was to compare the Sports Competition Anxiety of sports female and non-sports female at college level. The present study was conducted on the 50 sports female and 50 non-sports female of college level of Punjab. Their age was ranged 18 to 25 year. The collection of data to measure the Sports Competition Anxiety Marten's (1977) Inventory was used. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at  $p < 0.05$  level of significant. The result of the study concluded that there was statistically significant difference in sports female and non-sports female. It is clear that the mean sports female between of non-sports female is significantly higher than the mean Sports Competition Anxiety of the non-sports female.

**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 known 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 of 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).

### Procedure and Methodology

In the present study a sample of 50 sports female and 50 non-sports female (Total=100 Female) of college level. The collection of data to measure Sports Competition Anxiety

### Correspondence

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Education, SGGS Khalsa College  
Mahilpur, Punjab, India

Marten's (1977) Inventory was used. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at 0.05 level of significant.

**Results**

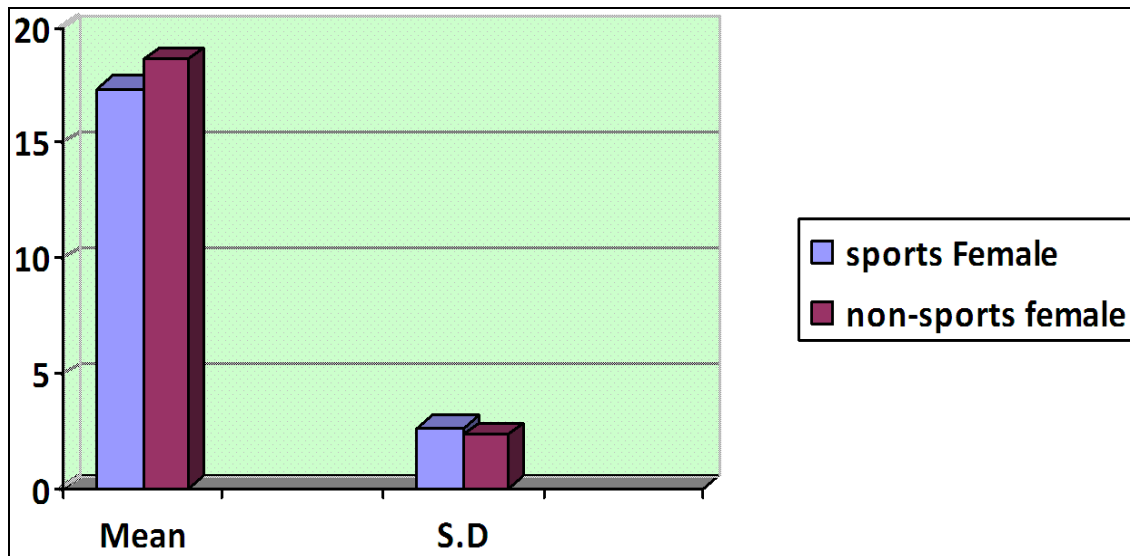
To find out the significant differences Sports Competition Anxiety between successful female sports and un-successful sports female. The analysis of data, collected by administering the questionnaire to the entire subject's t- test was employed at 0.05 level of significant. The statistical analysis of data pertaining to Sports Competition Anxiety is given below.

Finding of the study show that all there was significant the sports and non- sports female of Punjab. It is clearly indicates that Sports Competition Anxiety of sports is significantly high than the mean Sports Competition Anxiety of the non-sports men of Punjab. This may be attributed due to the reality that the players of Sports Competition 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 Sports Competition Anxiety. These outcomes may realize to develop the various training plans.

**Table 1:** mean, sd and t-values with regard to sports female and non-sports female on the variable sports competition anxiety

Variable	Groups	Mean	S.D	Difference between Mean (DM)	't' ratio
Sports competition Anxiety	Sports Female	17.33	2.631	0.288	1.969*
	Non-sports Female	18.60	2.343		

\*\* $p < 0.05$



$t, < 0.05(118)$

Table present there was significant difference in successful female sports and un-successful female sports of Punjab. It become clear that on the variable Sports Competition Anxiety, the first group i.e. successful female group had the mean and SD values of 17.33 and 2.631, respectively whereas the second i.e. unsuccessful female group had 18.60 and 2.343 as mean scores and SD value respectively. The calculated t-values was 1.969 which was found to be significant ( $p < 0.05$ )

**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 two different field's men in terms of Sports Competition Anxiety. In the researcher had selected sports female sports and un-sports female sports. In the light of the results of analysis researcher found that there were significant difference was observed between the sports female and un-sports female 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 sports female and un-sports female who are not involved in any sports activities.

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