



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 4.69  
IJPESH 2015; 1(4): 64-66  
© 2015 IJPESH  
www.kheljournal.com  
Received: 27-01-2015  
Accepted: 26-02-2015

**Vats Kavita**  
*Ph.D Scholar, D.P.E.S.S.O,  
University of Delhi, India*

**J P Sharma**  
*Associate Professor, IGIPESH  
(D.U), India*

**Jain Shilpi**  
*Ph.D. Scholar, D.P.E.S.S.,  
University of Delhi, India*

## A comparative study of competitive state anxiety level between female yoga players and archery players

**Vats Kavita, J P Sharma, Jain Shilpi**

### Abstract

The present study was to find out to compare competitive state anxiety level between female yoga players and archery players. The total numbers of forty (40) subjects were selected through purposive random sampling method for this study. In this research, the CSAI-2 questionnaire (scale) was used to measure competitive state anxiety consist three components namely cognitive state anxiety, somatic state anxiety and self-confidence. This study shows that Anxiety is required to measure the performance during competition. To analyses the data 't' test method was applied. It was found that there was no significance difference between female of yoga and archery players on self-confidence but there was a significance difference between female of yoga and archery players on cognitive state anxiety and somatic state anxiety.

**Keywords:** Anxiety level, female yoga players, archery players

### 1. Introduction

Everybody knows what it's like to feel anxious -- the butterflies in your stomach before a first match, the tension you feel when your coach is angry, and the way your heart pounds if you're in danger. Anxiety rouses you to action. It gears you up to face a threatening situation. It makes you study harder for that exam, and keeps you on your toes when you're making a speech. In general, it helps you cope.

But if you have an anxiety disorder, this normally helpful emotion can do just the opposite -- it can keep you from coping and can disrupt your daily life. There are several types of anxiety disorders, each with their own distinct features.

Many people still carry the misperception that anxiety disorders are a character flaw, a problem that happens because you are weak. They say, "Pull yourself up by your own bootstraps!" and "You just have a case of the nerves." Wishing the symptoms away does not work -- but there are treatments that can help.

Anxiety disorders and panic attacks are not signs of a character flaw. Most importantly, feeling anxious is not your fault. It is a serious mood disorder, which affects a person's ability to function in everyday activities. It affects one's work, one's family, and one's social life.

Today, much more is known about the causes and treatment of this mental health problem. We know that there are biological and psychological components to every anxiety disorder and that the best form of treatment is a combination of cognitive-behavioral psychotherapy interventions.



**Correspondence:**  
**Vats Kavita**  
*Ph.D Scholar, D.P.E.S.S.,  
University of Delhi, India*

**2. Procedure and Methodology**

**2.1 Collection of Data:**

For collection of data twenty (20) females of archery players and twenty (20) females of yoga players total number of forty (40) state level yoga players and archery players were selected through purposive random sampling method as subjects for this study. The competitive state anxiety inventory-2 (CSAI-2) by Rainer Marten, Vealey and Burton was used as tool for this study. It was selected because it is a sports specific anxiety test.

**2.2 Objectives:**

To compare female yoga players and archery players on three components of competitive state anxiety i.e. cognitive state anxiety, somatic state anxiety and self-confidence.

**2.3 Statistical Analysis:**

To determine the comparison between females state level yoga players and archery players on the three anxiety levels namely somatic state, cognitive state and self-confidence, the statistical technique i.e. 't' test method was used.

**3. Result**

**3.1 Analysis of Data:**

The objective of the study was to compare female yoga players and archery players on three components of competitive state anxiety i.e. cognitive, somatic & self-confidence. To find out the difference between female yoga players and archery players the 't' test method was applied and further it has been shown through table number 1 to 6.

**Table 1:** Descriptive Result of Cognitive State Anxiety for Female Yoga Players and Archery Players

Group Statistics					
	VAR00002	N	Mean	Std. Deviation	Std. Error Mean
Scores	1	20	16.2000	2.16673	.48450
	2	20	20.8500	3.58762	.80222

As depicted in the table no-1, the descriptive result of cognitive state anxiety of females yoga players and archery players mean and SD value is  $16.20 \pm 2.17$  (yoga) and  $20.85 \pm 3.59$  (archery).

**Table 2:** Summary of T-Test on Cognitive State Anxiety between Yoga and Archery Players

Independent Samples Test											
		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
										Lower	Upper
Scores	Equal variances assumed	5.434	.025	-4.962	38	.000	-4.65000	.93717	-6.54720	-2.75280	
	Equal variances not assumed			-4.962	31.233	.000	-4.65000	.93717	-6.56080	-2.73920	

Table No-2 indicates the value of independent sample 't'- test, which shows that there was a significant difference in the cognitive state anxiety for male and female yoga players as the value was found to be -4.962, against the tabulated value 2.024 which was significance at 0.05 level.

**Table 3:** Descriptive Result of Somatic State Anxiety for Female Yoga Players and Archery Players

Group Statistics					
	group	N	Mean	Std. Deviation	Std. Error Mean
smtc	yoga	20	16.85	3.951	.883
	archery	20	21.85	5.354	1.197

As depicted in the table no-3, the descriptive result of cognitive state anxiety of females yoga players and archery players mean and SD value is  $16.85 \pm 3.95$  (yoga) and  $21.85 \pm 5.35$  (archery).

**Table 4:** Summary of T-Test on Somatic State Anxiety between Yoga and Archery Players

Independent Samples Test											
		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
										Lower	Upper
smtc	Equal variances assumed	.708	.405	-3.361	38	.002	-5.000	1.488	-8.012	-1.988	
	Equal variances not assumed			-3.361	34.961	.002	-5.000	1.488	-8.020	-1.980	

Table No-4 indicates the value of independent sample 't'- test, which shows that there was a significant difference in the sometic state anxiety for male and female yoga players as the value was found to be -3.361, against the tabulated value 2.024 which was significance at 0.05 level.

**Table 5:** Descriptive Result of Self Confidence for Female Yoga Players and Archery Players.

Group Statistics					
	group	N	Mean	Std. Deviation	Std. Error Mean
conf	1	20	25.10	5.866	1.312
	2	20	24.15	4.557	1.019

As depicted in the table no-5, the descriptive result of self-confidence of females yoga players and archery players mean and SD value is  $25.10 \pm 5.866$  (yoga) and  $24.15 \pm 4.557$  (archery).

**Table 6:** Summary of T-Test on Self Confidence between Yoga and Archery Players

Independent Samples Test											
		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
										Lower	Upper
conf	Equal variances assumed	2.993	.092	.572	38	.571	.950	1.661	-2.412	4.312	
	Equal variances not assumed			.572	35.810	.571	.950	1.661	-2.419	4.319	

Table No-6 indicates the value of independent sample 't'- test, which shows that there was a no significant difference in the self-confidence for male and female yoga players as the value was found to be .572, against the tabulated value 2.024 which was insignificant at 0.05 level.

#### 4. Discussion

To find out the difference female yoga and archery players on three components of competitive state anxiety i.e. cognitive state anxiety, somatic state anxiety and self-confidence descriptive statistics and independent sample 't'-test were computed. The result depicted that significant difference was found between the female of yoga and archery players as the attained value was -4.962, -3.361 against the tabulated value 2.024, which was significant at 0.05 level this significance difference proves that there is no difference to compare female yoga and archery players on two components of competitive state anxiety i.e. cognitive state anxiety, somatic state anxiety, but on self-confidence attained value was .572 against the tabulated value 2.024, which was insignificant at 0.05 level this insignificance difference indicated that there is a difference to compare female yoga and archery players.

VA: American Psychiatric Publishing, 2013, 189. ISBN 978-0-89042-555-8.

#### 5. Conclusion

After going through the interpretation of the results' tables it was concluded that there was no significance difference female of yoga and archery players on two components of competitive state anxiety i.e. cognitive state anxiety, somatic state anxiety, but on self-confidence insignificance difference indicated that there is a difference to compare female yoga and archery players.

#### 6. Reference

- [https://www.google.co.in/search?q=pdf+on+anxiety+in+pysical+education+%26+sports&ie=utf-8&oe=utf-8&aq=t&rls=org.mozilla:en-US:official&client=firefox-a&gfe\\_rd=cr&ei=yPvNU4npOonC8geM04HoCw&gws\\_r](https://www.google.co.in/search?q=pdf+on+anxiety+in+pysical+education+%26+sports&ie=utf-8&oe=utf-8&aq=t&rls=org.mozilla:en-US:official&client=firefox-a&gfe_rd=cr&ei=yPvNU4npOonC8geM04HoCw&gws_rd=)
- [http://scholarsresearchlibrary.com/ABR-vol3-iss1/ABR-2012;3\(1\):270-274.pdf](http://scholarsresearchlibrary.com/ABR-vol3-iss1/ABR-2012;3(1):270-274.pdf)
- <http://fsprm.mk/wp-content/uploads/2013/08/Pages-from-Spisanie-RIK-br.-2-2012-2.pdf>
- <http://www.canmat.org/di-anxiety-disorders.php>
- Bain LL, Wilson T, Chaikind E. Participant perceptions of exercise programs for overweight women. *Research Quarterly for Exercise and Sport* 1989; 60, 134-43.
- Davies E, Furnham A. Body satisfaction in adolescent girls. *British Journal of Medical Psychology* 1986; 59:279-287.
- Scarre C. *Chronicle of the Roman Emperors*. Thames & Hudson, 1995, 168-9. ISBN 978-5-00-050775-9.
- Seligman MEP, Walker EF, Rosenhan DL. *Abnormal psychology* Edn 4, New York: W.W. Norton & Company.
- Davison GC. *Abnormal Psychology*. Toronto: Veronica Visentin, 2008, 154. ISBN 978-0-470-84072-6.
- American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders* Edn 5, Arlington,