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## A comparative study of competitive state anxiety level between two age categories of male and female yoga players

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### Abstract

The objective of the study was to compare female yoga players and male yoga players on three components of competitive state anxiety i.e. cognitive, somatic & self-confidence. To find out the difference between female yoga players and male yoga players the percentage method was applied. For collection of data thirty (30) females of yoga players and thirty (30) males of yoga players total number of sixty (60) yoga 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 found that Majority of the males i.e. 66.6% had the low competitive cognitive state anxiety level in comparison to 73.3% females had the low competitive cognitive state anxiety level. Majority of the females i.e. 26.6% had the high competitive cognitive state anxiety level in comparison to 33.3% males had the high competitive cognitive state anxiety level. Majority of the males i.e. 83.3% had the low competitive somatic state anxiety level in comparison to only 66.6% females had the low competitive somatic state anxiety level. Majority of the females i.e. 33.3% had the high competitive somatic state anxiety level in comparison to less i.e. 16.6% males had the high competitive somatic state anxiety level. Majority of the males i.e. 0% had the low competitive self- confidence anxiety level in comparison to 6.6% females had the low competitive self- confidence anxiety level. Majority of the females i.e. 93.3% had the high competitive self- confidence anxiety level in comparison to 100% males had the high competitive self- confidence anxiety level.

**Keywords:** comparative study, competitive state anxiety level, male and female, yoga players

### 1. Introduction

#### 1.1 What Is Anxiety?

The medical definition of anxiety describes it is a state consisting of psychological and physical symptoms brought about by a sense of apprehension of a perceived threat. It also goes on to state that anxiety can differ according to the situation and the individual. Applied to the sporting arena this means that a golfer for example may experience more anxiety playing in a national tournament compared to a club competition. At the same time a club competition may draw the same nerves in another individual.

Psychologists generally differentiate between two types of anxiety. Trait anxiety relates to an aspect of personality in which nervousness is a stable personality trait in an individual.

State anxiety on the other hand refers to temporary feelings of anxiety in a particular situation. Therefore a person with an anxious personality may find many different everyday tasks stressful compared to someone who only gets nervous in extreme situations.

#### 1.2 Causes of Anxiety

According to Kremer and Moran (2008) one reason why we tend to get uptight before competition could be related the pressure of being observed. Spectators of any sport are constantly evaluating the skills of the athletes they are watching and this can be extremely daunting to those who are not trained to deal effectively with this pressure. Not wanting to fail can heap more strain on a player when as they become more aware of being observed and so the stress continues to grow.

Feelings of anxiety can also be confused with fear but there is a significant difference between these two emotions. A fear or "phobia" is a negative feeling about a specific object (spiders) or experience (talking in front of a large group) however anxiety is more general and often athletes recognize that they are anxious about something but cannot put their finger on it.

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**2 Procedure And Methodology**

**2.1 Collection of Data:** For collection of data thirty (30) females of yoga players and thirty (30) males of yoga players total number of sixty (60) yoga 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 male yoga 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 male and female state level yoga players of two age categories on the three anxiety levels namely somatic state, cognitive state and self-confidence, the statistical technique i.e. percentage method was used.

**3 Results**

**3.1 Analysis of Data:** The objective of the study was to compare female yoga players and male yoga players on three components of competitive state anxiety i.e. cognitive, somatic & self-confidence. To find out the difference between female yoga players and male yoga players the percentage method was applied and further it has been shown through table number 1 to 3.

**Table 1:** Regarding comparison between male and female competitive cognitive state anxiety level of yoga players.

Male\Female	Total	Low anxiety	High anxiety
M	30	20/30=66.6%	10/30=33.3%
F	30	22/30=73.3%	8/30=26.6%

Table No-1 Reveals that 66.6% male had the low competitive cognitive state anxiety level where as 73.3% female had the low competitive cognitive state anxiety level. Further it reflects that 26.6% female in this category had the High competitive cognitive state anxiety level in comparison to 33.3% male had the High competitive cognitive state anxiety level.

**Table 2:** Regarding comparison between male and female competitive somatic state anxiety level of yoga players.

Male\Female	Total	Low anxiety	High anxiety
M	30	25/30=83.3%	5/30=16.6%
F	30	20/30=66.6%	10/30=33.3%

Table No-2 Reveals that 83.3% male had the low competitive somatic state anxiety level where as only 66.6 % female had the low competitive somatic state anxiety level. Further it reflects that 33.3% female in this category had the High competitive somatic state anxiety level in comparison to 16.6% male had the High competitive somatic state anxiety level.

**Table 3:** Regarding comparison between male and female competitive self-confidence anxiety level of yoga players.

Male\Female	Total	Low anxiety	High anxiety
M	30	0/30=0%	30/30=100%
F	30	2/30=6.6%	2/30=93.3%

Table No-3 Reveals that 0% male had the low self- confidence anxiety level where as 6.6 % female had the low self- confidence level. Further it reflects that 93.3% female in this category had the High self- confidence anxiety level in comparison to 100% male had the High competitive somatic state anxiety level.

**4 Conclusion**

After going through the interpretation of the results' tables it was concluded that:

- (i) Majority of the males i.e. 66.6% had the low competitive cognitive state anxiety level in comparison to 73.3% females had the low competitive cognitive state anxiety level.
- (ii) Majority of the females i.e. 26.6% had the high competitive cognitive state anxiety level in comparison to 33.3% males had the high competitive cognitive state anxiety level.
- (iii) Majority of the males i.e. 83.3% had the low competitive somatic state anxiety level in comparison to only 66.6% females had the low competitive somatic state anxiety level.
- (iv) Majority of the females i.e. 33.3% had the high competitive somatic state anxiety level in comparison to less i.e. 16.6% males had the high competitive somatic state anxiety level.
- (v) Majority of the males i.e. 0% had the low competitive self- confidence anxiety level in comparison to 6.6% females had the low competitive self- confidence anxiety level.
- (vi) Majority of the females i.e. 93.3% had the high competitive self- confidence anxiety level in comparison to 100% males had the high competitive self- confidence anxiety level.

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