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**Dr. Balwinder**  
Assistant Professor  
Jat College Kaithal, Haryana,  
India.

## Sport competition anxiety between college level cricket male and female players

**Dr. Balwinder**

### Abstract

The purpose of this study was to compare the Sport Competition Anxiety between college level male and female cricket player. For the purpose of the study total 150 players 75 (male) and 75 (female) cricket players from M.D.U. Rohtak were purposively selected as the subjects for the study. The hypothesis selected for this study that there would be no significant difference between the inter- college male and female cricket players. In this study sports competition anxiety test (SCAT, Martens *et al.*, 1990) questionnaire was used to measure sports competition anxiety. Sports competition anxiety test questionnaire was distributed between male and female cricket players one hour before the competition. To measure competition related anxiety of players sport competition Anxiety Test (SCAT, developed by Martens *et al.* (1990) was used. The data was analyzed by applying 't' test. The level of significance was set at 0.05 levels

**Keywords:** Sports competition anxiety, cricket, male, female

### Introduction

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. The game of cricket has had a long and complicated history in the West Indies. Originally imported to the West Indies as an agent of control and reaffirmation, the game steadily evolved into a cultural institution radically opposed to the original intentions of those who conspired for its import. The exact role cricket has played in terms of resistance to the postcolonial hegemonic order in the West Indies is widely debated. Much of this debate has to do with the variety of ways in which cricket culture has been allowed to progress according to specific histories of individual locales.

### Objective of the study

To compare the sports competition anxiety level between inter- college male and female cricket players.

### Methodology

**Selection of Subjects:** In this study total 150 players 75 male cricket players and 75 female cricket players were randomly selected as the subject for this study. The subject age was ranged between 20 to 25 years.

**Selection of Variable:** The variable selected for this study was as follows:-  
Sports Competition Anxiety Test

**Criterion Measure:** The following test was selected and score was considered as criterion measure for this investigation.

**Sports Competition Anxiety Test:** To measure competition related anxiety of the players sport competition Anxiety Test (SCAT, developed by Martens *et al.* (1990) was used.

**Correspondence**  
**Dr. Balwinder**  
Assistant Professor  
Jat College Kaithal, Haryana,  
India

**Statistical Technique**

To find out the significance of mean differences between inter college male and female cricket player ‘t’ test was applied.

The level of significance was set at 0.05 level.

**Result and Interpretation**

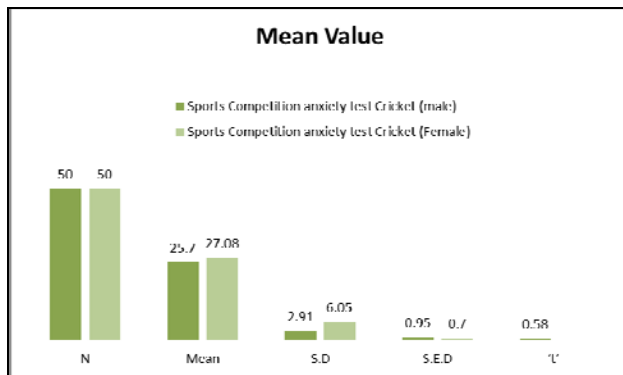
**Table 1:** Mean differences of competitive anxiety between inter- college male and female cricket players

Variables	Game	N	Mean	S.D	S.E.D	‘t’	Significant
Sports Competition anxiety test	Cricket (male)	50	25.70	2.91	0.95	0.58	N.S
	Cricket (Female)	50	27.08	6.05	0.70		

Significant at 0.05 level

The table 1 depicts that the mean and S.D. value of inter-college male cricket were 25.70 and 2.91, whereas the inter-college female cricket players were having the mean and S.D. value 27.08 and 6.05 respectively. The inter- college female cricket players was found to have comparatively high mean score as compare to the inter- college male cricket players which indicate that inter- college female cricket players feels more anxiety as compare to inter college male cricket players. Results in the above table shows that there is no significant differences observed between inter – college male and female cricket players in their competitive anxiety level.

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**Graph 1:** Graphical representation of mean differences of sports competitive anxiety between inter- college male and female cricket players

**Conclusion**

- In the present study no statistically significant differences have been observed between the inter- college male and female cricket players.
- Inter- college female cricket player feels more anxiety as compare to inter college male cricket players.

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