



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2017; 4(2): 38-39
© 2017 IJPESH
www.kheljournal.com
Received: 09-01-2017
Accepted: 10-02-2017

Surinder Kumar Sharma
Professor, Department of
Physical Education, H.P.U
Shimla, Himachal Pradesh,
India

Vikrant Bhardwaj
Research Scholar, Department
of Physical Education, H.P.U
Shimla, Himachal Pradesh,
India

Comparative study of psychological variable of anxiety of male bowlers and male batsman of Himachal Pradesh

Surinder Kumar Sharma and Vikrant Bhardwaj

Abstract

In the study attempt to investigate, the comparison of anxiety between male bowlers and male batsman senior district level of under age 18 to 25 of Himachal Pradesh. To solve the purpose of the study 72 bowlers and 72 batsmen of Himachal Pradesh districts were taken as the sample. The anxiety psychology variable measured by anxiety scale developed by BSPA. The data was analysed by using SPSS. The statistical tools used for the study were mean, SD and 't' test was used. The results have shown significant comparison between the above said variables.

Keywords: Comparative study, psychological variable, male batsman, Himachal Pradesh

1. Introduction

In modern competitive sports, psychological preparation of an athlete or a team is as much important as technique and different skill. The athletes and teams are prepared and not only to play the game, but also to win the game and for winning the game it is not only the proficiency in skill, which bring victory but more important is the mental preparation, the spirit and the attitude of the athletes with which they play and perform best in competition. Better performance in sports are demands nor only of systematic training to develop physical, physiological variable and technical aspect of sports but also proper training and consideration of psychological variables for success in this field. All education springs from an image of the future and all education creates image of the future. Significant part of education must be seen as the process which enlarges, enrich, and improves the individual's image of the future. Education is an essential human virtue; man becomes 'man' through education. And Physical Education is the most important part of this Education.

Anxiety is described as the individual's level of emotionality. DeCecco & Crawford's believe that since anxiety is an inferred emotional state of the organism and cannot be directly observed, investigations of anxiety rely on having the individual report his own emotional states under various stress conditions. Educational psychologists have studied test anxiety, or the emotional states the students experience under the stressful conditions of taking a test. According to Sarson test anxiety may be conceptualized proneness to emit self-centered interfering responses when confronted with an evaluative situation.

2. Methodology

A Survey type of study had been designed to investigate the Anxiety of male cricket bowlers and male cricket batsmen of Himachal Pradesh. For the present research investigation purposive sampling method was employed. The sample for the present study comprises of male batsmen and male bowlers of twelve district of Himachal Pradesh. The sample consists of 144 cricket players having 72 male batsmen and 72 male bowlers in the 18 to 25 years age group from twelve districts in Himachal Pradesh. The data was analysed by using SPSS. The statistical tools used for the study were mean, SD and 't' test was used. The results have shown significant comparison between the above said variables. The district-wise sample breakup of the selected male batsmen and male bowlers has been mentioned in table 1

Correspondence
Surinder Kumar Sharma
Professor, Department of
Physical Education, H.P.U
Shimla, Himachal Pradesh,
India

Table 1: Sample break up of Male Batsmen and Male Bowlers on anxiety from Twelve Districts of Himachal Pradesh

S. No	Name of the district	No. of Batsmen	No. of Bowlers
1	Sirmour senior team	6	6
2	Kinnaur senior team	6	6
3	Kangra senior team	6	6
4	L&S senior team	6	6
5	Chamba senior team	6	6
6	Una senior team	6	6
7	Bilaspur senior team	6	6
8	Shimla senior team	6	6
9	Kullu senior team	6	6
10	Mandi senior team	6	6
11	Solan senior team	6	6
12	Hamirpur senior team	6	6
	Total	72	72

3. Results and Findings

Within the limitations and delimitations of the present study following results are drawn

Table 2: Group Wise N, Mean, SD, MD and t-value of male bowlers and batsman of district level cricket players on Anxiety

S. No	Group	N	Mean	S.D.	M.D.	“t”
1.	Bowlers	72	9.22	3.068	.583	1.207
2.	Batsmen	72	8.64	2.718		

0.05 > 1.960 (degree of freedom 142)

From table 2, it can be seen that the t-value is 1.207 which is not statistically significant at 0.05 level of significance with the degree of freedom 142. This shows that the mean scores of the male district level bowlers and male district batsman on Anxiety do not differ significantly. In this context the null hypothesis that there is no significant difference in the mean score of male district level bowlers and mean score of male district level batsman on Anxiety is accepted. It may therefore be said that the male district level bowlers and batsman approximately same level of Anxiety.

4. Conclusion

- The comparison of male senior district level bowlers and batsman did indicate that anxiety were significant difference.

5. References

1. Blake S. Practical recommendations and interventions: Test Anxiety, 2009. Retrieved from www.utea.org.
2. Clark JW, Fox PA, Schneider HG. Feedback, test Anxiety and performance in a college courses. Psychological reports, 2006; 82:203-208.
3. Institute of Heart Math. “Test Anxiety, It affects most people, but you can learn to overcome it. IMH Newsletter. 2009; 8(1).
4. Sieber JF, Neils O’H, Tobias S. Anxiety, learning and instruction. Hillsdale, NJ: Erlbaum, 1977.
5. Singh BrijBhushan and *et al.* “A study on sports competition Anxiety and Performance of Intercollegiate Top Ranking Male and Female Power lifters” J. Health and Fitness 2010; 2(1):66-70.