



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2017; 4(5): 226-227  
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www.kheljournal.com  
Received: 06-07-2017  
Accepted: 07-08-2017

**Daksh Sharma**  
Assistant Professor of Phy. Edu,  
SGGS Khalsa, Mahilpur, Punjab,  
India

## A comparison study of self-concept and sports competitive anxiety among different level of softball players

**Daksh Sharma**

### Abstract

The purpose of the study was to compare the psychological characteristic that is self concept and sports competitive anxiety of different level of softball players. Total one Hundred five softball players were the subject of the study. The subjects were divided into three categories, Senior National level, University level and State level. The psychological characteristics (self concept and sports competitive Anxiety) were selected for the study. Following questionnaires were used to measure selected psychological characteristic that is self concept list developed by Dr. Pratibha Deo, and sports competitive anxiety test questionnaire developed by Rainier Martin. To compared the self concept and Sports Competitive Anxiety of different level of softball players. One way analysis of variance (ANOVA) was used and level of significant was set at 0.05. Conclusion, No significant difference was found among the subject belonging to different level of softball players in relation their sports competitive anxiety. No significant difference was found amongst the subject belonging to different levels of softball players in relation to their self respect.

**Keywords:** Self-concept, sports competitive anxiety, softball players

### Introduction

The role of psychology in sports was given to a new branch of psychology caller sports psychology' or psychology of sports'. According to John D. Jauther, "Sports Psychology is an area which attempt, performance and human behavior in the field of sports". Robert N. Singer says that sports psychology explore's one's behavior in Athletics. Sports psychology research is also interested in capturing knowledge regarding crowd behavior, reliability and therapy through physical activity etc.

### Aim

The purpose of the study was to study the self concept and sports competitive anxiety of different level of softball players.

### Subjects

Total one hundred five softball players of different that is senior national level, university level and state level has been selected as subject for the study. The age of the subjects was between 19 to 27 years. 35 players of each level were selected.

### Methodology

For the purpose of this study following psychological variables were selected:- Self concept and sports competitive anxiety. For the assessment of self-concept the questionnaire developed by Dr. (Mrs) Pratibha Dev was used. For the assessment of sports competitive anxiety, Test developed by Reiver Martin was used. To Compare Self concept and sports competitive anxiety of different level of softball players, One Way Analysis of Variance (ANOVA) was employed at F- value 0.05 level of significance.

### Results

The Comparison of self concept and sports competitive anxiety of different levels of softball players are presented in table 1 & 2 respectively.

**Correspondence**  
**Daksh Sharma**  
Assistant Professor of Phy. Edu,  
SGGS Khalsa, Mahilpur, Punjab,  
India

**Table 1:** analysis of variance of self concept among difference levels of softball players.

Source of variance	Degree of Freedom (DF)	Sum of square (S.S)	Mean Squares (MS)	F-Ratio
Between the group	2	27.794	138.478	0.483
Within the group	102	46246.81	314.562	

Tabulated  $F_{0.05(2,102)} = 3.13$

Table-1 revealed that there was no significant difference in the different levels of softball players in relation to self concept as obtained F-ratio was 0.483 which was lower value

than the tabular value 3.13 required for F-ratio to be significant at 0.05 level with (2,102) degree of freedom.

**Table 2:** Analysis Of Variance Of Self Concept Among Difference Levels Of Softball Players.

Source of variance	Degree of Freedom (DF)	Sum of square (S.S)	Mean Squares (MS)	F-Ratio
Between the group	2	3.911	1.897	0.289
Within the group	102	956.12	6.624	

Tabulated  $F_{0.05(2,102)} = 3.13$

Table-2 revealed that there was insignificant difference in the different levels of softball players in relation to sports competitive anxiety test (SCAT) as obtained F-ratio was 0.289 which was lower value than the tabular value 3.13 required for F-ratio to be significant at 0.05 level with (2,102) degree of freedom.

### Conclusion

The result of the study shows that there were no any significant differences among different levels of softball players in relation to self concept and sports competitive anxiety.

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