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## Effect of anxiety level in sports male and sports female groups

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### Abstract

The purpose of this study was to compare the Sports Competition Anxiety of male sports and sports female at college level. The present study was conducted on the 60 male sports and 60 sports female of college level of Punjab. Their age was ranged 18 to 25 year. The collection of data to measure the Sports Competition Anxiety Marten's (1977) Inventory was used. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at  $p < .005$  level of significant. The result of the study concluded that there was statistically significant difference in sports male and sports female. It is clear that the mean sports male between of sports female is significantly higher than the mean Sports Competition Anxiety of the sports female.

**Keywords:** sports, inventory, competition, questionnaire, unsuccessful, successful etc

### Introduction

Anxiety as an emotion that is difficult to define and even more difficult to reliably detect in performance but the importance of anxiety as a powerful influence in contemporary life is increasingly recognized and manifestations of current concern with anxiety phenomena are ubiquitously reflected in literature, the arts, science and the facets of our culture. The most serious level of anxiety is panic. One would never want panic to be a part of the athletic environment. It is a condition in which the anxiety has become so great the person loses complete control of himself and the situation. Fear is a still higher level of anxiety and can have a serious effect on sports performance. Fear is an intense anxiety experienced in response to a specific threat.

Most professional and elite amateur athletes will agree that their psychology has a large influence on their sports performance. Most will concede that they could benefit from the services of a sports psychologist. Despite this, the significant majority under utilize their psychological potential. It is well known by all who play sports that defeat often stems from the inability to manage anxiety, fear, anger or despair. In addition drug abuse, eating disorders, narcissism, sociopathic personality disorders and depression are often diagnosed in athletics. Coaches and physical educationists who are ill-equipped to handle such matters will attempt to provide a common sense approach to these complex problems and frequently fail the athlete.

Competitive anxiety is a multidimensional state that arises as a result of the cognitive evaluation of a competitive situation. There is a tendency to perceive competitive situations as threatening and to respond to them with feelings of apprehension and tension. Situational factors (such as type of sport or the complexity of the task) and personal factors (such as expectations, achievement of goals, skill level, experience, and age) are crucial in the process of evaluation.

Anxiety symptoms can occur before, during or after the event, which can be cognitive (confusion, negative thoughts, irritability, fear, feelings of weakness, poor concentration), somatic (increase in blood pressure and heart rate, sweating, muscle tension, nausea, vomit) and behavior (repetitive movement, aggressive outbursts, inhibited posture, biting nails).

### Procedure and Methodology

In the present study a sample of 60 sports male sports and 60 sports female (Total=120 Male

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& Female) of College Level. The collection of data to measure Sports Competition Anxiety Marten’s (1977) Inventory was used. For the analysis of data, collected by administering the questionnaire to all the subject’s t- test was employed at 0.05 level of significant.

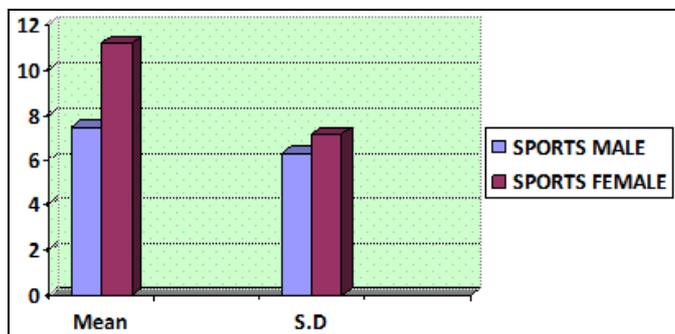
**Results**

To find out the significant differences Sports Competition Anxiety between male sports and sports female. The analysis of data, collected by administering the questionnaire to the entire subject’s t- test was employed at 0.05 level of significant. The statistical analysis of data pertaining to Sports Competition Anxiety is given below. Finding of the study show that all there was significant the sports male and sports female of college level. It is clearly indicates that Sports Competition Anxiety of sports is significantly high than the mean Sports Competition Anxiety of the sports female of college level. This may be attributed due to the reality that the players of Sports Competition Anxiety for various competition and develop team composition in them and it also help them to distribute the pressure of the completion. It is necessary to train players of team sports to Sports Competition Anxiety. These outcomes may realize to develop the various training plans.

**Table 1:** Mean, Sd And T-Values With Regard To Successful Male And Unsuccessful Male On The Variable Sports Competition Anxiety

Variable	Groups	Mean	S.D	Difference between Mean (DM)	‘t’ ratio
Sports competition Anxiety	Successful Female	7.47	6.329	0.82	2.123*
	Unsuccessful Female	11.17	7.149		

\*\*p<0.05



t,<0.05(118)

Table present there was significant difference in male sports and sports female of Punjab. It become clear that on the variable Sports Competition Anxiety, the first group i.e. sports male group had the mean and SD values of 7.47 and 6.329, respectively whereas the second i.e. sports female group had 11.17 and 7.149 as mean scores and SD value respectively. The calculated t-values was 2.123 which was found to be significant (p<0.05).

**Discussion and Conclusionse**

**The results of the study are concluded as follows**

This study was an effort in similar way to find out and compare the variety among the tow different field’s men in terms of Sports Competition Anxiety. In the researcher had selected sports male and sports female. In the light of the results of analysis researcher found that there were significant

difference was observed between the sports male sports and sports female in terms of surrounding especially where you work having more influence. This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion.

Researcher feel this I above factor might be reason to bring the significant difference between the sports male and sports female who are not involved in any sports activities.

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