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## A comparative study of anxiety of senior and junior international female weight lifters

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### Abstract

**Aim:** The Purpose of the study was to compare the Anxiety between Senior International and Junior International Female weight lifters.

**Methods:** The study was delimited to the twenty players (Ten student in each discipline) who had study CCS University, Meerut were selected randomly as the subjects for the study. The age of the subjects were ranging from 15 – 30 years. The Study was further delimited to the assessment of Anxiety by using Sports Competition Anxiety Questionnaire developed by Rainer Martens. It was hypothesized that there would be no significant difference between the Senior International and Junior International Female weight lifters. For the purpose of analysis of data 't' test was employed to compare the Anxiety between Senior International and Junior International Female weight lifters.

**Result:** There was a significant difference between the means of Senior International and Junior International Female weight lifters on the scores of Anxiety since the obtained value of 't' (48.20) was higher than the tabulated value.

**Conclusion:** The Anxiety of Senior International player was found to be higher than the Junior International Female weight lifters.

**Keywords:** anxiety, weight lifters, players

### Introduction

Weightlifting as a sport is a test of physical, physiological and psychological strength, mental toughness, endurance, positive outlook, self-confidence, self-motivation and tolerance. There are several personal qualities or attributes necessary for a successful weightlifter which came into notice as a result of research done on the psycho-somatic relationship and evolution of human brain from ancient time to the present form. Law of behaviour can be applied to the game of weightlifting so as to understand and predict performance of the same. Now a days, scientific studies are done on the sports environment and psycho-somatic behaviour of a sportsperson for achieving the desired goal. (A. Dirix and K 1988) [1].

The application of psychological principles to the improvement of performance in the sports has received greater attention these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their best in their performance. It is important to know about the role of emotional phenomenon like self-concept, aggression, achievement motivation, and anxiety of the players during training as well as competitive situations. Bryant J. Cratty (1978) [2].

Weight training has been around for centuries and has continued to grow as a sport as well as a recreational exercise routine. There are so many exercises to help strengthen the body. Weight training is traced back more than 4,000 years ago, approximately 2040 BC. The illustrations on the tomb of Egyptian Prince Baghi, and the writings of the Greeks show man throwing stones or haltering up rocks which indicates the value of strength and resistance training. We can learn how strength and power gained popularity back then as it does in the modern era (Stone, 2006) [4].

Psycho-social attributes is one of the important social factor which plays an important role by giving an insight about the sportsperson's dedication, final performance etc. in social media and print media too. So we can say that modern sports have physiological, psychological and social dimensions too. (K. C. Kocher 1972) [3].

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## Purpose

The Purpose of the study was to compare the degree of anxiety between Senior and Junior International Female weight lifters.

## Methodology

The study was delimited to the twenty female players (ten junior and ten seniors players) who had participate in International weight lifting Championship were selected randomly as the subjects for the study. The age of the subjects were ranging from 18 - 28 years. The Study was further delimited to the assessment of anxiety score of the subjects was obtained by using Sports Competition Anxiety Questionnaire developed by Renier-Martin.

## Description of sports competition anxiety test

**Purpose:** The purpose of test will be to measure the sports competition anxiety level.

## Scoring

- The questionnaire has 15 items. For each item in the questionnaire one of three responses are possible:
  - Hardly Ever
  - Some times
  - Often
- The 10 test items are 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15. The spurious items: 1, 4, 7, 10 and 13 are not scored. Items 23, 5, 8, 9, 12, 14 and 15 are worded and are scored as according to following key:
  - Hardly Ever – 1,
  - Some times – 2,
  - Often - 3
- Items 6 and 11 are scored according following key:
  - Often - 1,
  - Some times – 2,
  - Hardly Ever – 3

It was hypothesized that there would be no significant a difference between the Junior and Seniors International Female weight lifters on the state of anxiety.

## Analysis of Data

The objective of the study was to compression of anxiety between Senior International and Junior International Female weight lifters ‘t’ test was conducted. The level of significance was fixed at 0.05 level.

## Findings

The mean difference between Senior International and Junior International Female Players on anxiety has been presented in Table 1.

**Table 1:** Significance Difference between Senior and Junior International Female Players on Anxiety

Groups	Mean	SD	SE Mean	DM	“t” ratio
Senior International female	18.30	1.34	.423	.60	2.132*
Junior International female	17.70	2.11	.667		

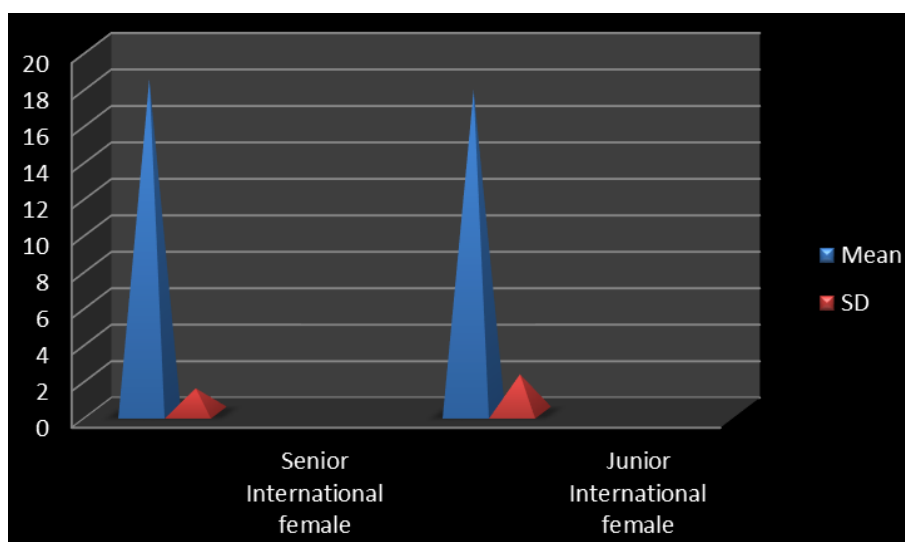
\*Significant at 0.05 level

$t_{.05}(18) = 1.73$

Table-1 reveals the descriptive analysis of between Senior and Junior International Female Players on anxiety. In case of Senior International female players shows value of mean and standard deviation ( $18.30 \pm 1.34$ ) respectively and Junior International female players shows value of mean and standard deviation ( $17.70 \pm 2.11$ ) respectively.

It is evident from Table-1 that there was a significant difference between the means of the Senior and Junior International Female Players on anxiety since the obtained value of 't' (2.132) was higher than the tabulated value of 't' (1.73) which was required to be significant at (18) degree of freedom with 0.05 level of confidence.

The graphical representation of mean and SD of Senior and Junior International Female Players on anxiety has been presented in Figure 1.



**Fig 1:** Anxiety

## Discussion of finding

As it is evident from the results that there exists a significant difference in the case of anxiety within the players of senior international and junior international female weight lifters. The difference within the player's anxiety level is may be due to the level of competition as in senior international players deal with more tough level of completion rather than the junior level of international players mainly faced the competition of junior level. There are many others factors responsible for the higher anxiety in senior international

players such as media, audience, family, personal life style, routine etc.

The significant difference in sports competition anxiety between the players of senior international & junior international female weight lifters may be due to the reason that the player's were not of the same standard of experience with a similar kind of mental training and lack of adequate psychological preparation for the competition which must have been a probable cause.

**Conclusions**

1. In case of international players, subject showed in significant difference between Senior International and Junior International Female Players on anxiety.
2. Result shows senior player have more anxiety in comparison to junior players.

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