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A comparative study on the anxiety level of the female elite throwers of national and intervarsity level

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Abstract

Aim: The Purpose of the study was to compare the degree of Anxiety level between the female elite throwers of the National and intervarsity level.

Methods: The study was delimited to the 40 elite female throwers (20 students in each discipline) who have been participated in National and Intersvarsity level throwing events was selected randomly as the subjects for the study. The age of the subjects were ranging from 18 – 25 years. The Study was further delimited to the assessment of Anxiety by using Sports Competition Anxiety Test (SCAT) developed by Rainer Martens. It was hypothesized that there would be no significant difference between the National and intervarsity level subjects on the Anxiety level.

Statistics: For the purpose of analysis of data 't' test was employed to compare the Anxiety level between National and intervarsity level players.

Result: There was a no significant difference between the means of National and Intersvarsity level throwers on the scores of Anxiety level since the obtained value of 't' (000) was lower than the tabulated value.

Conclusion: The Anxiety level of National and Intersvarsity level female throwers was found to be same.

Keywords: sports anxiety, throwers

Introduction

Today, in the modern competitive age every sportsman is in a race to excel others and competition has become a fundamental mode of human expression as it is one of the very important functions by which National and International recognition and prestige is gained. From its very simple form, sports have emerged into highly organized activity of human society and it has become a complex social and cultural phenomenon. (Loy W. (1978)^[7].

Psychology as a behavioral science has made its contributions for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators. A rapidly growing area of interest in sports psychology concerns the use of career orientation, stress management, procedures such as bio-feedback and relaxation training to endurance athletes improves performance by reducing anxiety. (Robert A. (1941)^[10].

The origin of anxiety may be either psychic or somatic or even both. The most vital point in each case is the intensity of abating, that triggers off psychochemical reaction on the body and creates a vicious circle. Complex psychic state like depression, helplessness, threat to ego and aggressions etc. may produce psychological imbalance. (Bryant J. Craty (1984)^[3].

Purpose of the study

The Purpose of the study was to compare the degree of anxiety level in female elite throwers of national and intervarsity level.

It was hypothesized that there would be no significant difference between the National and Intersvarsity level female elite throwers on the Anxiety level.

Methods

The study was delimited to the 40 players (20 students in each discipline) who have been participated in National and Intersvarsity level throwing events were selected randomly as the subjects for the study. The age of the subjects were ranged from 18 - 25 years.

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The Study was further delimited to the assessment of Anxiety level by using Sports Competition Anxiety Test (SCAT) developed by Rainer Martens.

Criterion Measures

The data was collected during intervarsity championship. Coaches were requested to direct their players to serve as subjects for the study.

Administration of test

For the collection of data the test was administered by the researcher during rest day researcher measured the selected psychological characteristic by standardize questionnaire.

Administration of questionnaires and collection of data

The tests were administered to the two sample elite throwers group i.e. National and Intersarsity Players.

The researcher personally visited the venues of competition of different championship and requested to coach/manager of the team to permit their respective team member to serve as subjects for the study and also contact personally to the throwers when they were not busy and request to them to serve as subjects for the study. The researcher personally visited the venues of International and National tournaments, coaching camps and approached the subjects with the questionnaires.

Necessary instructions were given to the subjects before the administration of each test. Subjects were ensured that the responses given by them on the questionnaire will be kept strictly confidential and would not be exposed to anyone in any circumstances. At the same time research scholar motivated the respondents by promising to send a separate abstract of the conclusions of his study to each of them. It was clearly explained to the subjects that overall purpose of the study was to allow each subject to acquire deeper insight into his/her psychological functioning. Confidentiality of responses was guaranteed so that the subjects would not camouflage their real feelings. During response researcher stood with them to clear doubt and to motivate them avoid feel boredom.

The responses given by the throwers in the questionnaire were separated as tabulated alternatives and thus the table was prepared for the analysis of data.

The tests were administered to the subjects in the following:-

1. Sports Competition Anxiety Test (SCAT) developed by Renier-Martin.

Sports competition anxiety test (SCAT)

Purpose: The purpose of Sports Competition Anxiety test (SCAT) is to assess individual differences in sports competition trait anxiety or the tendency to pursue competition situation, as threatening, and/or to respond to these situations with elevated state anxiety.

Procedure: The Sports Competition Anxiety test (SCAT) questionnaire consists of fifteen items. The subjects were asked to indicate how they generally felt in competitive sports situations, and responded to each item using a three point ordinal scale (hardly ever, sometime, or often).

Scoring

1. The questionnaire has 15 items. For each item in the questionnaire one of three responses are possible:
 - a) Hardly Ever b) Some times c) Often
2. 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:

- b) Hardly Ever - 1, b) Some times - 2, c) Often - 3
3. Items 6 and 11 are scored according following key:
 - c) Often - 1, b) Some times - 2, c) Hardly Ever - 3

Analysis of Data

The objective of the study was to compression of anxiety between level between National and intersarsity level players 't' test was conducted. The level of significance was fixed at 0.05 level.

Finding

Table 1: Significant Difference of Mean on Anxiety Level between the Elite Female Throwers of the National and Intersarsity Level

Groups	Mean	SD	S.E Diff	DM	"t" ratio
National Players	65.17	23.31	6.52	3.97	.610
Intersarsity Players	69.15	13.08			

*Significant at .05 level of confidence

t.05(38) = 1.68

It is evident from Table-1 that there was no significant difference between the means of National and Intersarsity level elite female throwers on anxiety level since the obtained value of 't' (.610) was lower than the tabulated value of 't' (1.68) which was required to be significant at (38) degree of freedom with 0.05 level of confidence.

The graphical representation of mean and standard deviation of Sports Competitive anxiety level between National and Intersarsity level elite female throwers have been presented in figure 1.

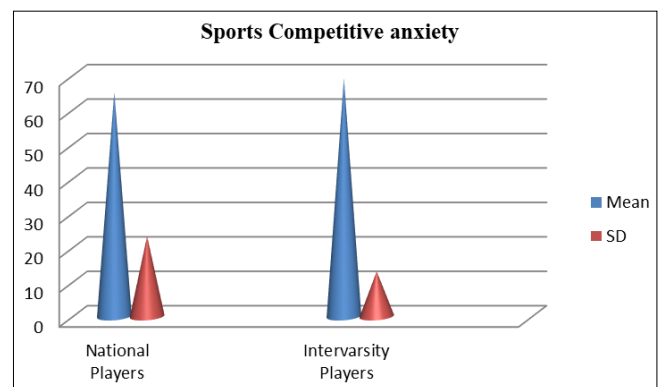


Fig 1: Comparison of Mean Scores between National and Intersarsity Level Elite Female Throwers on Anxiety Level.

Discussion of Findings

In the light of the results table no 1 showed that there exists no significant differences between the mean value of national level elite female throwers and intersarsity level elite female throwers on the anxiety level.

As there was no significant difference observed in the anxiety level within the players of different female throwers. It may be due to the greater attention, experiences, motivation and training procedures with which the subjects had went with past couple of years that played a vital role which may lead to develop their mental temperament equally. Another possible reason for this may be the same standard with a similar kind of experience in competitions which must have been a probable cause. Insignificant difference in anxiety may be due to the nature of the game they played like discus, shot put,

hammer and javelin throws. These individual games/sports require comparatively more aggression than in other team sports.

Discussion of Hypothesis

The hypothesis that there will be a no significant difference between the National and Intervarsity level elite female throwers on the Anxiety level is rejected.

Conclusions

1. In regard to Anxiety level there was no significant difference between the means of National and Intervarsity level elite female throwers.

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