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Anxiety level of female players of team games: A psychological study

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Abstract

The purpose of this study to compare the anxiety level of female players of team games. The researcher selected from team games of hockey, football and volleyball. For this purpose investigator select 60 subjects of inter college level of 18-24 years old. 20 subjects are selected from each games. To find out the result one way analysis of variance (Anova) are applied. To collection of data questionnaire 'sports competitive anxiety test constructed by Smith and martin are used. The result of this study was got that there were no significant difference of anxiety among female players of team games.

Keywords: Anxiety, team games, players

Introduction

Team sports are very competitive in nature. Anxiety in sports is most common in competitive sports and could be turned stress. Anxiety is a negative emotion, which affects perceptions in sports competition, with a large majority of athletes considering anxiety to be may result in decrease in performance (Weinberg & Gould, 2011; Reglin & Henin, 2000). When anxiety is not managed athletes lose control and performance level decrease (Martens, Vealey & Burton, 1990). Competitive state anxiety consist of two sub components: cognitive and somatic anxiety, which influence performance. Research had proven that there is a link between level of competitive anxiety and performance, the role of demographic factors in influencing anxiety level is yet to be determined. Anxiety is a negative emotional state with feeling of worry, nervousness and apprehension that is associated with the activation of the body. It leads to stress on our body. It can affect performance in many ways. Every athletes has a certain level that is a key factor to affect our performance. Specially women have some physical hindrance, because of this women face more stress and anxiety than men in sports, specially physical fitness demanding sports like hockey, football and volleyball. This anxiety or stress level also depend on factors such as experiences, coping responses and genetics. If you have anxiety you can feel low, lack motivation and energy, have feeling of guilty and may experience a loss of appetite or sleep. If you have severe anxiety, you may experience psychotic symptoms which are usually particularly pessimistic and self-blaming, such as believing that you are responsible for something when you are not.

Material and Method: For this study investigator selected 60 female players of different team games subject selected from hockey, football and volleyball team sports (20 each). The subjects selected ranging age from 18-24 for selection of subject purposive technique was used. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

Tool: To collection of data questionnaire 'sports competitive anxiety scale' (SCAT) constructed by Martens (1977) was used.

Statistical Analysis

One way analysis of variance (Anova) was employed to compare the groups of three different team sports hockey, football and cricket. For testing the hypothesis, the level of significance was set at 0.05.

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Table 1: Data summary

Groups	N	Mean	Std. Dev.	Std. Error
Group 1	20	20.2	2.0673	0.4623
Group 2	20	19.6	2.6833	0.6
Group 3	20	19.3	2.8116	0.6287

Table 2: Anova summary

Source	Degree of freedom	Sum of squares	Mean square	F-Stat	P-value
Between group	2	8.4	4.2	0.6502	0.5258
Within group	57	368.1995	6.4596		
Total	59	376.5995			

From the table (refers to the statistics book) for 2 and 57 df at .05 level, the F value 3.17 given in the table calculated F value is much lower than tabulated F value.05 level of significance. Thus the null hypothesis is accepted.

Discussion and conclusion

The present study has highlighted the no significance difference with the regard to anxiety, among female players of hockey, football and volleyball. Anova applied for three group's comparison calculated F value is lower than tabulated value at .05. This result shows there is no significance difference of anxiety level of hockey, football and volleyball of female players.

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