



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (RJIF): 5.38  
IJPESH 2022; 9(6): 162-163  
© 2022 IJPESH  
www.kheljournal.com  
Received: 05-08-2022  
Accepted: 08-09-2022

**Nutan**  
Research Scholar, Department of  
Physical Education, BHU,  
Varanasi, Uttar Pradesh, India

**Sushma Ghildyal**  
Professor, Department of  
Physical Education, BHU,  
Varanasi, Uttar Pradesh, India

**Corresponding Author:**  
**Nutan**  
Research Scholar, Department of  
Physical Education, BHU,  
Varanasi, Uttar Pradesh, India

## A comparative study of trait anxiety between female weightlifters and powerlifters

**Nutan and Sushma Ghildyal**

**DOI:** <https://doi.org/10.22271/kheljournal.2022.v9.i6b.2686>

### Abstract

The aim of the study was to compare and wanted to see the sports competition anxiety between weightlifting and powerlifting. Sixty-eight female weightlifters and powerlifters (4 from each body weight category) who had participated in weightlifting and Powerlifting All India Inter University competition were selected as subject for the study. The participants were between the ages of 18 to 25. The Sports Competition Anxiety Test (SCAT) questionnaire designed by Martin (1990) was employed in this study. According to the literature review and researchers knowledge it was hypothesized that there might be significant difference between female weightlifters and powerlifters. For the analysis of the data independent 't' test was applied. The significant difference threshold was chosen at 0.05. There was no substantial difference between weightlifters and power lifters, according to the study's findings.

**Keywords:** Weightlifting, powerlifting, trait anxiety

### Introduction

As we know that now a days the sports performance not only depends on systematic training, but also depend upon consideration over psychological aspect as well as rigorous training. Any individual who possess a greater quality of muscular strength, colossal mental toughness, impressive physical fitness and one who is willing to train for several hours and dedicate herself to the sport of weightlifting can be a dedicated weightlifter. As the word represent it is a game which require strength and power. It also depends upon the mental capacity of an individual to prove her superior in strength and mental toughness and get the tag of or Alpha female. Usually before the competition athlete experience stress or anxiety due to increased psychological demands of the sports competition situation. Anxiety is a psychological response to a real or imaging threat. For high-level performance, a certain amount of anxiety is required. However, a higher amount of anxiety affects performance by increasing muscular tension and disrupting movement coordination. Therefore, it is a very important aspect to be handled. It helps a coach to prepare the athlete physically and mentally in such a way that she herself is able to resist and tolerate any kind of psychological eventuality, which may occur before or during competition.

Anxiety is a difficult emotion that reliably detect in athlete's performance. Nervousness and Tension both are usually used synonymously with anxiety. Nervousness can be dexterous at different levels of intensification. Tension is a term that describes the constant, usually low-level anxiety that we all seem to be strong immune to. Almost everyone has anxiety at some point in their lives.

### Mythology

#### Selection of subjects

The present study was conducted on 68 female weightlifters and powerlifters (4 from each body weight category) who had participated in weightlifting and Powerlifting All India Inter University competition.

**Criterion measure**

Trait anxiety

**Selection of questionnaire**

The psychological questionnaire SCAT formed by Rainer Martens (1977) was selected for the collection of data on trait anxiety because it is one of the most reliable.

**Statistical procedure**

SPSS 17.0 package program was used for statistical analyses. In order to determine the comparison of trait anxiety between female weightlifters and Power lifters independent 't' test was employed and the level of significance was set at .05

**Table 1:** The reliability quotients of trait anxiety

S. No	Variable Test	Questionnaire	Reliability
1.	Trait Anxiety	Sports competition anxiety Test (SCAT)	0.77

**Result and Findings**

The score of comparison of trait anxiety between weightlifters and powerlifters are presented in the following table 2.

**Table 2:** The score of comparison of trait anxiety between weightlifters and powerlifters are presented

Variable	Group	N	Mean $\pm$ S.D.	Calculated t-value	Sig. value
Anxiety level	Weightlifting	40	20.68 $\pm$ 3.05	0.15	0.88
	Powerlifting	28	20.57 $\pm$ 3.12		

Tab.\*t= 1.99 (df=66) \*significant at 0.05 level

Table 2. Show the mean and standard deviation of weightlifting player's (20.68 $\pm$ 3.05) and powerlifting players (20.57 $\pm$ 3.12). Further, the table is also revealed the calculated t-value (0.15) and sig. value (0.88) shows no significance difference between weightlifter and power lifters female players as P value is more than the level of significance which i.e. 0.05.

**Discussion of findings**

The finding of this study observes that there is a no significant difference in trait anxiety between female weightlifters and female power lifters competing in the All India Inter University Championship. This could be attributed due to the fact the subjects of the study had the similar level of participation. Further, Weightlifters and Power lifters belonged to the same category of power event which requires an almost similar level of trait anxiety which could be another reason for the insignificant difference. Also, the insignificant difference may be due to the fact that other than anxiety there might be many other factors like physical fitness components, motivation, aggression, concentration, power, willpower and competition experience etc. which might have contributed to the performance of powerlifting, the similar findings were reported by Singh & Punia (2018) <sup>[9]</sup> that every player at university level have similar amount of anxiety. Further, Bisht and Kerketta (2014) <sup>[1]</sup> and Kerketta (2015) <sup>[15]</sup> also found no significant differences between anxiety traits of university players.

**Conclusion**

On the basis of the result and finding of the data it was concluded that all India inter university Females weightlifters and power lifters have similar level of trait anxiety.

**Reference**

1. Bisht S, Kerketta I. Comparative study of sports competition anxiety between state level male basketball and football players. Review of Research Journal. 2014;4(3):ROR-1207 ref.7
2. Bryant J Cratty. Psychology and Physical Activity, (Englewood Cliffs, N.J.: Prentice Hall Inc.; c1968.
3. International Journal of Physical Education, Sports and Health. 2016;3(6):227-228.
4. Journal of Education and Practice ISSN 2222-1735 (Paper) ISSN 2222-288X (Online), 2014, 5(38).
5. Journal of Strength and Conditioning Research. 2016 September;30(9):2399-2405. DOI: 10.1519/JSC.0000000000001363
6. Judge LW, Urbina LJ, Hoover DL, Craig BW, Judge LM, Leitzelar BM, *et al.* The impact of competitive trait anxiety on collegiate powerlifting performance. Journal of Strength and Conditioning Research. 2016;30(9):2399-2405.
7. Kerketta I. A comparative study of sports competition Anxiety between district levels male Volleyball and soccer players. International Journal of Physical Education, Sports and Health. 2015;1(3):53-55.
8. Rastogi NK, Katiyar V. A comparative study of sports competition anxiety test between college level chess and cricket players. International Journal of Physical Education, Fitness and Sports. 2014;3(3):22-5.
9. Singh V, Punia S. 'Measurement of competition level anxiety of university level players by using scat in north zone in India. Measurement, 2018, 3(2).
10. Weinberg RS, Genuchi M. Relationship between competitive trait anxiety, state anxiety, and golf performance A field study. Journal of Sport and Exercise Psychology. 1980;2(2):148-154.
11. Latella C, Haff GG. Global challenges of being a strength athlete during a pandemic: impacts and sports-specific training considerations and recommendations. Sports. 2020;8(7):100.
12. Ljdokova GM, Volkova KR. Content-analysis confounding factors in sport activities of powerlifters. Journal of Organizational Culture, Communications and Conflict. 2016;20:109.
13. Coker NA, Varanoske AN, Baker KM, Hahs-Vaughn DL, Wells AJ. Predictors of competitive success of national-level powerlifters: A multilevel analysis. International journal of performance analysis in sport. 2018;18(5):796-805.
14. Campbell E, Poudevigne M, Irving R, Dilworth L, Abel W, Bailey J. Psychophysiological stress and performance in Jamaican junior track and field athletes. Performance Enhancement & Health. 2020;8(2-3):100171.
15. Barbero N. The Impact of Performance Anxiety on Female Athletes; c2019.