

Comparative Study Of Sports Competitive Anxiety Between School Level Male And Female Players Of Sri Ganganagar District

Mukesh Kumar, Research Scholar, Dept. of Psychology, Faculty of Arts, Crafts & Social Sciences, Tantia University (Sri Ganganagar)

Dr. Manish Kumar Baghla, Associate Professor, Dept. of Psychology, Faculty of Arts, Crafts & Social Sciences, Tantia University (Sri Ganganagar)

Introduction:

A sport (or sports) is often any organized sort of activity that involves competition. Sports competitions are performed to find the best athletes, teams, and feats in the sport, enhance athletic ability, and support physical culture and sports. sports competitions may be considered as an open conflict when the player or teams makes an effort to surpass the other player or teams in any sporting activity for which the competition is held.

Anxiety is an unpleasant feeling that is hard to describe. It is significantly more challenging to accurately identify in performance. Sports anxiety is the term used to describe the worry and fear people experience when they see competitive situations as risky. (Rainer Martens, 1990).

Competition anxiety is the behaviour of a player towards negative, emotional reactions to situations in which the competition may be lost, such as anxiety, tension, and fear. Anxiety is common in sports that affects a player's performance when competing.

competition anxiety is a negative and uneasy feeling. Usually, it is a tension and lack of concentration that a player experiences before a competition. It is characterized by sweating, rapid breathing, dry throat, nausea, and in some cases, panic.

An athlete feels anxiety whenever his sense of worth is undermined because he views the competition as a difficult task and is always aware of his performance capabilities, which influence his competitive conduct (Smith, Small & Schultz 1990).

To put it briefly, a player who is extremely low or extremely high in excitement will probably not perform well during a contest. For an athlete to function well, their body's level of stress has to stay within certain limits.

An optimal level of aggression and pressure is necessary to excel in sports and achieve desired goals. Aggression, tension, discomfort, and excessive pressure create anxiety in the player. Excess anxiety negatively affects sports performance. Players at all performing levels deal with anxiety.

The purpose of this study was to assess the level of sports competition anxiety of school level male and female players of Sri Ganganagar district.

Objective of study:

The objective of this study was to compare the sports competition anxiety between school level male and female players of Sri Ganganagar district.

Methodology:

The present study was conducted on a sample of 160 players who participated in 67th school district tournament of Sri Ganganagar district. The sample was divided into 2 groups as male and female with age of 17 to 19 years. 80 male and 80 female players were selected as subjects. The sample was drawn from the schools of Sri Ganganagar district. The classification of the players is made based on type of gender and game.

Sports Competition Anxiety Test (SCAT) has been employed to measure sports competition anxiety. The players were contacted, and a short orientation was given to them, and purpose of study was explained. Interest for participation in the study was created. The test was administered on players individually. They were asked to complete the questionnaire without any help of others. It was confirmed that each participant had completed each SCAT item. Responses have been collected to be further assessment. Thereafter the collected data was analysed.

Data analysis:

To comparison of competition related anxiety regarding type of games of school level players through ANCOVA the null hypothesis-2 was formed and is given below.

There will be no significant difference between the school level male and female players on sports competition anxiety scale.

Descriptive statistics are given in Table- 1

| Group | N | Mean | Std. Dev. | Mean Diff. | S.Ed. |
|----------------|----|-------|-----------|------------|-------|
| male players | 80 | 19.01 | 2.29 | 1.85 | 0.37 |
| female players | 80 | 20.86 | 2.36 | | |

Table 1: Descriptive statics of SCAT score regarding gender of school level players.

Table 1 shows that mean score of the sports competition anxiety of male players is 19.01, Standard deviation and standard error of the sports competition anxiety of male players is 2.31 and 0.26 respectively. Mean score of the sports competition anxiety of female players is 20.86. Standard deviation and standard error of mean score of female players is 2.36 and of mean is 0.26 respectively.

To compare the level of sports competition anxiety between school level male and female players The data were analysed with the help of one-way ANOVA and results are given in below table.

| Source of Variation | S.S. | Df | M.S. | F value | Tab F | P-value |
|---------------------|--------|-----|-------|---------|-------|---------|
| Between Groups | 136.9 | 1 | 136.9 | 25.08 | 3.90 | <0.001 |
| Within Groups | 862.48 | 158 | 5.46 | | | |
| Total | 999.38 | 159 | | | | |

Table 2: F test for significance of SCAT score regarding gender of school level players.

The table 2 shows that the calculated value of F is 55.34 and tabulated value of F is 3.87. The associate p value is less than 0.001 at 0.05 level, which is less than 0.05.

Since one way analysis of variance was found significant in relation to gender of players of school level. Therefore, the hypothesis 'There will be no significant difference gender of school level senior players on the SCAT scale' is rejected. It means that there is a significant difference between school level senior male players and female players on sports competition anxiety scale.

Conclusion:

From the data analysis it is found that There is a significant difference of sports competitive anxiety between school male and female players of senior age group of Sri Ganganagar district. The level of sports competition anxiety in senior female players is higher than senior male players.

The result is presented by graph below:

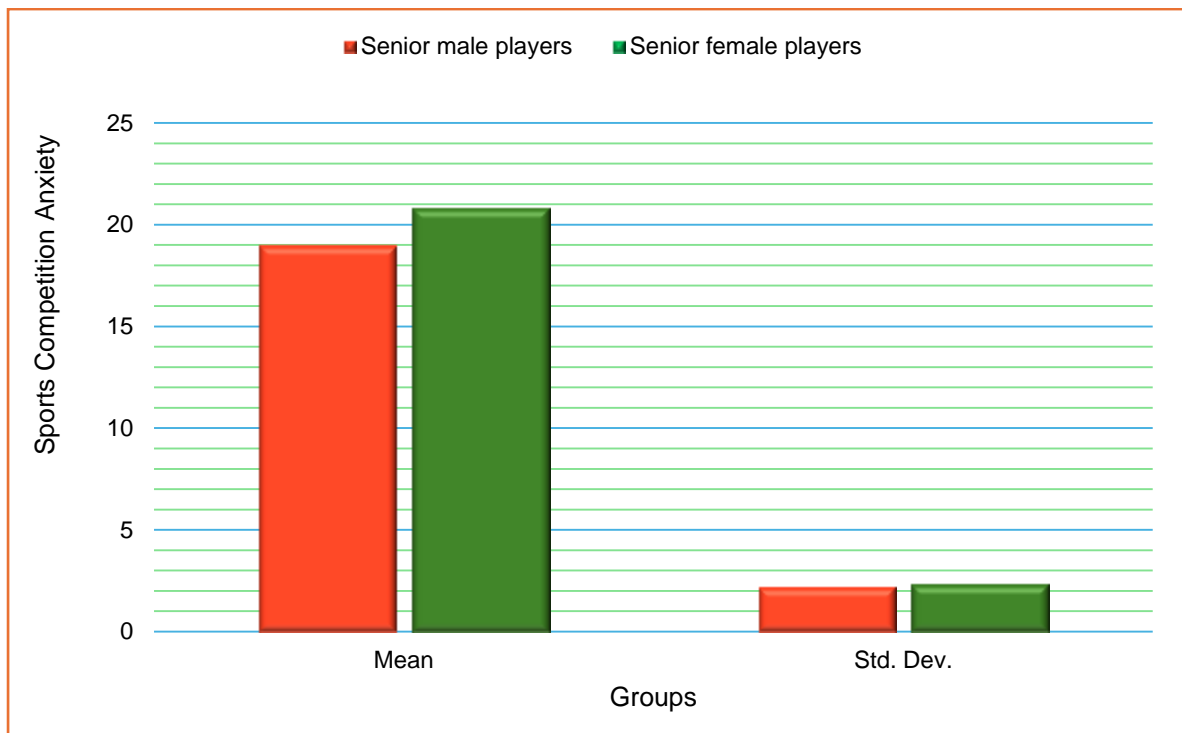


Figure 1: Graphical presentation of mean score and std. dev. Regarding gender of school level players

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