



A COMPARATIVE STUDY AMONG THE ANXIETY LEVEL OF BADMINTON AND TABLE TENNIS PLAYERS

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ABSTRACT

The present investigation was carried out to find out the difference between the Anxiety level of badminton and table tennis players. Total number of subjects in the study was twenty (N-20), in which ten subjects each were selected from badminton and table tennis respectively. The age of the subjects was in between 14 to 16 years old. Only male players were selected as subjects for this study. On the basis of availability of literature and consultation with the experts/coaches, selected psychological variables anxiety and aggression were taken up for the investigation. The independent t test was applied to analyze the obtained data at level of significance 0.05. The independent t test, also called the two sample t test or student's t test is an inferential statistical test that determines whether there is a statistically significant difference between the means in two unrelated groups. Results reveal that a significant difference was found in the anxiety of badminton and table tennis players.

KEYWORDS: Anxiety, Badminton and Table Tennis Players.

INTRODUCTION

In the latest scenario after the world of sports, most of the top level athletes gives the credit of their achieved success to the mental training and their developed sports psychology through this training. Over the past years the interests towards psychological aspects of sports have been increased. This increased interest encouraged the sports psychologists and professionals to study the psychological variables, which determines the sports performance. Hence there are various psychological factors, which affects the sports performance of players are: self confidence, motivation, concentration anxiety and aggression etc., but here research has emphasized on be very important as far as their specific impact on badminton and table tennis players is concerned, The scientific definition of anxiety tells us that, Anxiety is state of consisting psychological and physiological symptoms which brought about by a negative sense of unknown worries of a perceived threat. In the world of sports, aggression is considered majorly as character of a player, which may have negative as well as positive effects on the performance. Aggression is defined as 'any form of behavior directed towards a goal for harming of injuring another human being, who is motivated to avoid such treatment'. (Baron and Richardson, 1994). Table Tennis and badminton becomes one of the popular sports, played by both men and women players in more than 180 countries around the world. A few researches has been taken place in the recent field of badminton and table tennis. To overcome this lacuna, present investigation was carried out.

METHODOLOGY

Selection of Subjects

Total numbers of subjects in the study were twenty (N-20), in which ten subjects each were selected from badminton and table tennis players. The age of the subjects was in between 14 to 16 yrs old respectively. Only male players were selected as subjects for this study.

Selection of Variables

On the basis of availability of literature and consultation with the experts/coaches psychological variables were taken up for the investigation. Psychological variable anxiety were selected and measured by 'sports competition anxiety test' SCAT developed by 'Martens' (1977). Anxiety was measured by applying standardized psychological sports tests in form of certain questionnaires.

Criterion Measure

The questionnaire scale developed by 'Martens' (1977) named as 'Sports Competition Anxiety Test' SCAT was used to measure the selected parameters. The copies of the questionnaire were personally distributed to all the subjects with the request that they shall give correct and accurate answers. The subjects were properly guided and assisted whenever they faced any difficulty. Proper instructions regarding the objectives of study and procedure for filling in the questionnaire were given. The researcher personally contacted with the subjects and collected all the data.

Analysis of data

The independent t test was applied to analyze the obtained data at level of significance 0.05. The independent t test, also called the two sample t test or student's t test, is an inferential statistical test that determines whether there is a statistically significant difference between the means in two unrelated groups.

RESULT OF THE STUDY

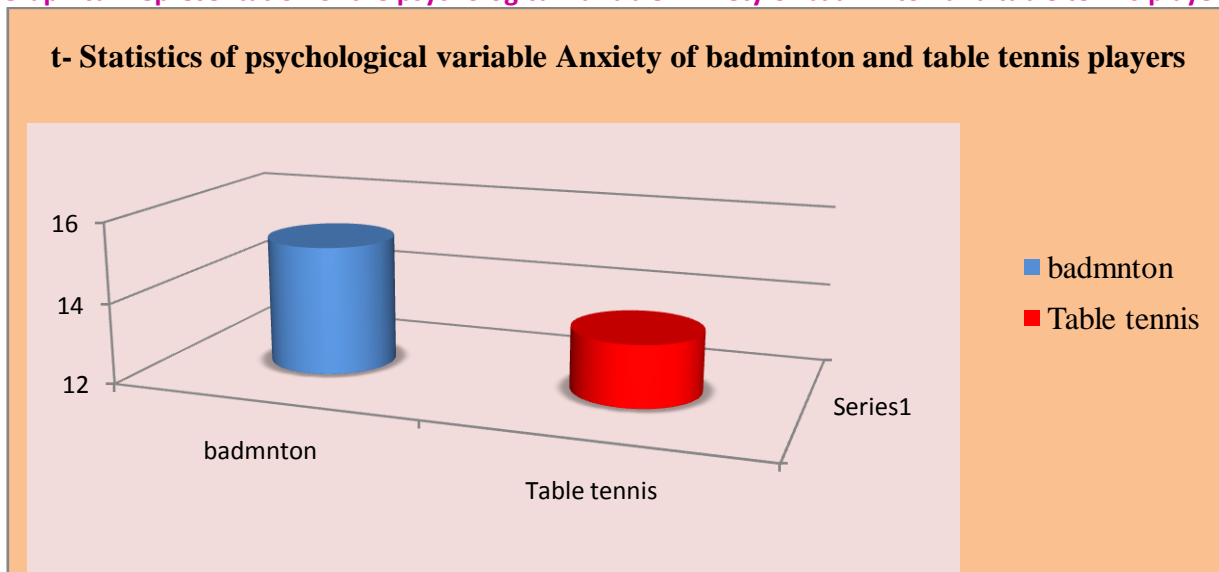
Table 1
Independent t- Statistics of psychological variable Anxiety of badminton and table tennis players

Anxiety	N	't' Statistics	df	Sig. (2-tailed)
Badminton	10	15.21	18	0.000
Table Tennis	10	13.53	18	0.000

Table 1 shows that a significant difference was found in the anxiety of the badminton and table tennis players, the t statistics value was 15.21 and 13.53 at the degree of freedom 18 and 2, as the p value was found to be 0.000 & 0.000 which is less than 0.05 so the null hypothesis of equality of means of two groups (i.e. badminton and table tennis players) has been rejected at level of significance 0.05.

Fig. 1

Graphical Representation of the psychological variable Anxiety of badminton and table tennis players



DISCUSSION OF FINDING

The present investigation was carried out to find out the difference between the psychological variable Anxiety of badminton and table tennis players. Result reveals that a significant difference was found in the anxiety of badminton and table tennis players. This difference was occurred due to the reason that It was found that the fear of making mistakes and apprehension about others may raise the anxiety level of the players during the competitions. The fear of failure in competitions also proves one of causes of the player's anxiety. Again, the players get nervous when they do not understand what the coach is trying to correct. Limited exposure to the targeted completions increases the player's anxiety level when called upon to use it before their peers. Most importantly, the player's socio-economic background also affects their level of anxiety.

Similarly study was conducted by Khan, Haider & Ahmad (2011) studied on 'Sports achievement motivation & sports competition anxiety ' and a significant difference was found in the 'Sports achievement motivation & sports competition anxiety'.

Bamniya (2016) also carried out a study on 'A Comparative Study of Sports Competitive anxiety between male and female Badminton Players' and a significant difference was found in the anxiety level between male and female Badminton Players'.

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