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AN ASSESSMENT OF ANXIETY STATE ON BADMINTON PLAYERS



Sunita Kumari¹, Mohd. Naushad Alam², Syed Tariq Murtaza³ and Mohd. Imran⁴

1. INTRODUCTION :

Now a days physical education has sprung up like a huge Banyan tree. In recent years sports scientists have ventured to find out those factors which directly and indirectly lend towards the enhancement of performance of sports person. Many scientific subjects have been enforced in the field of physical education and sports to heighten the performance of sport person. Such as Psychology, Sports Biomechanics, Sports Medicine, Exercise Physiology and Sports Engineering etc.

Anxiety can be classified in two ways: trait anxiety and state anxiety. State anxiety is situational stress induced by situations in the game. A sports person's autonomic nervous system is aroused in this state which is the natural reaction of any individual. On the other hand, trait anxiety can be thought of as a world view that an individual uses when coping with stress.

ABSTRACT

The aim of the present study was to compare the anxiety state of north zone and east zone badminton intervarsity players. The total 150 (75 north zone badminton players and 75 east zone badminton players) males were selected for this study. The age of the subjects were ranged between 18 to 25 years. The data on anxiety state of the subjects were obtained by using a questionnaire developed by Neary and Zuckerman (1976). The t test was used to determine the difference between the mean score of badminton intervarsity players. Results revealed that there was a significant difference between north zone and east zone badminton intervarsity players at 0.05 level of significance with 48 degree of freedom, east zone badminton intervarsity players showed slightly high mean score as compared to the north zone badminton intervarsity players.

KEYWORDS: Badminton Players, Anxiety State.

SHORT PROFILE

Sunita Kumari is working as an Associate Professor at Department of Psychology in S.V. Degree College, Aligarh, U.P. (India). She Has Completed B.A., M.A. and Ph.D. She Has Professional Experience 27 Years.

failure, inappropriate physical appearance or performance. Anxiety indication may be bone pains, being tired, headache, nervous, poor sleeping, forgetting, hesitations, hypochondriacs etc.

When the stakes are so high in the realm of games and sports, then it looks imperative to seek the factors associated with these human

In sports, individuals who are state anxious and low on the trait anxiety in tough situations, often deliver good performances concisely. Whereas, athletes who have higher levels of trait anxiety, added with the state anxiety, tend to perform below expectations. Link (1993) concludes anxiety starts gradually and increases step by step. In case it is not controlled, it rises and irritates the people. The main reasons of anxiety are business travel, smoking, alcohol, overweight,

¹Associate Professor, Department of Psychology. S.V. Degree College, Aligarh, U.P. (India)

²Research Scholar, S.V. Degree College, Aligarh, U.P. (India)

³Assistant Professor, Department of Physical Education. Aligarh Muslim University Aligarh, U.P.(India)

⁴Part Time Teacher (Physical Health Education), Saiyyid Hamid Senior Secondary School (Boys) Aligarh Muslim University Aligarh, U. P. (India)

efforts, be it psychological physical etc. It is with the notion researcher proposes to confine his attention to only "Badminton Players" and dwell on these specific types of sports.

Badminton is very popular racket game played by all categories of male and female in the singles and double squads. It was played in the royal court of England till 1873. The English Badminton Federation was found in 1853 and it conducted first all English Championship in 1899. One of the most prestigious tournaments in the International circuit. The Thomas Cup (for men) and Uber cup (for women), two other famous tournaments were started in 1828 and 1956 respectively. The Badminton World Federation (BWF) was found in 1934. Badminton is very popular in South -East Asia. In 1962 Asian Games, It was firstly included at Jakarta (Indonesia). Thailand, Malaysia and China have produced many top players. The World Championship is being held after every two years since 1977. Badminton becomes an Olympic game in 1992 at Barcelona. Badminton Association of India (BAI) regulates the team selection, training and coaching to Indian Players. Like Prakash Padukone, Sayed Modi, Aparna Popot, Pallela Gopi Chand and Saina Nehwal.

2. METHODOLOGY:

2.1 Subjects

Total of 150 (75north zone badminton

players and 75east zone badminton players) males were randomly selected for this study. The age of the selected subjects were ranged between 18 to 25 years.

2.2 Instruments

Investigators used the Anxiety State Test (AST) developed by Neary and Zuckerman (1976), to obtain data on anxiety state of the subjects.

2.3 Procedure

The data were collected from the various university players who had participated in north zone and east zone badminton Inter-University Championship. The tool consists of 15 statements regarding anxiety state (AS). The scoring varies from 1 (not at all) to 5 (very much) for each item (range=15 to 75). It is a Likert type 5 points scale.

2.4 Statistical Analysis

The t test was used to determine the differences between the means of north zone and east zone badminton players score. Further the level of significance was set at 0.05 levels.

3. RESULTS

Table 1: Indicating mean differences between north zone and east zone Badminton Intersivity players.

Table I: Indicating mean difference of Anxiety State between North Zone and East Zone Intersivity Male Badminton Players.

Variable	Mean	SD	Cal t
Anxiety State			
North Zone Intersivity Badminton Players (Male)	53.18	7.89	9.12*
East Zone Intersivity Badminton Players (Male)	56.26	6.84	

*Significant at 0.05 level of significance

Tab t = 1.962

When we go through table 1, revealed that significant difference was found between North and East Zone Intersarsity badminton players male in their Anxiety State, as the calculated t was more than tabulated t at 0.05 level of significance with 148 degree of freedom.

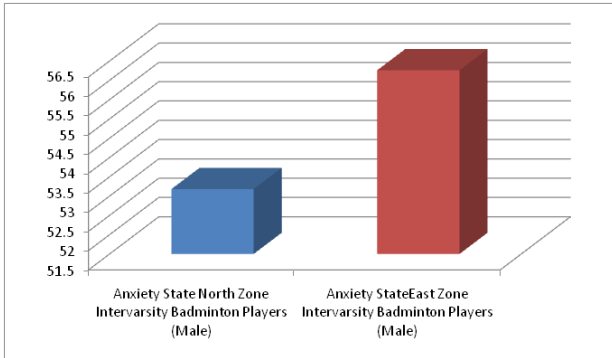


Figure I, Graphical representation of comparison of means of Anxiety State between North Zone and East Zone Intersarsity male Badminton players.

5. DISCUSSION

Result of the study revealed that significant difference was found between north zone and east zone Intersarsity players male in their anxiety state, This is consistent with (Khan Zameer 2010) which quantitatively examined the anxiety state of Athletes.

The finding of the study also corroborates the findings of Khan Z., Muqarram.M. and A. Naseem (2010), Murtaza, S, T., Hussain. I., Imran, M., Bari, A, M., and Jabin, F., (2011), and Imran, M., (2012).

The psychological variables influence the performance the most, even at times leaves-out the biomechanical and physiological variables behind. Anxiety state of different players plays an important role in optimum level at all levels. Hence it is imperative that the same research should be done on Lawn Tennis, Track & Field athletes i.e. Throwers, Jumpers and Middle distance runners along-with the other psychological variables.

5. CONCLUSION

On the basis of obtained results it is concluded that there was a statistical significant difference between north zone and east zone Intersarsity badminton players.

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Sunita Kumari
Associate Professor, Department of Psychology. S.V. Degree College, Aligarh, U.P. (India)

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