

Vol. 7, Issue 4, January 2018

ISSN 2249-894X

REVIEW OF RESEARCH

An International Multidisciplinary Peer Reviewed & Refereed Journal

Impact Factor: 5.2331

UGC Approved Journal No. 48514

Chief Editors
Dr. Ashok Yakkaldevi
Ecaterina Patrascu
Kamani Perera

Associate Editors
Dr. T. Manichander
Sanjeev Kumar Mishra



AN ANALYTICAL STUDY OF SPORTS COMPETITION ANXIETY TEST ON ATHLETES AND NON ATHLETES OF NANDED UNIVERSITY

Farhath Hamid¹ and Dr. V. N. Ganacharya²

¹Ph. D Research Scholar, S.R.T.M.U Nanded (MH) .

²Director Physical Education B. Rangunath College Parbhani (MH).

ABSTRACT: -

The present study was carried to find out the anxiety level faced by Athletes and Non Athletes of University Students. An experimental methodology was adopted for the current study. For the present study the data was collected from S.R.T.M.U Nanded with the help of questionnaire.



Total 100 subjects (Boys and Girls) were selected for the present study, Among them 50 were boys and 50 were girls. The age of the subjects were ranged from 18-28 years. The subjects were divided into two age groups. Group one from 18-22 and the second from 23-28 respectively. Since anxiety is equated with fear, practicing and

competing sports-person irrespective of their sex and age, tend to have variety of fears at almost all stages of their sporting career. The study may help students, teachers and authorities to check the Anxiety level of different age groups of Athletes and Non athletes. To collect data on the selected subjects. The (SCAT) questionnaires were administered on selected Athletes and Non Athletes before one hour of competition. The instructions were given to the subjects before filling the questionnaire by the researcher. The questionnaire was received with the researcher by the direct contact to all the subjects. .

KEYWORDS: SCAT, Anxiety, Athletes and Non Athletes.

INTRODUCTION :

A sport is a worldwide phenomenon today it has become an integral part of man's life. Games are a popular pastime for the young and the old, for boys and girls of all age groups and for all to obtain exercise fun and relaxation. They can play an important part in developing physical fitness and developing skill for use in leisure time, now and perhaps more important in later years. Older people in ancient times think that it is merely drill and wastage of time but now they believe in the value of exercising to keep active and healthy participate in same activity like: tennis, skating, archery, swimming that they learn at early age. As sports has developed into a distinct scientific discipline in itself and each nation is varying with each other to produce to class players to win laurels in international competition. Considerable research is developing to identify factors that will be predictive of achieving high level of skill in a given sport with proper coaching.

The word sports psychology refers to the study of human behaviour and sports psychology denotes a sub category of psychology that deals with the behaviour of athletes. Sports psychology is that branch of psychology which is totally connected with a person's behaviour in the play ground. In the play field, the problems of sports persons are quite unique, different, and complex. Therefore the main purpose of the sports psychology is to

understand the behaviour of an athlete, to modify it according to the demands of situation, the historical development of sports psychology indicates that it began with the application of general principles of psychology to the process of skill acquisition and gradually to other specific area. Performance in games and sports is no longer dependent on physiological well-being of the athlete. It is well observed that there are various psychological factors which directly effects and improve the performance of an athlete. That is why psychological training and conditioning are now-a-days a part of total training programmes. There are so many important psychological factors Personality, Intelligence, attitude, Motivation, aggression, anxiety, mental imagery, group dynamics, etc which effect the physical performance.

Anxiety is a general term which means a disturbed state of mind. As it has already mentioned that psychological variables improves the level of performance of an athlete in the play field so anxiety is an essential ingredient of any competitive situation and without certain level of anxiety, there cannot be competitive performance. There should neither be too high nor too low level of anxiety. Adequate level of anxiety or Mild anxiety is vague and unproblematic, which produces best results. Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation and can help to achieve better level in the competition. While severe or high level of anxiety can be extremely debilitating, having a serious impact on daily life. Also when there is high level of anxiety it may fall under the classification of an anxiety disorder.

METHODOLOGY:

The 100 Male and Female subjects were selected and their age is ranged from 18-28 years. The subjects were divided into two age groups. Group one from 18-22 and the second from 23-28 respectively. To collect data on the selected subjects, The SCAT questionnaires were administered on selected Athletes and Non Athletes before one hour of competition. The instructions were given to the subjects before filling the questionnaire by the researcher. Data was collected through the standardized SCAT questionnaire. The questionnaire was received with the researcher by the direct contact to all the subjects.

OBSERVATION AND DISCUSSION:

For the analyse of data Mean, Standard deviation and T- ratio were used to analyze the data. The level of significance was setup at 0.05.

TABLE 1

Table no 1: Shows statistical comparison of Sports Competition Anxiety Test of Athlete and Non Athlete Boys and Girls at the age level of 18-22.

TEST	MEAN	SD	T-RATIO
ATHLETE BOYS OF AGE GROUP 18-22	11.97	2.50	7.64
NON-ATHLETE BOYS OF AGE GROUP 18-22	17.66	2.20	
ATHLETE GIRLS OF AGE GROUP 18-22	13.36	2.77	0.10
NON-ATHLETE GIRLS OF AGE GROUP 18-22	13.24	2.75	

From the above table it is observed that the mean of Athlete and Non Athlete Boys at the age level of 18-22 is 11.97 and 17.66 and the t-ratio was statistically analyzed as (t = 7.64). which is significant at 0.05 level of significance. And also it is observed that the mean of Athlete and Non Athlete Girls at the age level of 18-22 is 13.36 and 13.24 and the t-ratio was statistically analyzed as (t = 0.10). Which is not significant at 0.05 level of significance.

TABLE 2

Table no 2: Shows statistical comparison of Sports Competition Anxiety Test of Athlete and Non Athlete Boys and Girls at the age level of 23-28.

TEST	MEAN	SD	T-RATIO
ATHLETE BOYS OF AGE GROUP 23-28	11.83	2.48	1.00
NON-ATHLETE BOYS OF AGE GROUP 23-28	10.77	2.22	
ATHLETE GIRLS OF AGE GROUP 23-28	10.55	2.06	0.43
NON-ATHLETE GIRLS OF AGE GROUP 23-28	10.98	2.20	

From the above table it is observed that the mean of Athlete and Non Athlete Boys at the age level of 23-28 is 11.83 and 10.77 and the t-ratio was statistically analyzed as (t = 1.00). which is not significant at 0.05 level of significance. And also it is observed that the mean of Athlete and Non Athlete Girls at the age level of 23-28 is 10.55 and 10.98 and the t-ratio was statistically analyzed as (t = 0.43). Which is significant at 0.05 level of significance.

FINDINGS AND CONCLUSION:

The present study deals with the effectiveness of Sports Competition Anxiety Test on Athletes and Non Athletes. Their range of age is between 18-28 years and it has been divided into two age groups. After analyzing the data it is observed that the Athlete boys of age group 18-22 are not as Anxious as the Girls of the same age group is. Also it is observed that the boys of age group 23-28 years is more anxious than the girls of the same age group is. So it is recommended that a similar study should be done with subjects belonging to different age groups other than those employed in this study and also a similar study should be investigated among the students at different schools, colleges and Universities.

REFERENCES:

Ajmeer Sing et.al., Essential of Physical Education, (Ludhiana: Kalyani Publication,2008),p. 40.
 Bouras, n. and Holt, G. (2007). Psychiatric and Behavioural Disorders in Intellectual and Developmental Disabilities 2nd ed. Cambridge University Press: UK.
 C. A. Bucher, Foundation Of Physical Education, (Saint Louis : The C,V Company, 1960),p. 26.
 Calleo J, Stanley M (2008). "Anxiety Disorders in Later Life: Differentiated Diagnosis and Treatment Strategies".Psychiatric Times 26 (8).
 Dr. N. Whitehead, Conditioning For Sports, (West Yorkshire E. P. Publishing Ltd, 1975), p.12.
 David Healy, Psychiatric Drugs Explained, Section 5: Management of Anxiety, Elsevier Health Sciences, 2008, pp. 136-137
 Robin Marantz Henig, "ANXIETY!", "The New York Times Magazine", August 20, 2012
 Smith, W. H., "Hypnosis in the Treatment of Anxiety", Bulletin of the Menninger Clinic, Vol 54, 209-16
 Zung WW (1971). "A rating instrument for anxiety disorders".Psychosomatics 12 (6): 371-379.



Farhath Hamid
 Ph. D Research Scholar, S.R.T.M.U Nanded (MH) .