



A STUDY ON ANXIETY BEHAVIOUR AMONG THE SPORTSMEN AND NON SPORTSMEN

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ABSTRACT

Anxiety is a state of mind in which the individual respond with discomfort to some event that has occurred or is doing to occur. The person's worry about events, their occurrences and consequence, in general are the sources of anxiety. However, anxiety can be either somatic or cognitive in nature. The symptoms of somatic anxiety comprise mental worries and fears. In simple words, it is a type of emotional disturbance. The sports men like other athletes are anxiety prone while participating in competitive sports. Anxiety is one of the most common deterrents to good performance. At worst the effect of the anxiety gets the athlete so tied up in knots that he is frozen in fear. At best anxiety subtly impairs performance by distracting the attention.

KEYWORDS: sources of anxiety , good performance , symptoms of somatic anxiety.

INTRODUCTION

The purpose of the study was to compare the anxiety levels of individual sports and team game.

The competitors who take an interest in individual games likewise have been found to encounter more tension than the individuals who play group activities. Presence of mind proposes that being a piece of time eases a portion of the weight experienced by the individuals who contend alone. At long last there is proof that in group activities, when a group plays at the scene of the restriction (known as an "away" amusement) tension dimension will in general be higher than when playing at home. Once more, presence of mind would demonstrate that having more noteworthy fan support and greater recognition with the scene assumes a job in uneasiness levels amid rivalry.

Following are the symptoms of test anxiety:

- Physical: Headaches, nausea or diarrhoea, extreme body temperature changes, excessive sweating, shortness of breath, light headedness or fainting rapid heartbeat and dry mouth.
- Emotional: Excessive feeling of fear, disappointment, anger, depression, uncontrolled crying or laughing, feeling of haplessness.
- Behavioural: Fidgeting, pacing, substance abuse, avoidance.
- Cognitive: racing thoughts, going blank, difficulty concentrating negative self talk, feeling of dread. Comparing yourself to others, difficulty organizing your thoughts.

Most important anxiety arousing situation for a student is examination stress. Sarason (1959) states that we live in a test conscious, test giving culture in which the lives of people are in part determined by their test performance.

Statement of problem: The purpose of the study is to assess the sports competitive anxiety a among the Sportsmen non-sportsmen of Ranichinnamma.University Belgaum.

Variables: Independent: Sportsmen and Non-sportsmen of University players.

Dependent Variable: Anxiety behavior.

HYPOTHESIS: There will be no significant difference between mean, competitive anxiety scores of sportmen and non-sportmen of Ranichannamma University, Belgaum.

OBJECTIVES: To assess the anxiety behavior of the Sportsmen and non-sportsmen.

LIMITATIONS:

1. The study is limited to the measuring the level of anxiety among the sportsmen and non-sportsmen.
2. The study would be limited to the sportsmen and non-sportsmen of Ranichannamma University, Belgaum.

DELIMITATION: The present study tries to analyze probe the level and extent of anxiety, among the sportsmen and non-sportsmen.

SIGNIFICANCE OF THE STUDY: To examine the difference in pattern of anxiety behaviors between sportsmen and non-sportsmen of University.

TOOLS: ANXIETY: The Sinha’s Comprehensive anxiety scale was administered to two samples of P.G. students, who were belonging to sportsmen and non-sportmen group. The athletes sample consisted of 50 P.G. students who were studying in one or other P.G. course and has participated in sports activities at different levels of competition. The non-sportsmen sample consisted of those students who were studying in different P.G. Courses and who did not participate in any sports activities.

STATISTICAL ANALYSIS: To know the significant difference of anxiety behavior among o the sportsmen and non-sportsmen, mean, , standard deviation and ‘t’ were calculated. The results are discussed here.

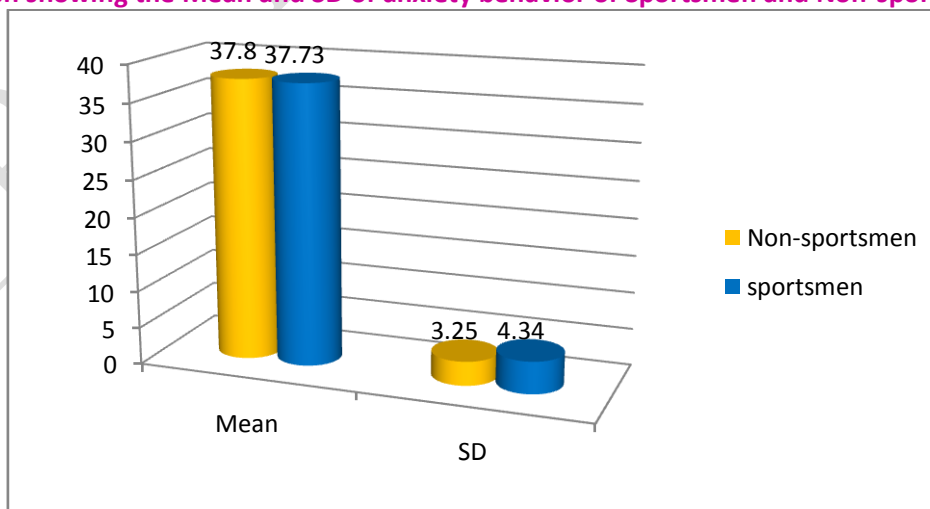
Table – 1

Table Showing the mean, SD and acquirerd’t’ value of anxiety behavior of Sportsmen and non-sportsmen

Variables	Mean	SD	‘t’ Value
Non-sportsmen	37.80	3.25	.131
sportsmen	37.73	4.34	

Significant at 0.05 level

Graph showing the Mean and SD of anxiety behavior of Sportsmen and Non-sportsmen



The mean scores and standard deviation of non-sportsmen and sportsmen were 37.80, 3.25 and 37.73, 4.34 respectively which show that there is not much or little deviation in the anxiety level of sportsmen and non-sportsmen. Both non-sports and sportsmen showed almost same level in anxiety behaviors. When these scores were subjected to 't' test, the acquired 't' value was 0.131. It reveals that there is no difference in anxiety behavior of Sportsmen and non- sportsmen. Hence formulated hypothesis was rejected. This may be due to the fact that the respondents consisted to sportsmen and non-sportsmen are coming from rural areas they are exposed to various activities and faced lot of problem to pursuing their degree and education and hard working nature made them to sustain stress and manage anxiety behavior effectively when they exposed to situation.

CONCLUSION:

The Study carried out by researcher reveals that anxiety behavior will manifested by situational factor but sportsmen and non sportsmen chosen for this study were coming from the rural and poverty background, these factor made them to cultivate the sustainable ability and managing skills among the sportsmen and non sportsmen of the university.

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