



ISSN: 2456-0057
IJPNPE 2019; 4(1): 432-433
© 2019 IJPNPE
www.journalofsports.com
Received: 15-11-2018
Accepted: 18-12-2018

Dr. Amandeep Singh
Assistant Professor, Akal College
of Physical Education, Mastuana
Sahib, Sangrur, Punjab, India

Comparative study on pre competitive anxiety level between male and female boxers

Dr. Amandeep Singh

Abstract

The purpose of the study was to compare pre competitive anxiety level between boxer's male and female players of SAI Centre Mastuana Sahib, Sangrur. The study was conducted on 40 subjects in which 20 male and 20 female players selected as a sample. The age of the subjects ranged between 18-25 years. All the samples were selected as random basis. To assess the pre competitive anxiety level of male and female players, Sport Competitive Anxiety Test (SCAT) prepared by A.K.P. Sinha was used. This inventory is highly reliable & valid to assess pre competitive anxiety level of selected male and female boxer's players. To find out the significant difference among two group's i.e. male and female boxer's players, 't' test was used. Results found that Female boxer's players have higher anxiety level as compared to male boxer's players.

Keywords: Pre competitive anxiety level, male and female Boxers players

Introduction

Anxiety is a feeling of unease, such as worry or fear, than can be mild or severe. Everyone experiences feeling of anxiety at same point in their life, for example you may feel worried and anxious about sitting an exam or having a medical test or job interview. Anxious is sometime perfectly normal however people with generalized anxiety this order(GAD) find it hard to control their worries their feeling of anxiety are more constant and often effect their daily life. There are several condition for which anxiety is the main symptom. Panic this order, phobia and post - traumatic stress this order can all cause serve introduction severe anxiety. These pages are about generalized anxiety this order (GAD).Everybody knows what it is like to feel anxious the butterflies in your stomach before a fast date, the tension you feel when you was is angry and the way your heart pounds if you are in danger anxiety rouses you to action, it gears you up to face a threatening situation, it makes you study harder for that exam, and keels you on your toes when you are making a speech. In general, it helps you cope. But if you have an anxiety disorder this normally helpful emotion can do fast the opposite it can keep you from coping and can disrupt your daily life. There are several types of anxiety disorder each with their on distinct features. An anxiety disorder may make you feel anxious most of the time, without any apparent reason or the anxious feeling may me so uncomfortable that to avoid them you may stop some everyday activities or you may have occasional bouts of anxiety so intense they terrify and immobilize you. Anxiety disorders are most common of all the mental health disorders considered in the category of anxiety disorder are: generalized anxiety disorder, panic disorder, agoraphobia, social phobia, obsessive compulsive disorder and acute stress disorder. Anxiety this order whole cost the United States between 42-46 billion dollars a year in direct and indirect healthcare costs, which is a third of the yearly total mental health bill of 148 billion dollars in United States. Social phobia is the most common anxiety disorder with approximately 5.3 million people per year suffering from it. Approximately 5.2 million people per year suffer from post- traumatic stress disorder. Estimates for panic disorder range between 3 to 6 million people for year, and anxiety disorder that twice as many women suffer from as men. Success and failure in competitive games and sports depend on serious of emotions. Players may feel worried, tensed, stressed and fear prior to or during competition. Uncertainty causes anxiety in players. The significance of the event, level of competition and crowd contribute to player's anxiety.

Correspondence
Dr. Amandeep Singh
Assistant Professor, Akal College
of Physical Education, Mastuana
Sahib, Sangrur, Punjab, India

The anxiety experienced can also affect an individual's overall level of self-confidence. Competitive sport takes place when players undermine their capabilities to manage certain circumstances. The competitive anxiety is the tendency to determine antagonistic situations and take action accordingly with feelings of stress, pressure and nervousness. The competitive anxiety instantly accelerates just before the competition and suddenly decelerates after the competition. Generally competition anxiety is a result of an individual's sentiment of stress. It is associated with sharp excitement of the automatic nervous system. This explicit phenomenon, occurs during the twenty four hours before a competition, and is known as pre-competitive anxiety. Numerous studies have revealed that amateur players suffer more anxiety than professional players. Indeed, as the players are playing period increases, his anxiety level decreases. Professional have paranormal ability to the play with low level anxiety. Many studies have revealed numerous prospective causes of competitive anxiety. Assessed young male and female sports competitors, to evaluate a list of feasible causes of minor stress and anxiety. Results showed that severe game pressure, over- competitiveness, and negative reaction increased stress for both male and female competitors.

Methodology

The total of 40 subjects in which 20 Male and 20 Female were selected from SAI centre Mastuana sahib, Sangrur. The age group of selected samples ranged from 18-25 years. To measure pre-competitive anxiety level of selected subjects; Sports Competitive Anxiety Test (SCAT) was developed by A.K.P Sinha was used; the scoring was done according to the rule laid down by the author. After scoring; obtained data was tabulated. This inventory is highly reliable & valid.

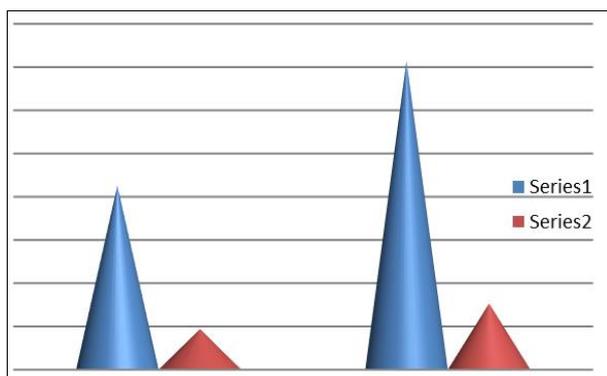
Statistical analysis

After the collection of relevant data, it was processed and analyzed with descriptive statistics. To compare anxiety level of selected male and female boxers players, Mean, standard deviation and t-test was employed. To test the hypothesis the significance level was set at 0.05 percent.

Table 1: Comparison pre competitive anxiety level among male and female boxers Playe

Groups	N	Mean	SD	MD	't'
Male Boxers	20	42.6	9.41	28.6	8.96*
Female Boxers	20	71.4	15.3		

From the table no.1 result found that female boxers players have higher anxiety level (M=71.4, SD =15.3) as compared to male boxers players (M =42.6, SD =9.41). The calculated't' value is 8.96; which is greater than the tabulated value; so that both the group are different at 0.05 level.



Conclusion

It is concluded that female boxers players have higher anxiety level as compare to male boxers players and we can say that it is high significant difference has been found among both the groups.

References

1. Barlow DH. Unraveling the mysteries of anxiety and its disorders from the perspective of emotion theory. *The American Psychologist*. 2000; 55(11):1247-63.
2. Craske, Michelle G, Stein, Murray B Eley, Thalia C. Anxiety disorders. *Nature Reviews Disease Primers*. 2017; 3(1):17-24
3. Davison GC. *Abnormal psychology*. Toronto: Veronica Visentin, 2008, 154.
4. Hall-Flavin DK. Is it possible to overcome test anxiety? *Mayo Clinic*. Mayo Foundation for medical education and Research, 2015.
5. Hofmann SG, Dibartolo PM. Introduction: Toward an understanding of social anxiety disorder. *Social Anxiety*, 2010, 19-26.
6. Mathews A, Mogg K, May J, Eysenck M. Implicit and explicit memory bias in anxiety. *Journal of Abnormal Psychology*. 1989; 98(3):236-240.