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## Age, Anxiety and Self esteem among school level players: A Correlational study

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### Abstract

**Aim-** The purpose of this study is to find the relation between anxiety, self esteem and age among the players of Mansa District.

**Methodology-** For present research work the sample was taken from all sports events from Mansa District (Punjab) Total 50 male sports persons were taken. The subjects were selected randomly from Govt Boys School Mansa.

**Tools-** Anxiety level was measured using 15 items questionnaire developed by Ronald E. Smith, Frank L. Smoll, Sean P. Cumming, and Joel R. Grossbard <sup>[2]</sup> (1990) "The Sport Anxiety Scale-2". To measure self esteem Rosenberg Self-Esteem Scale <sup>[1]</sup> (1965) having 10-item scale was used to measure both positive and negative feelings about the self.

**Statistical Analysis-** To find out the relationship among the research variables exists or not Carl Pearson correlation was used to find the correlation between the means. Statistics for each characteristic were calculated; Mean and Standard deviation. Data was analyzed using SPSS (statistical package for the social sciences).

**Results-** Showing -ve correlation between age and anxiety level of sportspersons. Correlation between age and self esteem shows moderate positive correlation. On the variable of self esteem and anxiety a moderate -ve correlation exists between the variables.

**Conclusion-** From the above discussion we can conclude that as the sports person gain experience through competition and training his self esteem increase and he learn how to control anxiety level.

**Keywords:** Anxiety, Self esteem, Somatic anxiety, worry, and concentration disruption

### Introduction

Self-esteem is the regard you adjudge yourself. All of you have a self-concept. If you like your self-concept (who you think you are), then you have self-esteem. Self-confidence is different. Self-confidence is the belief in your ability to perform a task - it is not a judgment. You can have self-confidence, but not self-esteem, and vice versa. Optimally, you want both high self-confidence in your abilities and self-esteem. Self-esteem is a term used in psychology to describe someone's level of confidence and respect for themselves. Self-esteem encompasses some of the emotions like Pride, shame and dignity. Self-esteem is influenced massively by a person's experiences mainly positive experiences bring up one's self-esteem while negative experiences do the opposite. Sportspersons with low self-esteem not only suffer from feelings of inferiority and depression but also perform low but sportspersons that have had positive experiences both at playground and at home shows high self-esteem. To maintaining good self-esteem in sportspersons the key factors are support and guidance. Parents and teacher/coaches can shape child's self esteem by praise, criticism, motivation, verbal and non verbal reactions etc. Sport helps children to try new skills and evaluate their potentialities and during these activities the motivation of parents and coaches boost the self esteem of children's. Self-esteem is the one of the most significant qualities we can develop in youth. Without self-esteem the success in life and other activities is not possible. Eventually social structure should develop an environment so that young people can focus their energy in developing self esteem in early stage of life.

The difference between success and failure in sports had thin line of demarcation, those athletes who fail to address jitteriness and anxiety during competition will not perform up to the mark and those manage it become champions.

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“Anxiety is a negative emotional state characterized by nervousness, worry, and apprehension and associated with activation or arousal of the body” (Robert S. Weinberg, Daniel Gould. 2007) [8]. The two types of anxiety studied are state and trait anxiety. State anxiety has been said to be the “anxiety intensity at a given time,” where as trait anxiety is said to be “an individual’s general tendency to experience elevations in state anxiety when exposed to stressors” (Hann, 2000) [3]. Hann proposed that “each athlete possesses an optimal zone or range of anxiety most beneficial for performance”. This optimal zone is different for each athlete and is known as their Zones of Optimal Functions (ZOF). Research has shown that “some individuals can tolerate a wide range of anxiety intensity before experiencing a decline in performance, whereas others perform best only when anxiety lies within a very narrow range” (Hann, 2000) [3]. Research has shown that too much anxiety can negatively affect an athlete’s sport performance, but if the amount of anxiety is within the athletes ZOF then the results will be positive. Individual differences exists while gauge the level of anxiety and variety of coping mechanisms are available for athletes who may be suffering from stress or anxiety like hypnosis, progressive relaxation, visualization, biofeedback, autogenic training, mediation, negative thought stoppage, and confidence enhancement, but coping mechanism varies from individual to individual. Reilly and Williams (2003) [3] stated seven different demand categories in which an athlete may need to alter in order to lower their levels of stress and anxiety, these categories include: “physical demands, psychological demands, environmental demands, expectations and pressure, relationship issues, life direction concerns and uncategorized stress sources.” In each category Reilly and Williams listed a variety of coping mechanisms the athlete can use to help limit stress and anxiety in that category. According to Brain Mac for success performance in sports rely on 4Cs “Concentration, confidence, control and commitment.

**Aim of the Study:** The purpose of this study is to find the relation between age, anxiety and self-esteem of school children’s of Mansa District.

### Methodology

**Sample:** For present research work a sample of 50 male school children’s of govt Boys school mansa were taken randomly from all games and sports events.

**Limitation:** The study is limited to male students of Govt Boys school of Mansa District only.

### Tools

To measure self esteem Rosenberg Self-Esteem Scale [1] (1965) having 10-item scale was used to measure both positive and negative feelings about the self. For measuring sports anxiety a scale of 15 items developed by Ronald E. Smith, Frank L. Smoll, Sean P. Cumming, and Joel R. Grossbard (1990) [2] “The Sport Anxiety Scale-2” was used, the scale helps in measuring somatic anxiety, worry, and concentration disruption among individuals.

### Administration of Test

Questionnaire schedule was distributed among sports persons and the purpose of the test was explained to the sports persons any difficulty in filling the questionnaire was sought out, the scoring pattern was explained to the sports persons. After

completing the test the questionnaire schedules were collected for scoring.

### Scoring

Self esteem questionnaire consist of 10 Items, All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree. Giving “Strongly Disagree” 1 point, “Disagree” 2 points, “Agree” 3 points, and “Strongly Agree” 4 points. Question no 2, 5, 6, 8, 9 are reverse scored. Sum scores for all ten items. Higher scores indicate higher self-esteem.

The Sport Anxiety Scale-2 consists of 15 item scale. The scale helps the researcher to measure anxiety in three dimensions i.e. somatic anxiety, worry, and concentration disruption. Scoring was done by a 4-point Likert scale format ranging from, “Not at all” 1Point, “ A Little Bit” 2 Point, “Pretty Much” 3 Point, “Very Much” 4 Point. Sum scores for all fifteen items. Higher scores indicate higher Anxiety.

### Statistical Analysis

To find out the relationship among the research variables exists or not, Carl Pearson correlation was used to find the correlation between age, anxiety and self- esteem. Statistics for each characteristic were calculated; mean and standard deviation. Data was analyzed using SPSS (statistical package for the social sciences).

**Table 1:** Correlation between Age, Anxiety and Self Esteem

	Mean	SD	Correlation	
Age	16.4	1.25		
Anxiety	31.7	8.91	-0.812	
Self Esteem	31.3	5.01	0.655	-0.3788

### Result and Discussion

From the above table the mean value of age is 16.4 and mean value of anxiety is 31.7 the correlation between these two variables shows a –ve correlation having value of  $R = -0.812$  indicates that with the increase of age the level of anxiety decreases, the reason being more time devoted on training and competition experience helps the sports persons to become more mature, satiable and confident etc, helps in managing the stability level. The results of Turkmen Mutlu *et al.* (2013) [11] and Ramis Yago *et al.* (2015) [13] also indicates that anxiety shows –ve correlation with age. A moderate positive correlation exist between age and self esteem level among sports person showing value of  $R = 0.655$  having mean value of 16.4 of variable age and 31.3 of self esteem, with the increase in age self esteem increase the reason being as the age increase sports person develops a sense of self-concept about himself and start thinking about himself this helps him to develop self esteem, the study of Karademir Tamer *et al.* [9] (2011), Collins *et al.* (2018) [14] and Fossmo Toril (2006) [5] were also found that as the age increase the level of self esteem increase in children’s. The correlation between self esteem and anxiety shows a weak–ve correlation showing value of  $R = -0.3788$  showing mean value of self esteem 31.3 and mean value of anxiety is 31.7 indicates that with the increase in level of self esteem the level of anxiety decreases. Samadzadeha Mehdi *et al.* [10] (2011) Ashtiani Ali Fathi *et al.* (2007) [7] and Dolenc Petra (2015) [12] results reveals that with the increase in self esteem the level of anxiety decrease.

### Conclusion

From the above study following conclusions were drawn. The correlation between age and anxiety shows –ve correlation,

indicating that with the increase of age the sports person learns how to tackle the anxiety level, the reason being more practical experience to handle the situation. With the increase of age the level of self esteem increase the above results also indicates moderate positive correlation between age and self esteem, showing that as the age increase sports person knows more about himself and develops more confidence and self esteem. In case of self esteem and anxiety a-ve correlation exists between these two variables indicating that as the self esteem of sports person increase the level of anxiety decrease or vice versa. From the above discussion we can conclude that as the sports person gain experience through competition and training his self esteem increase and he learn how to control anxiety level.

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