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A study on anxiety depression and coping strategies between Odisha and Manipur male softball players

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Abstract

The present study was aimed to investigate the sports competition anxiety, general (state and trait) anxiety among softball players. For this purpose 30 male players were selected out of which 15 from Odisha state and 15 from Manipur state. The data were collected through purposive sampling method by applying sports competition anxiety (questionnaire developed by Marten 1977) test, general anxiety (questionnaire developed by Spielberg) test. Mean and SD were used as descriptive statistics. Statistical t-test showed significant differences in depression ($2.13 > 2.048$) between Odisha and Manipur male players as the absolute value of the calculated t exceeds the critical value.

Keywords: Softball, Sports Competitive Anxiety, General Anxiety, Depression, Coping Strategy

Introduction

In the games and sports, psychological and physiological factors play an important role in determining the performance level. It has been recognized for many years that psychological factors, in particular anxiety, Depression and Coping strategies play an important role in competition. Observed as a result of his study that many factors, such as expectations, perfectionism, fear of failure, lack of confidence include feelings of anxiety in athletes. Those athletes, who experience high levels of anxiety, may fall sick, muscle tension, show aggressive behaviours face sleeping problems, low self- confidence and drop out of sport. There is sufficient evidence from retrospective studies to suggest that that a number of psychological skill may contribute to peak performance.

According to Kumar et al-an individual feels mentally disturbed, he is said to be an anxiety mood. As for as anxiety in the field of physical education and sports activities are concerned, it is said that anxiety is most common in competitive sports environment. According to Robinson et al-anxiety and sports are deeply related with each other. He further stated that anxiety is not always bad but it can help the players in focusing and alerting in performing their actions. While participating in various sports activities, it observed that the participants get anxious.

According to Robinson et al. adequate level of anxiety can produce better result in sports. The author further illustrated that best result can only be obtained when the player participate with moderate level of anxiety.

Anxiety is a natural human reaction that involves mind and body. It is an alarm system that is activated whenever a person perceives danger or threat. When the body mind and mind react to danger or treat, a person feels physical sensations of anxiety. Anxiety, as a negative emotion, affects perceptions in sports competitions, where a large majority of athletes consider anxiety to be debilitating towards performance, which may result in decrease in performance. Many researches showed that winning in a competition depend on how an athlete can control their anxiety level.

Purpose of the study

1. To find out the difference in sports competition anxiety and general anxiety between Odisha and Manipur all India softball female players.
2. To find out the difference in depression between Odisha and Manipur all India softball

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female players.

- To find out the difference in coping strategies between Odisha and Manipur all India softball female players in case coping strategies.

Selection of the Subjects: A total of 30male all India softball players selected from Manipur (15 subjects) and Odisha (15subjects) state purposive sampling method for the present study. The age range of the subjects was 18 to 25.

Tools used for the study

- Sports competition anxiety questionnaire by Marten 1977
- General anxiety test questionnaire by Spielberger. It includes State anxiety (Y1) and Trait anxiety (Y2).

- Depression questionnaire by O.P. Mishra
- Coping strategies questionnaire by Ak Srivastava

Procedure for data collection: Proper rapport was established with the subjects and over view of the study was given to them. Later sports competition anxiety test questionnaire, general anxiety test questionnaire, depression questionnaire and coping strategies questionnaire was given to each subject and were asked to read the instructions given carefully. Thus after 60 minutes subjects hand over the questionnaire to investigator and were thanked by him therefore the data was collected in proper way.

Results and Discussions

Table 1: Significance of mean differences of sports completion anxiety between Odisha and Manipur softball players.

Variable	Group	N	Mean	S.D. (±)	M.D.	S.ED	t value	Significant or not
Sports competition anxiety	Odisha	15	19.73	3.05	1.33	0.68	1.15	insignificant
	Manipur	15	18.40	3.31				

Not Significant at 0.05 level, df =28 (Table value of t at 0.05 level = 2.048 for df 28)

It was evident from Table-1, that mean and SD of sports competition anxiety of all India softball players from Odisha and Manipur were 19.73&18.40 and ±3.05& ±3.31 respectively. From the table value it was also clear that there

was a no significant difference found in sports competition anxiety between Manipur and Odisha all India softball players as the absolute value of calculated ‘t’ lesser than the critical value (1.15<2.048).

Table 2: Significance of mean differences of general anxiety between Odisha and Manipur softball players

Variable	Group	N	Mean	S.D.	M.D.	S.ED	t value	Significant or not
State anxiety	Manipur	15	45.00	7.0	3.07	3.99	1.09	insignificant
	Odisha	15	41.93	8.41				

Not Significant at 0.05 level, df =28 (Table value of t at 0.05 level = 2.048 for df 28)

It was apparent from Table-2, that mean and SD of general (state) anxiety of all India softball players from Odisha and Manipur were 45.00& 41.93 and ±7.00& ±8.4respectively. From the table value it was also clear that there was a no

significant difference found in general (state) anxiety between Manipur and Odisha all India softball players as the absolute value of calculated ‘t’ lesser than the critical value (1.09<2.048).

Table 3: Significance of mean differences of general anxiety between Odisha and Manipur softball players

Variable	Group	N	Mean	S.D.	M.D.	S.ED	t value	Significant or not
Trait Anxiety	Odisha	15	43.27	7.68	0.8	4.57	0.29	insignificant
	Manipur	15	42.47	8.83				

Not Significant at 0.05 level, df =28. (Table value of t at 0.05 level = 2.048for df 28)

It can be seen from Table-3, that mean and SD of general (trait) anxiety of all India softball players from Odisha and Manipur were 43.27& 42.47 and ±2.35 & ±5.39 respectively. From the table value it was also clear that there was a nosignificant difference found in general (trait) anxiety between Manipur and Odisha all India softball players as the absolute value of calculated ‘t’ lesser than the critical value (0.29<2.048).

Anxiety paramount role in sports. It is the challenge in sports

participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be a positive motivating force or it may interfere with successful performance in sports events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non competitive sports, because in the competitive sports, participants are expected to win a great demands are made up on them to succeed.

Table 4: Significance of mean differences of depression between Odisha and Manipur softball players

Variable	Group	N	Mean	S.D.	M.D.	S.ED	t value	Significant or not
Depression	Odisha	15	87.87	21.99	13.54	20.2	2.13	significant
	Manipur	15	74.33	11.05				

Significant at 0.05 level, df =28. (Table value of t at 0.05 level = 2.048 for df 28)

It was evident from Table-4, that mean and SD of depression of all India softball players from Odisha and Manipur were 87.87&74.92and ±21.99& ±11.05 respectively. From the table value it was also clear that there was significant difference exists in depression between Manipur and Odisha

all India softball players as the absolute value of calculated ‘t’ exceed the critical value (2.13>2.048).Thus, it was clear that depression of Odisha all India softball players were significantly higher than that of Manipur players.

Table 5: Significance of mean differences of coping strategies between Odisha and Manipur softball players

Variable	Group	N	Mean	S.D.	M.D.	S.ED	t value	Significant or not
Coping strategies	Odisha	15	96.13	21.94	3.8	22.57	0.57	insignificant
	Manipur	15	99.93	13.99				

Not Significant at 0.05 level, $df=28$ (Table value of t at 0.05 level = 2.048 for $df=28$)

It was evident from Table-5, that mean and SD of coping strategies of all India softball players from Odisha and Manipur were 96.13&99.93 and ± 21.94 & ± 13.99 respectively. From the table value it was also clear that there was no significant difference exists in coping strategies between Manipur and Odisha all India softball players as the absolute value of calculated 't' lesser than the critical value ($0.57 < 2.048$).

Douglas *et al.* (2006) stated that the major sources of depression include: fear of failure, thinking too much on what people may say about the performance, and lack of confidence

There is significant difference in depression between Odisha and Manipur female softball players. It was clear that there was significant difference exists in depression between Manipur and Odisha all India softball players as the absolute value of calculated 't' exceed the critical value ($2.13 > 2.048$). Thus, it was clear that depression of Odisha all India softball players were significantly higher than that of Manipur players Coping strategies Odisha and Manipur female softball players there was no significant difference found because for all the cases the obtained t- value is insignificant at 0.05 level of significance. It indicates that there is no significant difference found between the mean scores of male players and male players in respect to coping strategies for both the groups.

Conclusion

1. There is no significant difference in sports competitive anxiety Odisha and Manipur male softball players.
2. There is no significant difference in trait anxiety between Odisha and Manipur male softball players.
3. There is no significant difference in trait anxiety between Odisha and Manipur male softball players.
4. There is significant difference in depression between Odisha and Manipur female softball players
5. There is no significant difference in depression between Odisha and Manipur female softball players.

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