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

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Abstract

The present study was aimed to investigate the sports competition anxiety, general (state and trait) anxiety, depression and coping strategies among softball players. For this purpose 26 female players were selected out of which 13 from Odisha state and 13 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, depression (questionnaire developed by O.P. Mishra) and coping strategies (questionnaire developed by A. K. Srivastava). Mean and SD were used as descriptive statistics. Statistical t-test showed significant differences in sports competitive anxiety ($2.27 > 2.06$) and general anxiety ($2.07 > 2.06$) between Odisha and Manipur female players as the absolute value of the calculated t exceeds the critical value. Lastly, the depression and coping strategies among softball players of two different states were almost identical.

Keywords: Softball, Sports Competitive Anxiety, General Anxiety, Coping strategies and Depression

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 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.

Depression: According to National Institute of Health. Genetics and external stresses are common causes of depression. Regardless of how physically fit an athlete is, genetics or chemical imbalance may influence the development of depression. Individual and personal sports create a high pressure environment that focuses on winning and achieving progress. Setbacks, whether because of a loss or an injury, may challenge an athlete, esteem and feelings of self worth and contribute to the development of depression.

Coping strategies: coping involves a personal response on the part of the athlete to address the stress response. The athlete feels anxious in competitive situation and traits to use personal coping resources to reduce anxiety. When an athlete uses a stress management technique or any other cognitive or behavioural intervention; this is form of coping.

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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 female players.
3. 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 26 female all India softball players are selected from Manipur (13 subjects) and Odisha (13 subjects) state in simple random sampling method for the present study. The age range of the subjects was 18 to 25.

Tools used for the study

1. Sports competition anxiety questionnaire by Marten 1977
2. General anxiety test questionnaire by Spiel Berger. It includes State anxiety (Y1) and Trait anxiety (Y2).
3. Depression questionnaire by O.P. Mishra
4. 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	13	22.33	2.12	2.18	0.96	2.27*	significant
	Manipur	13	20.15	2.73				

Significant at 0.05 level, df =24. (Table value of t at 0.05 level = 2.06 for df 24)

It is evident from table – 1 that mean sports competition anxiety of all India softball players in Odisha and all India softball players in Manipur were 22.33 and 20.15 respectively. From the table value it was also clear that there was a significant difference exists in sports competition

anxiety between Manipur and Odisha all India softball players. Thus, it was clear from the table value that sports competition anxiety of Odisha all India softball players were significantly higher than that of Manipur players.

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	13	45.38	7.37	0.54	2.29	0.23	Not significant
	Odisha	13	44.85	3.76				

Not Significant at 0.05 level, df =24. (Table value of t at 0.05 level = 2.06 for df 24)

It is evident from table – 2 that mean sports competition anxiety of all India softball players in Odisha and all India softball players in Manipur were 44.85 and 45.38

respectively. From the table value it was also clear that there was no significant difference exists in state anxiety between Manipur and Odisha all India softball players.

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	13	46.77	2.35	3.38	1.63	2.07*	significant
	Manipur	13	43.38	5.39				

Significant at 0.05 level, df =24. (Table value of t at 0.05 level = 2.06 for df 24)

It is evident from table – 3 that mean sports competition anxiety of all India softball players in Odisha and all India softball players in Manipur were 46.77 and 43.38 respectively. From the table value it was also clear that there was a significant difference exists in trait anxiety between

Manipur and Odisha all India softball players. Thus, it was clear from the table value that trait anxiety of Odisha all India softball players were significantly higher than that of Manipur players.

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	13	82.69	12.43	2.77	5.66	0.49	Not significant
	Manipur	13	79.92	16.21				

Not Significant at 0.05 level, df =24. (Table value of t at 0.05 level = 2.06 for df 24)

It is evident from table – 4 that mean depression of all India softball players in Odisha and all India softball players in Manipur were 82.69 and 79.92 respectively. From the table

value it was also clear that there was no significant difference exists in depression between Manipur and Odisha all India softball 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	13	98.61	12.03	11.23	6.27	1.79	Not significant
	Manipur	13	87.38	19.16				

Not Significant at 0.05 level, df =24. (Table value of t at 0.05 level = 2.06 for df 24)

It is evident from table – 4 that mean coping strategies of all India softball players in Odisha and all India softball players in Manipur were 82.69 and 79.92 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.

It is evident from table - 5 that mean value of all India softball players in Odisha and all India softball players in Manipur on coping strategies which were recorded 98.61 and 87.38 respectively. To find out the significant difference of means t test was calculated and found to be 1.79. The t value is not statistically significant because calculated t – value 1.79 was less than tabulated t – value (2.88)

Anxiety, depression and coping strategies play a 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. 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.

The results of present study demonstrated that there is significant difference was found between mean scores of sports competition anxiety,

The results of present study demonstrated that there is significant difference was found between mean scores of General anxiety (trait).

But in case of General anxiety (state), coping strategies and depression 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 female players and female players in respect to sports competitive anxiety, general anxiety and coping strategies for both the groups.

Conclusion

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

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