



ISSN: 2456-0057
IJPNPE 2019; 4(1): 2128-2130
© 2019 IJPNPE
www.journalofsports.com
Received: 02-05-2019
Accepted: 22-05-2019

Dr. Amalesh Adhikari
Assistant Professor,
Department of Physical
Education Vivekananda Mission
Mahavidyalaya, Chaitanyapur
Haldia, Purba Medinipur,
West Bengal, India

Comparison of trait and state anxiety among differently abled persons

Dr. Amalesh Adhikari

Abstract

An attempt has been made to investigate the trait anxiety and state anxiety of the differently able persons and compare them in respects to the variables. Among differently abled persons, hearing impaired, visually impaired and orthopedically impaired (individuals having orthopedically defects in upper limbs) persons are taken under consideration. Forty subjects of each category namely hearing impaired, visually impaired and orthopedically impaired students were selected within the age range of twelve to eighteen years for the study. The trait anxiety and state anxiety were measured by Spielberger's State Trait Anxiety Inventory (STAI). The data were analyzed through the statistic of Analysis of Variance (ANOVA). The results indicate that the visually impaired persons were superior in state anxiety and trait anxiety than hearing impaired and orthopedically impaired persons. Again hearing impaired persons had higher score than orthopedically impaired persons in respect to state anxiety and trait anxiety.

Keywords: Trait anxiety, state anxiety, hearing impaired, visual impaired, orthopedically impaired etc.

Introduction

Anxiety is an important bio-psychological parameter in our life. It is a multidimensional construct which reflects emotional impact or cognitive dimension of arousal. Martens (1977) [6] suggested that anxiety reactions would result from an objective environmental demand interpreted as threatening by an individual. There are two kinds of anxiety like trait anxiety and state anxiety. Spielberger (1983) described state anxiety as existing in a transitory emotional state that varies in intensity and fluctuates over time. On the other hand, trait anxiety refers to a stable susceptibility or a proneness to experience state anxiety frequently. State anxiety may be defined as an emotional state, characterized by subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated by or associated with activation or arousal of the autonomic nervous system. On the other hand, trait anxiety may be defined as a motive or acquired behavioral disposition to perceive a wide range of circumstances as threatening and respond to state anxiety. Differently abled persons are the integral part of our society. Jarigira (1984) emphasized that the disabled children need to be educated and prepared for life with a reasonable level of economic independence, self-help skills and social normalization in the context of modernizing society. They should be helped to maintain the anxiety trait in a certain level so that they can achieve best success. The present study is an attempt on the part of the investigator to determine the state anxiety and trait anxiety among hearing impaired, visually impaired and orthopedically impaired persons and compare them with the variables, so that effort can be made in the right direction to integrate them with other people of the society.

Statement of the problem

The problem of the study was to investigate the trait anxiety and state anxiety of the hearing impaired, visually impaired and orthopedically impaired persons and also compare them in respects to the variables.

Delimitations

1. The study was delimited to the boys and girls of twelve to eighteen years old.

Correspondence
Dr. Amalesh Adhikari
Assistant Professor,
Department of Physical
Education Vivekananda Mission
Mahavidyalaya, Chaitanyapur
Haldia, Purba Medinipur,
West Bengal, India

- The subjects were selected from the different schools of West Bengal.

Limitations

- The subjects were of special population. So, there may be any snag during communication with the subjects. It was beyond of the investigator’s control.
- The subjects were from different socio-economic status, different mode of living as well as have different personality characters. Hence uniform response might not be occurred which were another limitation of the study.
- During test taken, same response might not be obtained from all the subjects. It was also the limitation of this study.

Significance of the study

- This study will provide descriptive information about the trait anxiety and state anxiety among the physically disabled persons.
- The result of this study will also have great significance in identifying the areas which can be easily developed.
- This study will serve as a guideline to the teachers.
- The findings of this study might give some clues to the concerned authorities in better understanding of the differently abled students.
- This study may also help in framing the educational programme as an integral part of the curriculum for the physically disabled persons.

Procedure

Selection of Subjects

- Forty students of each category namely hearing impaired, visually impaired and orthopedically impaired (having problems in upper limbs) students respectively were chosen randomly from different special schools in West Bengal for the present study.
- The age range was twelve to eighteen years.

Selection of variables

In order to asses this study, the following variables were selected:

- Trait Anxiety
- State Anxiety

Criterion measures

Trait Anxiety and State Anxiety were measured by Spielberger’s State Trait Anxiety Inventory (STAI).

Statistical analysis

Comparison among physically disabled persons in respect of state anxiety and trait anxiety were obtained through the statistic of Analysis of Variance (ANOVA).

Level of significance

For testing hypothesis the level of significance was set at 0.05 Level.

Presentation and analysis of data

Table 1: Mean and standard deviation of trait anxiety and state anxiety among hearing impaired visually impaired and orthopedically impaired students

Variables	Hearing Impaired Students		Visually Impaired Students		Orthopedically Impaired Students	
	Mean	S.D.	Mean	S.D.	Mean	S.D.
State Anxiety	45.250	3.102	49.375	3.356	41.950	2.650
Trait Anxiety	43.625	3.439	48.825	5.344	40.450	2.698

From table -1 it was observed that visually impaired students were superior in state anxiety and trait anxiety than hearing impaired and orthopedically impaired students. Again hearing impaired students had higher score to orthopedically impaired students in respect to state anxiety and trait anxiety.

Table 2: Analysis of variance on state anxiety among hearing impaired visually impaired and orthopedically impaired students

Source of Variance	df	Sum of Square	Mean of Square	F-value
Between Groups	2	1107.150	553.575	59.487*
Within Groups	117	1088.775	9.306	
Total	119	2195.925		

*Significant at 0.05 level of Confidence
Tabulated F_{.05}(2, 117) = 3.07.

In analyzing Table-2 calculated value of ‘F’ is greater than tabulated value of ‘F’. So, null hypothesis is rejected. For analyzing the data, Post-Hoc LSD test was employed to find out which group is better in respect to state anxiety.

Table 3: Post-hoc mean comparison on state anxiety among hearing impaired visually impaired and orthopedically impaired students

Status	Hearing Impaired Students	Visually Impaired Students	Orthopedically Impaired Students	Critical Difference at 5% level
Mean	45.250	49.375	41.950	1.295

From Table-3 there was a significant difference among all variables. The table showed that visually impaired students had highest in state anxiety than hearing impaired and

orthopedically impaired students. Again hearing impaired students were superior to orthopedically impaired students in respect to state anxiety.

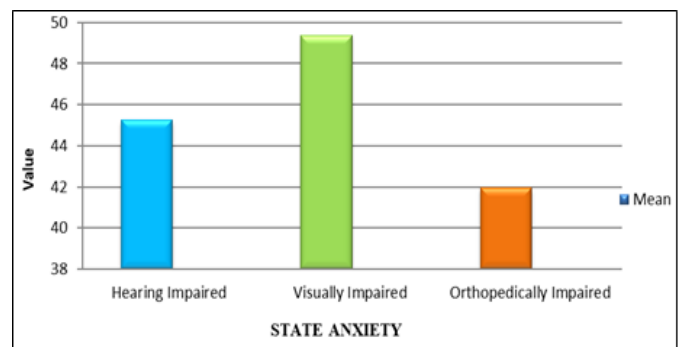


Fig 1: Post-Hoc Mean Comparison on State Anxiety among Hearing Impaired Visually Impaired and Orthopedically Impaired Students

Table 4: Analysis of variance on trait anxiety among hearing impaired visually impaired and orthopedically impaired students

Source of Variance	df	Sum of Square	Mean of Square	F-value
Between Groups	2	1430.150	715.075	45.004 *
Within Groups	117	1859.050	15.889	
Total	119	3289.200		

* Significant at 0.05 level of Confidence
Tabulated F_{.05}(2, 117) = 3.07

In analyzing Table-4 calculated value of ‘F’ is greater than tabulated value of ‘F’. So, null hypothesis is rejected. For

analyzing the data, Post-Hoc LSD test was employed to find out which group is better in respect to trait anxiety.

Table 5: Post-hoc mean comparison on trait anxiety among hearing impaired visually impaired and orthopedically impaired students

Status	Hearing Impaired Students	Visually Impaired Students	Orthopedically Impaired Students	Critical Difference at 5% level
Mean	43.625	48.825	40.450	4.278

From Table-5 it was observed that visually impaired students had highest trait anxiety than hearing impaired and orthopedically impaired students. Again hearing impaired students were superior to orthopedically impaired students in respect to trait anxiety.

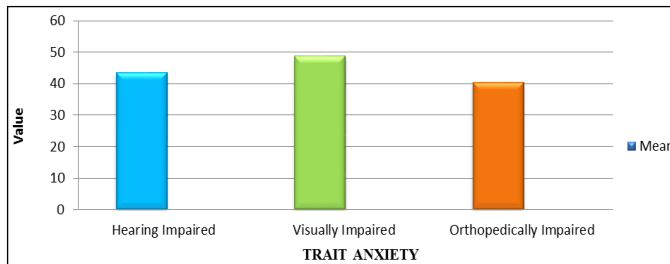


Fig 2: Post-Hoc Mean Comparison on Trait Anxiety among Hearing Impaired Visually Impaired and Orthopedically Impaired Students

Discussion of the findings

The obtained data on the subjects through application of statistical technique revealed that visually impaired subjects were superior in state anxiety and trait anxiety than hearing impaired and orthopedically impaired subjects. Again hearing impaired subjects had higher score to orthopedically impaired subjects in respect to state anxiety and trait anxiety. Visually impaired persons can't see, they can't realize or understand clearly what happenings around them are. As results, they always feel anxiety and their arousal level remain high. Thus they exhibit highest state anxiety as well as trait anxiety. The hearing impaired persons can see but for their hearing problem, they can't express their need, feelings etc. to the others. Thus they may suffer from higher anxiety level which causes greater state and trait anxiety. The orthopedically impaired persons although having problems in upper limbs, can see and can express their need, feelings, demands etc. to the others which results less state and trait anxiety than visually impaired and hearing impaired persons.

Conclusion

From the above findings, it can concluded that visually impaired persons suffer most from both state and trait anxiety. Hearing impaired persons suffer more in state and trait anxiety than orthopedically impaired persons. During teaching, teacher should keep in mind about such psychological facts which help the students for better educational achievement. In society, normal people should also keep in mind about such psychological trait of the differently abled persons for their better living.

References

- Burton EC. State and Trait Anxiety, Achievement Motivation and Skill Attainment in College Women. *Research quarterly*, 1979.
- Eysenck MW. *Anxiety: The Cognitive Perspective*, Lawrence Erlbaum Associates, Hove, 1992.

- Gould D, Krane V. The Arousal-performance Relationship: Current Status and Future Directions. In T. Horn (Ed.), *Advances in Sport Psychology*. Champaign, IL: Human Kinetics, 1992, 119-141.
- Jones G. More than just a Game: Research Developments and Issues in Competition Anxiety in Sport. *British Journal of Psychology*. 1995; 86:449-478.
- Martens R, Gill DL. State Anxiety Amongst Successful and Unsuccessful Competitors who differ in Competitive Trait Anxiety, *Research Quarterly*. 1976; 47:698-708.
- Martens R. *Sport Competition Anxiety Test*. Champaign, IL: Human Kinetics, 1977.
- Mathur SS. *Educational Psychology*. Vinod Pustak Mandir, 10th Edition: Agra-2, 1983.
- Morgan WP, Johnson RW. Psychological Characteristics of Successful and Unsuccessful Sportsmen. *International Journal of Sport Psychology*. 1978; 11:38-49.
- Morris LW, Davis MA, Hunching CH. Cognitive and Emotional Components of Anxiety: Literature view and a revised worry-emotionality scale. *Journal of Educational Psychology*. 1981; 73:541-555.
- Singh R. Comparison of Anxiety Level between Champion and Non-Champion Male Female Judo Players of National level. *NIS Scientific Journal*. 1988; 1(1):47-50.
- Spielberger C. (Ed.). *Anxiety and behavior*. New York: Academic press, 1966.
- Spielberger CD, Borsch RL, Lucerne R. *Manual for the State-Trait Anxiety Inventory (Self-evaluation questionnaire)* Consultant Psychologists Press, Palo Alto, California, 1970.
- Spielberger C.D. Anxiety as an emotional state. In C.D. Spielberge (Ed.) *Anxiety Current Trends in Theory and Research*, 1972.
- Wankel LM. Audience Size and Trait Anxiety effects upon State Anxiety and Motor Performance. *Research Quarterly*. 1977; 48:183.