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## Analysis of sports competition anxiety between male and female athletes for the different colleges of Gwalior district, Madhya Pradesh

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### Abstract

The purpose of this study was to Analysis of sports competition anxiety between male and female athletes for the different colleges of Gwalior district, Madhya Pradesh. The first Objective of this study to describe the sports competition sports competition anxiety factors between male and female athletes of Gwalior district, Madhya Pradesh. The first Objective of this study to compare the sports competition anxiety factors between male and female athletes of Gwalior district, Madhya Pradesh. The study under investigation was intended to compare the psychological sports competition anxiety of male and female athletes. To achieve the purpose of the study the total number of subjects four hundred (N=400) two hundred (N=200) male and two hundred (N=200) female athletes each group from equal subject were randomly selected from different colleges of Gwalior. The age of the subjects ranged from 18 to 25 years. Variables selected for the present study was to Psychological variables sports competition anxiety questionnaire prepared by A. K. P. Sinha and L. N. K. Sinha. According to objectives for this study statistical procedure were applied mean and standard deviation and independent t-test.

**Keywords:** Sports, competition, anxiety, athletes, men, women, gwalior, college, madhya pradesh, etc.

### Introduction

A person who is a sportsman, he has good quality. Human being, who has physical and mental capacities, can be increased with the help of a competitive game. In Morden era each game is improving the level of standards means it increase considerably. It is difficult to maintain their dominance in the respective games. Performance of a sportsperson affected by their mental state which can be seen in the presentation of their games. Anxiety exists when a player doubt on his or her capacity which create the situation of stress. In this situation talent of the players do not play a decisive role. Of course, performance depends upon the way the sportsmen deal with ups and downs of the competition. 'Athletic Insight' is a journal of sports psychology it says- anxiety is of two types; trait anxiety and state anxiety. State anxiety is situational stress can be seen in the situation of the game. In the state of anxiety autonomic nervous system is aroused due to the natural reaction in any individual. On the other side of this journal, it discussed about the trait anxiety which is used by an individual when he or she is in stress. When the players who are in the stage of state anxiety and low level of trait anxiety deliver their better performances in a sports event. On the other hand, the players who have higher level of trait anxiety with a little state anxiety give lower performance than expected. A psychological condition characterized by a feeling of anxiety is referred as "Exam Anxiety". It is a phase of excess fear, apprehension and worry. A similar example of this is a performance problem seen in some people when they become nervous while speaking to a big audience or some initiative. Exam Anxiety can be huge problem for many students. During the exam most of students have to face different situations of anxiety. "Exam anxiety is defined as the anxiety subjectively relating to taking tests and exams, including anxiety related to the threat of failing an exam and the associated negative consequences such as psychological hyper arousal, Negative thought patterns, a desire to escape from or avoid evaluative situations, inadequate performance on a test or other evaluation and difficulty in focusing on the task at hand, regardless of whether the fears were realistic.

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The impact of parental pressure on exam anxiety is even greater in India. The ethic of Indian people stresses on family glory, filial piety and a belief in the efficiency of effort and hard work. Attaining high scholastic achievements is one major way children have of repaying their infinite debt to their parents and of showing filial piety. That is to say, the students work not only for themselves, but also for their family's honour. The stress on academic excellence in Indian families, as manifested in the strong parental pressures to succeed in the academic sphere may place these students under considerable psychological stress. This constant pressure to succeed in school has been hypothesized to play a role in the development of exam anxiety.

### Objectives of the study

1. The first Objective of this study to describe the sports competition anxiety between male and female athletes of Gwalior district, Madhya Pradesh.
2. The first Objective of this study to compare the sports competition anxiety between male and female athletes of Gwalior district, Madhya Pradesh.

### Statistical technique

According to objectives for this study statistical procedure were applied mean and standard deviation and independent t-test.

### Methodology

#### Selection of the subjects

The study under investigation was intended to compare the psychological sports competition anxiety between male and female athletes. To achieve the purpose of the study the total number of subjects four hundred (N=400) two hundred (N=200) male and two hundred (N=200) female athletes each group from equal subject each groups from equal subjects' athletes were randomly selected from different colleges of Gwalior. The age of the subjects ranged from 18 to 25 years. Variables selected for the present study was to Psychological sports competition anxiety prepared by A. K. P. Sinha and L. N. K. Sinha.

### Criterion measure

#### Sports competition anxiety test (Scat) questionnaire

For measuring sports competition sports competition anxiety of professional and non-professional college students, researcher used A. K. P. and L. N. K. Sinha's Comprehensive Sports competition sports competition anxiety test. This widely used test has sound reliability (test retest 0.85 and internal consistency (0.92) and validity (0.62).

The first and foremost need of the present research was to test a large number of college students in order to ascertain their sports competition sports competition anxiety level. Although there are many limitations, the reason for the continued widespread use of inventories for the measurement of personality characteristics, perhaps, is their ability to hasten the collection of data, particularly in such studies where the investigator is obliged to select only a few relevant cases after testing of a large number of them. Moreover, psychologists also use standardized Inventories because of their

demonstrated reliability and validity. In addition, it may be said that the measurement of sports competition sports competition anxiety has, to this day, been accomplished mostly by means of one or the other sports competition sports competition anxiety questionnaire, and that such measurement has produced valuable data for theory and research.

The above considerations led to the selection of Sinha Comprehensive Sports competition sports competition anxiety Test (SCAT) as the measure of sports competition sports competition anxiety. The test has been developed by A. K. P. Sinha and L. N. K. Sinha. Though other sports competition sports competition anxiety scales are also available for use in the Indian setting (viz. S. D. Kapoor's adaptation of Cattell's IPAT Sports competition sports competition anxiety Scale Questionnaire; Durganand Sinha's W-A Sinha Sports competition sports competition anxiety Scale based on Taylor's Manifest Sports competition sports competition anxiety Scale; Hindi adaptation of Taylor's MAS by B. N. Singh and R. C. Thakur; Hindi adaptation of Spielberger's State- Trait Sports competition sports competition anxiety Inventory by Spielberger, Sagar Sharma etc.), this is one of the original scales developed in this country. The test developers say that: "The disagreement and confusion centring on the concept of sports competition sports competition anxiety during the past three decades led the present authors to develop a comprehensive test of sports competition sports competition anxiety covering a variety of sports competition sports competition anxiety indices proposed by different investigators from time to time ". This test measures sports competition sports competition anxiety as an enduring personality trait. It is a self-administering inventory consisting of 90 items. There is no time limit for completing the test. The tested responds by choosing either the 'yes' or the 'no' response to each item. No item is left unanswered. The test-retest and split-half reliabilities of the test have been found to be 0.85 and 0.92, respectively.

The scoring procedure is simple. For any response indicated by an 'yes', a score

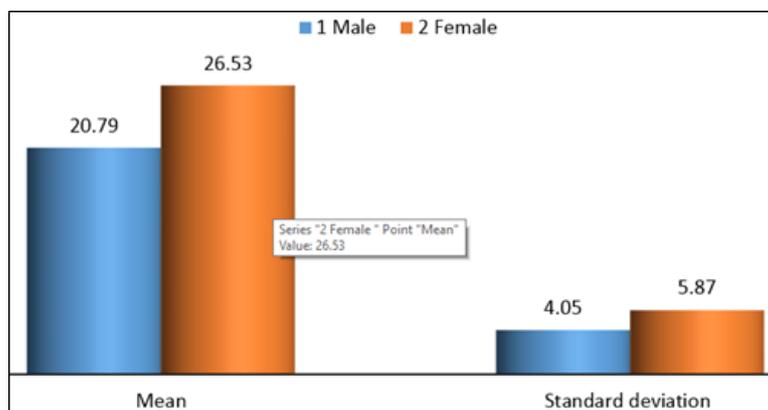
Of one, and for every 'no' response, a score of zero is awarded. The sum total of all the positive responses gives the total sports competition sports competition anxiety score of an individual.

### Results and Findings

**Table 1:** Descriptive analysis of psychological variables sports competition sports competition anxiety of male and female athletes

S. No.	Psychological variable	Group	Mean	Standard deviation
1.	Sports competition sports competition anxiety	Male	20.79	4.05
2.		Female	26.53	5.87

Table.1 shows the descriptive analysis of psychological sports competition sports competition anxiety. Mean values of psychological stress for male and female are 20.79 and 26.53 respectively. Standard deviation values of psychological sports competition sports competition anxiety are 4.05 and 5.87.



**Fig 1:** Mean and Standard deviation values of Psychological Sports competition sports competition anxiety of male and female athletes

**Table 2:** Significant difference between the means of psychological sports competition sports competition anxiety of men and women athletes

Psychological Stress	Group	Mean	Mean Difference	Std. Error Mean	t value
	Male	20.79	5.74	.286	11.38
	Female	26.53		.415	

\*Significant at 0.05 level,  $t = 0.05 = 1.98$

Table -2 revealed that the significant difference (t ratio) of psychological sports competition sports competition anxiety between male and female athletes was 11.38, which is far more than the required value at 0.05 level of significance ( $t = 1.98$ ). It shows there is significant difference between the psychological sports competition sports competition anxiety of male and female athletes. Thus it may be concluded that the psychological sports competition sports competition anxiety of female athletes are greater than male athletes.

**Discussion of Findings**

The present study was conducted with the objective of finding out the significant difference between sports competition anxiety on male and female athletes. The sample size was 400. The data was analysed with the help of descriptive and t test. On the basis of the study it can be concluded that there was significant difference between sports competition sports competition anxiety of male and female athletes. The similar study was done by Pintu Sil (2016) [1] on national level basketball players and found that female have higher level of sports competition sports competition anxiety in comparison with male athletes. Female athletes are emotionally unstable and this is the main cause of higher sports competition anxiety. The study conducted by Pintu Sil was supported the present study. Upadhyay, B.K. and Singh, B. (1999) [16]. "Experience of sports competition sports competition sports competition anxiety: Differences between college teachers and executives".

**Conclusions**

Based on the findings and under the limitation of the study following conclusions were drawn;

- Significant difference was found between the level of psychological anxiety in male and female athletes.

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