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Comparative study on anxiety among women athletes of selected competitive sports

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Abstract

The purpose of the study was to compare anxiety among women athletes of selected competitive sports. For the purpose of the study seventy five female sports person were randomly selected from Vimala College Trissure, Providence College Calicut and Center for physical education Calicut university campus. The players participated in the intercollegiate tournament from selected competitive sports namely Judo, Track and Field and Handball where selected. Each team sports consist of 25 players. Their age was fixed in the range of 18-25. The standard psychological tool devised by Rainer Martens sports competition anxiety test was used to measure anxiety. The result of the study indicates that there is significant difference in anxiety among Track and Field, Handball and Judo players. The study also indicates that Handball players had higher anxiety level than Track and Field and Judo players.

Keywords: Anxiety, competitive sports, athletics, handball and judo

Introduction

Sports is a psycho-social activity, it has a very important role in modern society. It has both psychological and social dimensions besides physical physiological and technical aspects. Regardless age and sex much of the attraction of sports come from the wide variety of experience and feelings that results from participation of joy, anguish, success, failure, exhaustion, pain, relief and a feeling of belonging.

Psychological preparation for sports is an essential aspect of successful sports performance at all levels. Elite sports performers make great use of psychological techniques before. The higher the level of competition the greater the psychological demand on the performer. To effectively prescribe strategies to improve the performers psychological mindset an in-depth understanding of the theories and models underpinning psychological strategies is essential. Psychological preparation for sports depends on a wide range of factors which differ for each individual sports performer. Psychology helps the sports men to develop right type of emotion at right time and also help to control emotions. It assists the coaches to train his players effectively. For the effective training a coach may handle many psychological devises such as autogenic training, feedback, motivation training etc. Present study was taken to find out whether the players of selected competitive sports differ from one another or not on the psychological variable anxiety.

Methodology

To achieve the purpose of the present study seventy five female sports person were randomly selected as subjects from Vimala College Trissure, Providence College Calicut and Center for physical education Calicut university campus. The players participated in inter collegiate tournament from selected competitive sports namely Judo, Track and Field and Handball were selected. Each team sports consist of 25 players. Their age was fixed in the range of 18-25. The standard psychological tool devised by Rainer Martens Sports Competition Anxiety Test (1979) was used to measure anxiety. SCAT questionnaire consist of 15 questions. Three point scales was used. Subjects were asked to mark any one of the cited words. (Hardy ever-Sometimes-Often)The investigator revalidated the inventory by administrating it on seventy five players of selected team sports namely Judo, Track and Field and Handball. The inventory was scored with the help of scoring key.

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The total score obtained was treated as the individual score. The data collected from the subjects were treated statistically to compare the significant difference among the selected competitive sports. One way analysis of variance (ANOVA) was used to find out the significant difference among the groups. Scheffe's test was used as a post hoc test to determine

the difference between the paired mean.

Analysis of Data

The analysis of variance on anxiety test of Track and Field, Judo and Handball Players have been analysis and presented in table 1.

Table 1: Analysis of variance on anxiety test of track & field, handball and judo

Mean			Source of variance	Sum of squares	df	Mean Squares	'F' Ratio
Track & Field	Handball	Judo					
20.32	21.20	19.72	Between	27.71	2	13.85	3.89*
			Within	256.48	72	3.56	

*Significant at).05 Level of Confidence (The table value required for significant 0.05 level with 2 and 72 is 3.126)

The tables 1 show that the mean values of anxiety test for Track and Field, Handball and Judo players are 20.23, 21.20, 19.72 respectively. The obtained F ratio of 3.89 is higher than the table value of 3.126of df and 72 required for significance at 0.05 level of confidence. The result of the study indicates

that there is a significant difference among the mean of Track and Field, Judo and Handball Players on the anxiety test. To determine which of the mean has a significant difference Sheffer's test was applied as post hoc test and the results are presented in table 2.

Table 2: Scheff's test for the difference between the mean of anxiety

Mean			Mean Difference	Confidence Interval Value
Track & Field	Handball	Judo		
20.32	21.20		0.88	1.33*
20.32		19.72	0.6	
	21.20	19.72	1.48*	

*Significant at).05 Level of Confidence

Table 2 shows that the mean difference on the anxiety between Handball and Judo is 1.48. This value is higher than the required confidence interval value 1.33 which shows significant difference at 0.05level of confidence. This result revealed that there is a significant difference in anxiety between Handball and Judo athletes. Table 2 also shows that the mean difference between Track and Field and Handball and Track and Field and Judo athletes are 0.88 and 0.6 respectively. These values are lesser than the required confidence interval value 1.33 which shows that there is no significant difference exist in anxiety between Track and Field and Handball and Track and Field and Judo athletes. The mean values of Track and Field, Judo and Handball Players on anxiety is presented in figer1.

Discussion on findings

It is evident from the result of the study that there may be a significant difference on competition anxiety among the athletes of Track and Field, Handball and Judo. The result of the study showed that there was a significant difference between Handball and Judo athletes on anxiety. How ever there was no significant difference between Track and Field and Handball athletes and Track and Field and Judo athletes.

Conclusion

Each sports women and men is having a specific type of psychological qualities which help to achieve high level of performance in sports hence it is recommended to select different psychological training programs for various sports events as per the requirement of particular sports.

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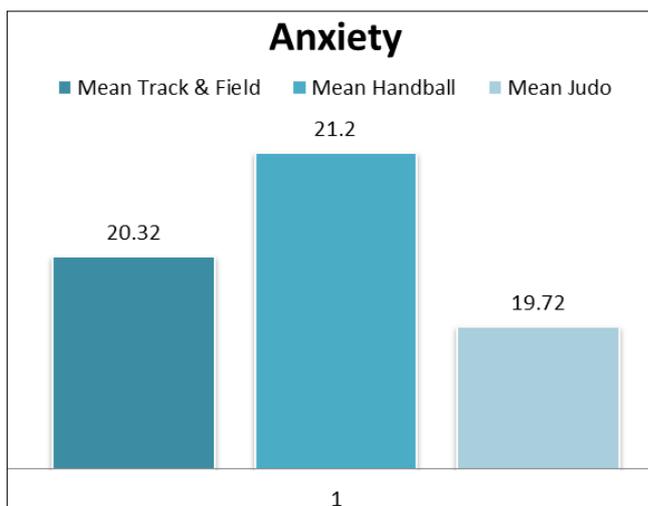


Fig 1: Mean values of track & field, handball and judo athletes on anxiety