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A study of academic anxiety behaviour between sportsmen and non-sportsmen

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Abstract

This study aimed to assess the influence of sports participation variables on academic anxiety behaviour among of sportsperson. To achieve the objectives of the study, an academic anxiety scale was constructed by Dr.A.K.Singh and Dr.A.Sen Gupta was administered on randomly selected sample, total 60 sample were selected that group has consisting of sports participants and non-participants students sportsperson, the collected data was tested by applying 't' test and mean score of male and female is 8.00 and 9.23 respectively and collected 't' value is 8.03 is greater than table value at 0.5 level significant, hence. Study reveals that there is significant influence of sports participation on academic anxiety behaviour than their counterpart. Finally, the results showed that experience of sports participation made significant influence on determine the academic anxiety behaviour.

Keywords: Academic anxiety behaviour, sports participation

Introduction

It is a fact that a nation's progress depends upon its students' academic achievements and development. That's why every nation emphasizes students' academic achievements. The academic achievements of the students are badly affected due to increase in anxiety in the society. There is no denying to the fact that anxiety has increased in the society it not only affects education but also students' personalities which linger throughout their lives. Today, anxiety is a common phenomenon of everyday's life. It plays a crucial role in human life because all of us are the victims of anxiety in different ways. In behavioral terms Sarason (1980) defined anxiety as a conditioned response to a perceived threatening stimulus which could be learned or inherited. In a similar way, May (1977) viewed anxiety as a maladjusted behavior. Benjamin (1987.p.78) noted that anxiety can interface with attention, learning and testing. The idea that anxiety may interface with a student's ability to demonstrate what they have learned is not new. Anxiety can also interface with learning in that anxious students are more easily distracted by irrelevant or incidental aspects of the task at hand, having trouble in focusing on significant details. It has been recognized that anxiety plays significant role in students' learning and academic performance (Tobias, 1979). According to Science Daily (June 26, 2009), the effect of anxiety on academic achievement is not always obvious but new research by the Economic and Social Research Council suggests that there may be hidden costs. The research found that anxious individuals find it harder to avoid distractions and take more time to turn their attention from one task to the next than their less anxious fellow students. This research was conducted by Academic anxiety has four components – worry, emotionality, task-generated Interference, and study skills deficits. The methods of reducing your anxiety depend upon which of these you are experiencing. Identify which of these are causing you problems weather that cause is Worry, Emotionality, Task-generated interference, Study skills deficits.

Problem

The participation in physical activities and sports makes a lot of contribution to the development of mental health of students, a hence, the researcher is selected the topic entitled "A Study of Academic Anxiety Behaviour between Sportsmen and Non Sportsmen" Psychological Variables

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1. Practices and non-practices in physical activities and sports are Independents Variables.
2. Anxiety variables are Dependents variables.

Hypothesis

Three would be significant difference in their academic anxiety behavior of participants and their counterpart.

Objectives

To assess the influence of participation in sports and physical on their anxiety behavior of secondary school students

Methodology

The present investigation pertaining A Study of Academic Anxiety Behavior between Sportsmen and Non Sportsmen is in the framework of ex-post-facto research. The particulars of samples tools, collection of data and statistical techniques are given as under; Sample are selected from all India interuniversity players representing from different university of India

Sample: The total sample consists of 100 sportsmen belonging to sportsperson and non-sportsperson selected for the present study using random purposive techniques The age levels ranging from 19-25 were selected randomly. The sample design is given below:

Tools

Academic anxiety of students was assessed in the pre-test by using the anxiety scale devised by Dr. A.K. Singh and Dr. A. Sen Gupta.

Statistical Analysis

The t-test was used to assess the significant differences of anxiety between Participation and non-participation in sports activities.

Results and Discussions

On order for man to succeed in life, god provided him with two means, Education and physical activity, not separately one for the soul and the Other for the body but for the two together with these tow means, men can attain perfection (Plato, fourth century BC) Physical activities is associated with a range of health benefits and its absence can have harmful effects on health and wellbeing.

Participation of sports leads to bring various changes in the dimensions of the personality, sports environment have different kinds of activities in their nature.

Table 1: The table showing anxiety behavior of sportsperson and non-sportsperson

Sample group	Sportsperson	Non-sportsperson
Mean	8,00	9,23
Sd	2.17	2,37
t-value	8.03	

On the dimension of academic anxiety the graduate sportsperson mean scores is 8,00 and 9,23 comparing to non-sportsperson and not involving in any physical. Calculated "t" value is 8.03 at 0.5 level. it suggest the fact that there is a significant difference of anxiety between these two groups. This means that the non-sportsperson is high level anxiety when compared to sportsperson. Therefore, the hypothesis that there is a significant difference of anxiety between sportsperson and non-sportsperson of graduate students is

confirmed. This is because, sports and physical activities provides an opportunity to have a better standard of living, good experience greater exposes to mass media exposure, and good training which helps them to have a moderate level of anxiety, Sportsperson could able to manage to stress, emotion and anxiety behavior while performing the academic activities.

Conclusion

The participation sports actives plays significant influence on developing mental health and attitudes and emotional aspects of participants, hence reveals that those were participated in sports activities could able to mange their emotion like anxiety etc, so,. Incorporate the sports and physical activities day to day curriculum of all level,

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