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## A comparative study of competitive anxiety level of pistol shooter at different levels of achievement

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### Abstract

Pistol shooting is the most popular sport on the planet. Pistol shooting is a game of Accuracy and mental challenges. You must execute skilled movement under game-related conditions of restricted space, limited time, physical and mental fatigue, and opposing player. Since anxiety is equated with fear and is a natural part of competition at any level which every sports-person at almost all stages of his/her sporting career, hence the research scholar want to undertake the study stated as, "Comparison of level of Anxiety of Pistol Shooter at different levels of achievement." it was hypothesized that, there would be significant difference of competitive anxiety level between Pistol Shooter of inter collegiate and inter university players. 30 male Pistol Shooter inter-collegiate players of NMU, Jalgaon University and 30 inter-university players of west zone inter-university tournament was selected as the subjects for the purpose of the study and the age of the subjects was ranging between 18 to 25 years. To collect the data pertaining to the study. (SCAT) Sports Competitive Anxiety Test Questionnaire was applied. The results of the study indicated that there was a significant in the anxiety level of Pistol Shooter at different level of achievements intercollegiate and inter university player. The findings of the study reveals that the Pistol Shooter have shown more competitive anxiety among the intercollegiate players of NM University, Jalgaon and West Zone inter university Pistol Shooting players.

**Keywords:** pistol shooter, achievement

### Introduction

Pistol shooting is the most popular sport on the planet. Pistol shooting is a game of Accuracy and mental challenges. You must execute skilled movement under game-related conditions of restricted space, limited time, physical and mental fatigue, and opposing player. You must be able to run several miles during a game, mostly at sprint like speed, and respond quickly to a variety of rapidly changing situations during play. As well as in Shooting need more mental and Physical balance of mind and body. Finally, you need a thorough understanding of individual, group and team tactics. Your ability to meet all these challenges determines how well you perform on the Shooting field.

Anxiety, selected for the study, is one of the psychological factors. It differs from arousal in that it encompasses both, some degree of activation and an unpleasant emotional state. Thus, anxiety is the term used to describe the combination of intensity of behavior and direction of an impact or emotion. The direction of characteristics of anxiety is negative in that it describes subjective that are unpleasant.

### Statement of the problem

Since anxiety is equated with fear and is a natural part of competition at any level which every sports-person at almost all stages of his/her sporting career, hence the research scholar want to undertake the study stated as, "Comparison of level of Anxiety of Pistol Shooter at different levels of achievement."

### Hypothesis

On the basis of literature, discussion with experts and the research scholar's own understanding it was hypothesized that, there would be significant difference of competitive anxiety level between Pistol Shooting players of inter collegiate and inter university players.

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### Delimitations

The present study was delimited to the following aspects:  
Only male Pistol Shooter who represented intercollegiate tournament of North Maharashtra University and those who represented North Maharashtra university tournament were selected as the subjects.  
30 Players from each group were selected for the study.  
The age of the subjects was ranging from 18 to 25 years.  
Appropriate as well as feasible questionnaires (SCAT) were used to collect data.

### Methodology

In this chapter selection of subjects, sources of data, selection of test, criterion measures, and administration of test and collection of data was described.

### Selection of subjects

30 male Pistol Shooting inter-collegiate players of NMU, Jalgaon University and 30 inter-university players of west zone inter-university tournament was selected as the subjects for the purpose of the study and the age of the subjects was ranging between 18 to 28 years.

### Selection of Test

To collect the data pertaining to the study. (SCAT) Sports Competitive Anxiety Test Questionnaire was applied.

### Collection of Data

The answers to the questionnaire that was distributed to the subjects before the competition was recorded in a systematic way for the further tabulation. The answer sheet was collected and recorded with the help of the key. Thus the raw score was recorded in each answer sheet.

### Processing of Data

With the help of key the answer sheet was given marks for further statistical calculation. The analysis of data collected on selected competitive anxiety level among male Pistol Shooting players who were representing inter-collegiate tournament of NMU, Jalgaon University was selected and south west zone inter-university tournament players was selected as the subjects. The data pertaining to selected Competitive anxiety were examined by standardized test, in order to determine the difference if any, among the Pistol Shooter at different level of achievement.

### Findings

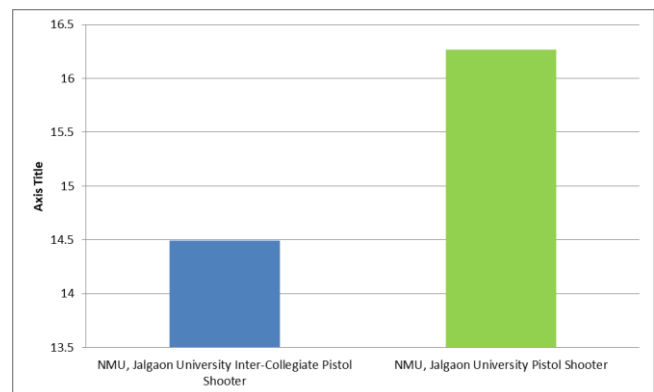
**Table 1:** Comparison of Mean Difference of Level of Anxiety between the NMU, Jalgaon University Inter-Collegiate Pistol Shooter and West Zone Inter-university Pistol Shooter

Group	Mean	Standard Deviation	Mean Difference	Standard Error	'T' Ratio
NMU, Jalgaon University Inter-Collegiate Pistol Shooter	14.49	3.35	1.78	0.80	2.32*
NMU, Jalgaon University Pistol Shooter	16.27	4.93			

\*Significant at 0.05 level of confidence Tabulated  $t_{0.05}$  for (28). =2.0021

From the findings of the above table, NMU, Jalgaon University Inter-Collegiate Pistol Shooter mean is 14.49 and West Zone Inter- University Pistol Shooter players mean is

16.27 and mean difference between these is 1.78. Standard Deviation is 3.35 and 4.93. The standard error between the groups is 0.80. After analysis of data 't' ratio is 't' = 2.32 which is greater than the tabulated  $t = 2.0021$  at 0.05 level of Significant mean difference in competitive anxiety level among the players of NMU, Jalgaon University Inter-Collegiate Pistol Shooter at different level of achievement.



**Fig 1:** Comparison of Mean Difference of Level of Anxiety between the NMU, Jalgaon University Inter-Collegiate Pistol Shooter and West Zone Inter-university Pistol Shooter

### Discussion on Findings

The findings of the study reveals that there is a significant difference in anxiety among inter collegiate and inter university Pistol Shooter. It may be due to the reason that anxiety refers to emotional state of mind where a fear or danger or less or suffering is a prominent feature. It generally arises as a fear of some training or participating at competitive level and a person worries above events their occurrence and consequences. Hence, the different standard or level of Pistol Shooter might have resulted in the arousal of different level of anxiety.

Similarly, the findings of the study also reveals that intercollegiate players had least anxiety than the inter university players. It may be due to the reason that the data was collected before some hours to the start of their match.

### Conclusion

On the basis of the findings of this study the following conclusions were drawn-

The results of the study indicated that there was a significant in the anxiety level of Pistol Shooter at different level of achievements intercollegiate and inter university player.

The findings of the study reveals that the Pistol Shooter has shown more competitive anxiety among the intercollegiate players of NM University, Jalgaon as compare to West Zone inter university Pistol Shooters.

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