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## Comparison of state anxiety between up cricketers and M.P. cricketers

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### Abstract

The purpose of the study was to compare UP Ranji Team and M.P. cricket team in a Ranji match which was played in Delhi. A total of 30 national cricketers were taken as the subjects of the study. The age of the selected subjects was ranged from  $27 \pm 2$  years of age. Illinois Competition Test was employed as a questionnaire. The questionnaire, that is, Illinois Competition Test was administered in Delhi at the time of Ranji match between Up and M.P. Scoring was done according to the instructions given in the test manual of the checklist. To compare the state anxiety & self-confidence, the independent t-test was applied between the mean scores of both study groups. Further the level of significance was set at an alpha level of 0.05. The statistical analysis was performed with the help of SPSS. The scores of the questionnaire were analyzed to determine any significant difference that might exist between UP and M.P. Players. The results of the study indicated that there is a significant difference in cognitive value and self-confidence of UP and M.P. cricket teams as the calculated t-values (2.278 & 2.445) are more than the tabulated t-value (1.701) respectively. Whereas there is insignificant difference in somatic values between UP and M.P. Cricketers as the calculated t-value (.355) is less than the tabulated t-value (1.701) at 0.05 level of significance.

**Keywords:** Cognitive state anxiety, somatic state anxiety and self-confidence, sum items

### Introduction

Sport brain science, as the efficient insightful investigation of human idea, feeling, and conduct in sport settings, comprises of four principle regions: character and game support, inspirational cycles, relational and bunch cycles, and mediation methods to upgrade sport execution and self-awareness.

Tension is recognized from dread, which is a suitable mental and passionate reaction to an apparent danger and is connected with the particular practices of instinctive reactions, guarded conduct or break. It happens in circumstances just saw as wild or unavoidable, however not all things considered so. David Barlow characterizes uneasiness as "a future-situated mind-set state in which one is prepared or ready to endeavor to adapt to forthcoming adverse occasions Barlow, and that it is a qualification among future and present risks what partitions tension and dread. One more portrayal of uneasiness is misery, fear, dread, or even anxiety.

Self-conviction has been straightforwardly associated with a singular's interpersonal organization, the exercises they partake in, and what they find out about themselves from others. Positive confidence has been connected to variables like mental wellbeing, making a difference to other people, and both self-perception and actual wellbeing. Low confidence in youths has been demonstrated to be a significant indicator of undesirable practices and mental issues like self-destructive ideation sometime down the road. Presently a day interest envelops both a few level of initiation and an upsetting passionate state. Tension is perceived the primary consider that influences discernment sports. A gloomy inclination influences discernment in sports contests and this lead to greater part of competitors to consider uneasiness as debilitating toward exhibitions, which might bring about decline in a game.

### Methods and Materials

#### Subjects

A total of 30 national cricketers were taken as the subjects of the study. The age of the selected

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subjects was ranged from 25±2 years of age. For the purpose of this study players were taken from the Ranji match which was played between UP and M.P. in Delhi.

### Tool

Illinois Competition Test was employed as a questionnaire. This has rating as follows:

Cognitive state anxiety: Sum items 1, 4, 7, 10, 13, 16, 19, 22, and 25.

Somatic state anxiety: Sum items 2, 5, 8, 11, 14, 17, 20, 23, 26.

Self-confidence: Sum items 3, 6, 9, 12, 15, 18, 21, 24, and 27.

### Procedure of Data Acquisition

The questionnaire, that is, Illinois Competition Test was administered in Delhi at the time of Ranji match between UP and M.P.. Scoring was done according to the instructions given in the test manual of the checklist.

### Statistical Analysis

To analyze the state nervousness and self-assurance, the autonomous t-test was applied between the mean scores of both review gatherings. Further the degree of importance was set at an alpha degree of 0.05. The factual examination was

performed with the assistance of SPSS. The scores of the survey were investigated to decide any huge distinction that could exist among UP and M.P. Players and the outcome is introduced in the accompanying table 1.

**Table 1:** Mean comparison between UP and M.P. Cricketers

Group Statistics					
	group	N	Mean	Std. Deviation	Std. Error Mean
Cognitive	UP	15	19.6667	4.38613	1.13249
	M.P.	15	15.9333	4.58984	1.18509
Somatic	UP	15	18.4000	4.56383	1.17838
	M.P.	15	17.8667	3.60291	.93027
self-confidence	UP	15	25.2000	3.76450	.97199
	M.P.	15	19.5333	8.14920	2.10412

\*Significant at  $p < 0.05$

### Table 1 shows that

1. The mean of M.P. players (15.9333) is lesser than the mean of UP players (19.6667) on cognitive value.
2. The mean of M.P. Players (17.8667) is lesser than the mean of UP players (18.4000) on somatic values.
3. The mean of M.P. Players (19.5333) is lesser than the mean of UP Players (25.2000) on self-confidence.

**Table 2:** Independent t-test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
cognitive	Equal variances assumed	.040	.843	2.278	28	.031	3.73333	1.63920	.37558	7.09109
	Equal variances not assumed			2.278	27.942	.031	3.73333	1.63920	.37527	7.09140
somatic	Equal variances assumed	.034	.855	.355	28	.725	.53333	1.50132	-2.54199	3.60865
	Equal variances not assumed			.355	26.569	.725	.53333	1.50132	-2.54947	3.61613
self-confidence	Equal variances assumed	18.137	.000	2.445	28	.021	5.66667	2.31777	.91893	10.41441
	Equal variances not assumed			2.445	19.715	.024	5.66667	2.31777	.82739	10.50594

As archived in the above referred to table that there is a critical contrast in mental worth and fearlessness of UP and M.P. cricket crews as the determined t-values (2.278 and 2.445) are more than the organized t-esteem (1.701) individually. While there is inconsequential contrast in substantial qualities among UP and M.P. Cricketers as the determined t-esteem (.355) is not exactly the arranged t-esteem (1.701).

### Discussion and Conclusion

The reason for the review was to look at the state uneasiness and self-assurance among UP and M.P. Cricketers. From the outcomes it is credited that there was huge distinction in mental worth and self-assurance of UP and M.P. cricket crews as the determined t-values (2.278 and 2.445) are more than the arranged t-esteem (1.701) individually. Though there is inconsequential distinction in substantial qualities among UP and M.P. Cricketers as the determined t-esteem (.355) is not exactly the organized t-esteem (1.701). In every one of the three mental parts for example mental state uneasiness, Substantial state nervousness and self-assurance UP players are having higher qualities than the M.P. Cricketers. There was huge distinction exists in mental worth and fearlessness of UP and M.P. cricket crews. It very well might be the explanation that the UP players are from a similar state where as in M.P. cooperative individuals are from various states.

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