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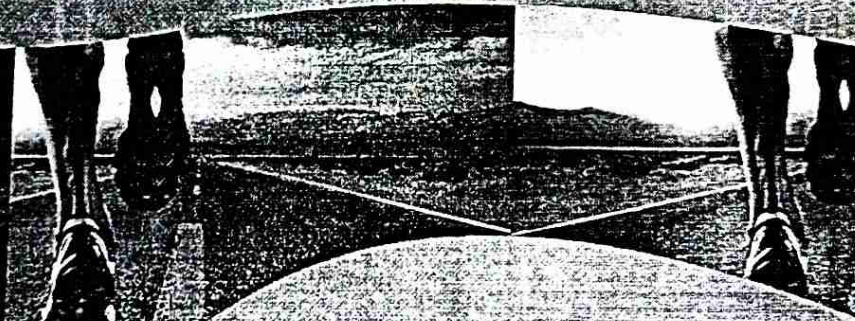
A HOLISTIC APPROACH TO ENHANCE HUMAN KNOWLEDGE, PERFORMANCE AND HEALTH THROUGH SPORTS AND LIBRARY SCIENCES

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A STUDY ON ANXIETY BEHAVIOUR AMONG THE SPORTSWOMEN AND NON SPORTSWOMEN

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Abstract

The study was carried out to appraise the significant difference of Anxiety behavior among the sportswomen non sportswomen. The Ex-post-fact research method was adopted. To achieve the purpose 200 sportswomen and non sportswomen were selected randomly as subject, the age ranging from 20 to 25 year. The questionnaire anxiety test was administered. The data pertaining to variable in this study has been examined by using "t" test. The "t" value is 0.12 is lesser than table value. The conclusion is drawn that there is no significant difference in anxiety behaviouir of among the sportswomen and non sportswomen as it is not conformed. It might be due to their living condition and poverty made them to manage their motion.

INTRODUCTION

The pressure experienced by players especially at a professional level is recognized as influencing playing performance. Heavy playing schedules, competition for team places, the media and fans as well as the pressure to win trophies all play a part in players developing high stress and anxiety levels. Even experienced players can suffer from pre-match anxiety. Developing ways to control this is important in order to prevent players from 'falling' apart. And anxiety level will be decided by individual life style and social environment.

ANXIETY

Anxiety is a physiological response to a real or emarginated threat. It is a complex emotional state characterized by a general fear or foreboding usually accompanied by tension. It is related to apprehension and tear and is frequently associated with failure, either real or anticipated. It often has to do with interpersonal relations and social situations. Feeling of rejection and insecurity are usually a part of anxiety. According to Frost (1971), anxiety is "an uneasiness and feeling of foreboding often accompanied by a strong
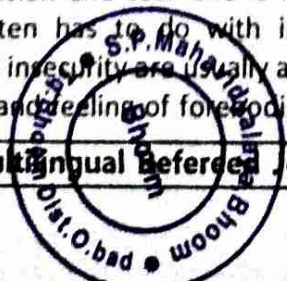
desire to excel". Hence, anxiety state arises from faulty adaptations to the stress and strains of life and is caused by over actions in an attempt to meet these difficulties. Various aspects of the self-concept have been correlated with be general test anxiety. In a study of the relationship between a self-esteem and test anxiety in grades 4 through 8, many and many 11 (1975) found statistically significant negative correlations between the measures of self esteem and each of the measures of general and text – anxiety, when scores were analyzed by total group, grade level, and sex. Chand and Grau (1977) have investigated the relationship of perceived self and ideal self ratings with high and low levels of anxiety in college women. Subjects with a high degree of anxiety were found to have a significantly greater discrepancy between their perceived self and ideal concept than subjects who had low levels of anxiety. A discriminate analysis of self-ratings of college students having differential manifest anxiety, by, Mukherjee (1969), has revealed that those with high scored on the manifest Anxiety scale tend to rate themselves lower on perseverance and higher on perfection dimensions than those scoring low. A multivariate analysis that the high group expressed an overall inferior self-image than the low group though some earlier studies had reported no significant difference in terms of anxiety level between groups of actualized and non-actualized subjects, Witkins et al (1977) found a confirmation of a hypothesis inverse relation between levels of self-actualization and anxiety. These latter workers discussed their results in relation to the conceptual distinction between debilitating and facilitating anxiety and their respective effect on psychological growth. On the basis of their studies, Rokeach and his associates (Frucher etal., 1959; Rokeach and Fruchter, 1959) concluded that dogmatism as related to anxiety. These initial findings led to Rokeach's contention that dogmatism "is nothing than a total network of psychoanalytical defense mechanisms ".Although some inconsistent results have been obtained, the general trend seems to confirm Roktach's findings by showing a positive relationship between dogmatism and anxiety (Bryne et Al., 1966;Castle1971;Hauson&Bush1971; Hauson&Clune1973; Norman1966; castle 1971 Hauson&Bush1971;Hauson &clune1973;Norman 1966;Rebhum1966;Rokeach&restle1960;Smiltres1970). Extraversion and neuroticism dimensions of personality as measured by I be Maudsley personality inventory, were correlated with scores on the Manifest anxiety scale, in a study by bending (1957). The correlations of anxiety with both extroversion and neuroticism were found to be significant. However, the direction of relationships in case of extroversion was negative and in case of neuroticism positive. The present investigator (1985) in one of his studies concluded that (i) the competitive anxiety decreases "with the increase in age in the case of the male athletes but it increases in the case of female athletes, (ii) in the case of male and female athletes, the competitive anxiety in the Indian athletes has no relationship with their experience of participation in competition, (ii) the Indian athletes have moderate level of competitive anxiety as compared to the sample norms proving the inverted U-shape the relationship between performance and anxiety. In another study, he (1986) found that there were no significant differences in the anxiety sources of athletes, whether males or females on the basis of four different categories of athletes i.e. sprinters, middle and long distance runners, throwers and jumpers. Also there were no significant differences in the anxiety scores of

hockey players whether males or females on the basis of their playing position i.e. forwards, centre and backs.

METHODOLOGY

Statement of problem

The purpose of the study is to assess the sports competitive anxiety a among the Sportswomen non sportswomen of Dr. BAM University, Aurangabad.

Variables:

Independent:- Sportswomen and Non-sportswomen of University players. Dependent Variable:- Anxiety behavior.

Limitations:-

1. The study is limited to the measuring the level of anxiety among the sportswomen and non sportswomen.

2. The study would be limited to the sportswomen and non-sportswomen of Maharashtra State Dr. BAM University Aurangabad.

Delimitation

1. The present study tries to analyze probe the level and extent of anxiety, among the sports and non-sportswomen.

RESULTS AND DISCUSSION

For the purpose of the present study two samples were drawn from the sportswomen and non-sportswomen of Maharashtra State Dr. BAM University, Aurangabad at random. The total sample consisted of 200 students of equal education qualification. The sports sample consisted to 100 P.G. students who have participated and represented in different athletic meet at different levels and non-sportswomen sample consisted of 100, those did not participated in any sports activities. The two samples were selected from different P.G. Department of Dr. BAM University, Aurangabad.

Table – 1

Shows the sample design and sample compositions of Sportswomen and non-Sportswomen

P.G. Students	Sportswomen	Non Sportswomen
Arts	40	40
Science	35	35
Commerce	25	25
Total	100	100

The subjects were divided into groups to facilitate the administration of competitive anxiety scale and locus of control scale. Each group consisted of 100 P.G. Students. The entire sample consisted of female students were excluded from the study in order to eliminate the influence of such factors as would result from lack of sex homogenedy.
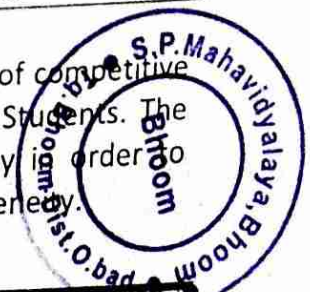
Test Administration

Tools

Anxiety

The Sinha's Comprehensive anxiety scale was administered to two samples of P.G. students, who were belonging to sportswomen and non-sport women group. The athletes sample consisted of 50 P.G. students who were studying in one or other P.G. course and has participated in sports activities at different levels of competition. The non-sportswomen sample consisted of those students who were studying in different P.G. Courses and who did not participate in any sports activities. At first instance, the Sinha's comprehensive anxiety scale and separate answer sheets were issued to each student in the group. They were asked to go through the instruction given in the front page. Then for the whole group the instructions were read out loudly and method making in the answer sheet was demonstrated on the black board. First of all, the subjects were asked to sheet was also explained to the group. The subjects were informed to be free in working their responses. The SCAT were administered in a good and permissive atmosphere and it was maintained throughout the administration to all groups as for as possible.

They were also informed that the test is neither a test of their intelligence nor of their proficiency. While there were answering the question supervision was done to know whether they were following instructions in answering SCAT, or not, personal data sheet was also checked to know whether they have filled on all the information that was given on the personal data sheet.

Scoring: Inventory was scored accurately by the help of the manual in the present study. After completing the scoring of all 200 answers and sheets for both anxiety of both sportswomen and non-sportswomen students, they were statistically analyzed to answer the problems that were set for the investigation.

Statistical Analysis

1. To know the significant difference of anxiety behavior among o the sportswomen and non-sports, mean, variance, standard deviation and 't' were calculated. The results are discussed here.

Table – 1

Table Showing the mean, Sd and acquired 't' value of Anxiety Behavior of Sportswomen and non Sportswomen

Sr. No.	Variables	Mean	Sd	't' Value
1	Non Sports Women	45.3	2.62	0.12
2	Sports Women	45.3	2.71	

The mean scores and standard deviation on non-athletes and athletes were 45.3, 2.62 and 43.3, 2.70 respectively which show that there is not much or little deviation in the anxiety level of sportswomen and non-sportswomen. Both non-sports and sportswomen