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A Comparative Study of Anxiety on Inter-university Female Athletes among Different Sports Discipline.

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Anxiety is negative emotional and physiological response to a real or imagined threat. It is a complex emotional state characterized by a general fear or foreboding usually accompanied by tension. It is related to apprehension and fear and is frequently associated with failure, either real or anticipated. It often has to do with inter-personal relations and social situations. Feelings of rejection and insecurity are usually a part of anxiety. According to Frost (1971) Anxiety is “an uneasiness and feeling of foreboding often when a person is about to embark on a hazardous venture; it is often accompanied by a strong desire to excel”. Hence, anxiety state arises from faulty adaptations to the anxiety and strains of life and is caused by over actions in an attempt to meet these difficulties.

A certain amount of anxiety is needed for peak performance. Our body's autonomous nervous system prepares for competition with the “fight or flight” response which quickens reaction time, sharpens our senses and increases our strength. But excessive anxiety, however, is debilitating to performance. It physically inhibits performance by causing extreme muscle tension, shortness of breath and nausea. For athletes, excessive anxiety would mean difficulty in acquiring necessary skills for their sports.

Psychological problems can lead to academic decline and poor performance, poor relationship with peers and family members and overall dissatisfaction with life. Depression stress and anxiety are psychological problems in common among students. **MdArisSafreeMdYasin (2009)** mentioned that 50% of university students who consult mental health service complained of difficulties in study, anxiety, tensions and depression. Depression, anxiety and stress were found to be interrelated to each other. The overlapping symptoms of these three psychological problems can lead to all sort of academic problems that can give impact to academic achievement among students. For example it has been found that students performance in school, college and university is influenced by the symptoms of depression (Stark & Brookman 1994), stress (Whalen, 2005) and anxiety (Hobfoll, 1984) which could lead to difficulties in concentration, lack of motivation and interest, poor attendance and physical health such as headache and fatigability. The findings of such research may be used to develop strategies and approaches to help students to excel in their academic life.

Statement Of The Problem:

“A Comparative Study of Anxiety on Indian female athlete among different sports discipline.”

Purpose of the Study :

The main purpose of the study was to determine, A Comparative Study of Anxiety on female athlete among different sports discipline.

Objective of the Study:

To find out the Comparison of Anxiety on female athlete among different sports discipline.

Hypothesis:

There would be no significant difference of Anxiety in female athletes on different sports discipline.

Limitation of the study

1. Since the both players belonged to different age level, hence the prior experience of the both players may be considered as a limitation to the study.
2. Since the both game players belonged to different training background this may be also considered as the limitation of the study.
3. The availability of the sophisticated instrument which may also be considered as the limitation of the study.

Delimitation of the Study:

1. The study was delimited to female student's venue of Dr. BabasahebAmbedkarMarathwada University Inter-university tournament.
2. Only 125 female students were selected.
3. The age group of the subjects is ranged between 18-25 years.

Procedure of Methodology

The purpose of this study was to examine the psychological problem of female athlete. This chapter will explain the methodological details used to implement the study. Specifically, presented here are the general perspective and context of the study, an overview of the participants, a description of the instruments and procedures used in data collection, and an explanation of data analysis.

Research Design

The design in a research study refers to "the researcher's overall plan for answering the researcher's question or testing the research hypotheses". This study involves a comparative survey of five groups of female athletes in a non-experimental, descriptive survey design.

Target population :

The target population in the study was the women athletes of five sports discipline of Kabaddi, Kho-Kho, Basketball, Volleyball and Hockey.

Sampling method and Sample Size:

The method of sample was purposive –A non-random method of sampling design for female athletes with a specific purpose.

Source of Data:

The study depends mainly on primary source of data. The data was collected through respondents in the form of Questionnaires from 125 female players of five sports discipline , investigator contacting female athletes personally and some cases at the venue of Dr. Baba sahib AmbedkarMarathwada University intercollegiate tournament. The athletes require filling out a questionnaire and return to the investigator. In collecting the data, the researcher Follow to ethical guidelines, principles, and standards for studies conducted with human beings .Instructions was given to the footballers before filling these questionnaires by the researcher.

Demographic information:

The data was collected through respondents in the form of different descriptive tests. The demographic information about, age, height, weight etc. was obtained before seeking responses.

Tools of the study

Depression Anxiety Stress Scales (DASS) for measuring psychological problem Depression Anxiety Stress Scales (DASS) was used.The DASS is a 42-item self report instrument designed to measure the three related negative emotional states of depression, anxiety and tension/stress.

Data processing:

Data processing play very significant role in the interpretation of numerical data obtained from individuals by giving numerical expressions to the relationships and the variations with respect to different aspects. The collected data was analyzed as a whole and fragments .The data was checked for accuracy and completeness and was coded and put up into the SPSS Descriptive statistics for all studied variables, one way analysis of variance and LSD test, were considered statistically technique throughout the study.

Results of the Study

Table 1

Mean scores and the standard deviation of Psychological problem with respect to Age, weight, Height among Indian female student athlete.

	Age	Weight	Height
Mean	21.64	50.44	155.40
SD	2.08	3.45	6.27

Table -1 shows that mean scores and the standard deviation of Psychological problem with respect to Age, weight, Height among Indian female student athlete. The mean scores and standard deviation obtained from table-1, reveals that the mean score Age of female students athlete 21.64, Weight mean scores 50.44 and Height mean scores of 155.40 these five groups of players from different sports discipline.

Figure - 1

shows Mean scores and the standard deviation of Psychological problem with respect to Age, weight, Height among Indian female student athlete.

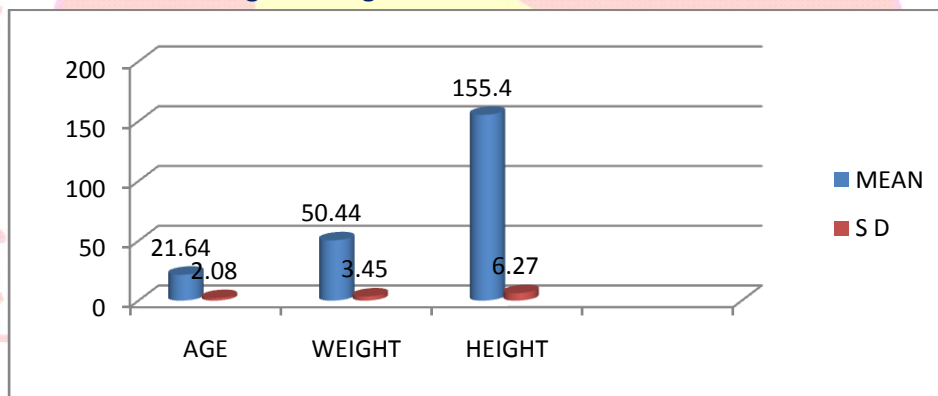


Table No.2

Mean Scores and Standard Deviation of Psychological problem with respect to Anxiety among Indian female students athlete.

Anxiety	Number of students	Mean	Std. Deviation
Kabaddi	25	11.04	3.65
Kho-Kho	25	9.84	2.95
Volleyball	25	8.96	3.52
Basketball	25	10.56	4.36
Hockey	25	12.92	3.10

Table-2 shows that mean scores and the standard deviation of Psychological problems with respect Anxiety among Indian female students athlete.

The mean scores and standard deviation obtained from table-2, reveals that the highest mean score anxiety of Kabaddi players (11.04), and the lowest mean of Hockey players (3.10) and the mean score of the rest falls between these five groups of players from different

sports discipline. Standard deviation Anxiety which is not higher than 4.36 in case of Basketball and not lower than 2.95 in case of Kho-Kho players.

Figure - 2

Shows Mean Scores and Standard Deviation of Psychological problem with respect to Anxiety among Indian female students athlete.

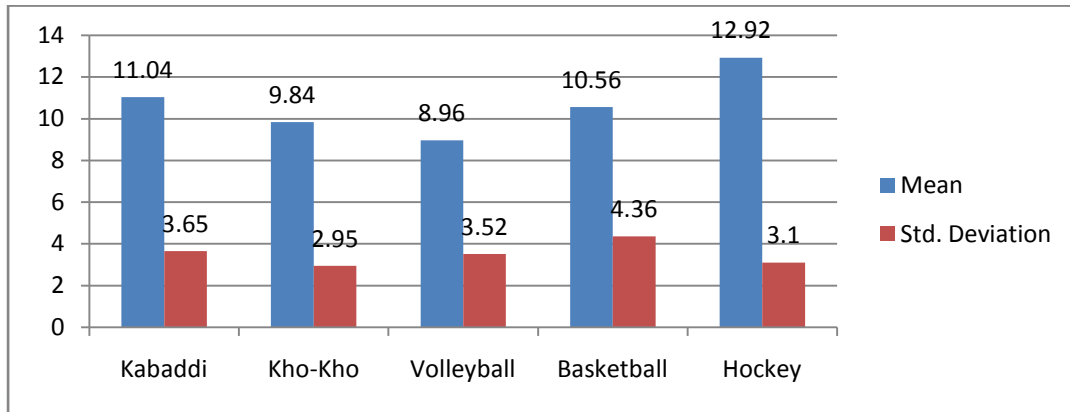


Table No.3

Analysis of Variance of Anxiety among different sports discipline players.

Source of Variance	Sum of Squares	Df	Mean Square	F-ratio
Between Groups	220.60	4	55.15	4.356*
Within Groups	1519.28	120	12.66	

Significant at .05 level (f=4.356, P<.05)

Table – 3 shows that statistically significant difference of anxiety among players of different sports disciplines.

Table No.4

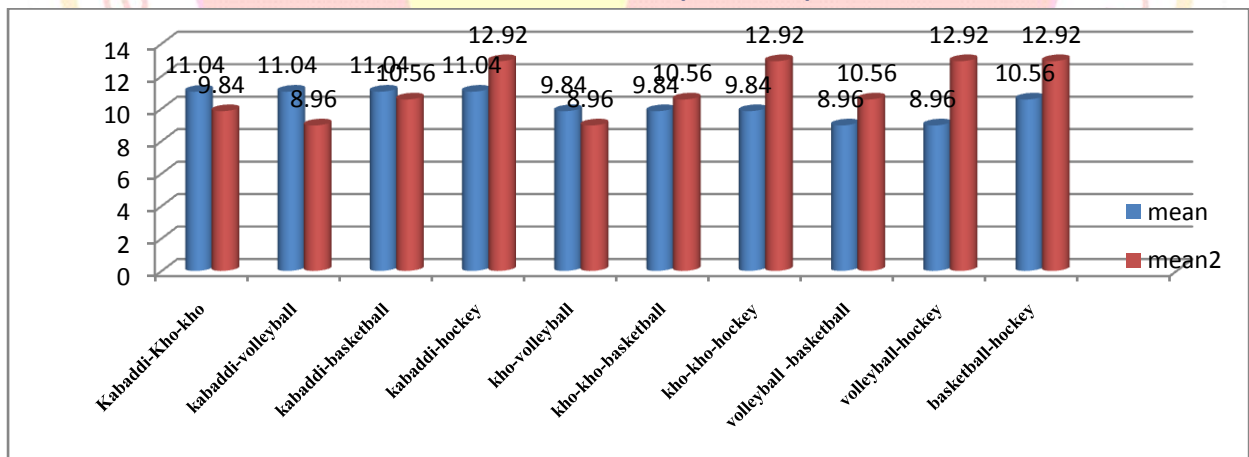
L.S.D. post hoc statistical comparison for means difference of Psychological problem with Anxiety among five groups of players from different sports discipline.

Mean Score						
Kabaddi	Kho-Kho	Volleyball	Basketball	Hockey	Mean Difference	CD at 0.5% Level
11.04	9.84				1.20	3.19NS
11.04		8.96			2.08	4.07NS
11.04			10.56		0.48	2.47NS
11.04				12.92	-1.88	0.11NS
	9.84	8.96			0.88	2.87NS
	9.84		10.56		-.72	1.27NS
	9.84			12.92	-3.08	-1.08*
		8.96	10.56		-1.60	0.39*
		8.96		12.92	-3.96	-1.96*
			10.56	12.92	-2.36	-.36*

As per table- 4 Shows that the L.S.D. post hoc statistical comparison for means Anxiety of Psychological problems with respect to Anxiety among five groups of players from different sports discipline. The result reveals that 1) There was insignificant difference of anxiety between Kabaddi and Kho-Kho players. 2) There was insignificant difference of anxiety between Kabaddi and Volleyball players. 3) There was insignificant difference of anxiety between Kabaddi and Basketball players. 4) There was insignificant difference of anxiety between Kabaddi and Hockey players. 5) There was insignificant difference of anxiety between Kho-Kho and Volleyball players. 6) There was insignificant difference of anxiety between Kho-Kho and Basketball players. 7) There was significant difference of anxiety between Kho-Kho and Hockey players. Result reveals that anxiety of Kho-Kho players incur significantly less as compare than Hockey players. Kho-Kho players were no anxiety than Hockey players. 8) There was significant difference of anxiety on between Volleyball and Basketball players. Result reveals that anxiety of Volleyball players incur significantly less as compare than Basketball players. Volleyball players were no anxiety than Basketball players. 9) There was significant difference of anxiety between Volleyball and Hockey players. Result reveals that anxiety of Volleyball players incur significantly less as compare than Hockey players. Volleyball players were no anxiety than Hockey players. 10) There was significant difference of anxiety between Basketball and Hockey players. Result reveals that anxiety of Basketball players incur significantly less as compare than Hockey players. Basketball players were no anxiety than Hockey players.

Figure - 3

Shows means difference of Psychological problem with Anxiety among five groups of players from different sports discipline



Discussion and Finding

Psychological problems with respect Anxiety among Indian female students athlete obtained from table-4, reveals that the highest mean score Anxiety of Hockey players (12.92), and the lowest mean of Volleyball players (8.96) and the mean score of the rest falls between these five groups of players from different sports discipline. The standard deviation Anxiety which is not higher than 4.36 in case of Basketball and not lowers than 2.95 in case of Kho-Kho Players.

Conclusion

There was insignificant difference of anxiety between Kabaddi and Volleyball players.

- 1) There was insignificant difference of anxiety between Kabaddi and Basketball players.
- 2) There was insignificant difference of anxiety between Kabaddi and Hockey players.
- 3) There was insignificant difference of anxiety between Kho-Kho and Volleyball players.
- 4) There was insignificant difference of anxiety between Kho-Kho and Basketball players.
- 5) There was significant difference of anxiety between Kho-Kho and Hockey players. Result reveals that anxiety of Kho-Kho players incur significantly less as compare than Hockey players. Kho-Kho players were no anxiety than Hockey players.
- 6) There was significant difference of anxiety on between Volleyball and Basketball players. Result reveals that anxiety of Volleyball players incur significantly less as compare than Basketball players. Volleyball players were no anxiety than Basketball players.
- 7) There was significant difference of anxiety between Volleyball and Hockey players. Result reveals that anxiety of Volleyball players incur significantly less as compare than Hockey players. Volleyball players were no anxiety than Hockey players.
- 8) There was significant difference of anxiety between Basketball and Hockey players. Result reveals that anxiety of Basketball players incur significantly less as compare than Hockey players Basketball players were no anxiety than Hockey players.

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