

Comparison of Anxiety level between High and Low achievers Boys & Girls Sportspersons

Dr. Usha Rani*

*Associate Professor, Deptt. of Physical Education, Kurukshetra University, Kurukshetra
(Received 01 September 2016 – Accepted & Published 18 September 2016)

Abstract

The purpose of this study was to investigate the Anxiety level of high and low achievers boys and girls sportspersons. Methodology-Three hundred sportspersons who had participated at different levels of tournaments were selected for this study. Their age ranged from 18 to 25 years. The required data was collected by using State-Trait Anxiety Inventory designed by Spielberger to measure the Anxiety level of boys and girls sportspersons. The collected data was analysed by using 2x2 factorial ANOVA. The analysis of data showed significant differences between boys and girls on state and trait anxiety scale. No significant differences was found on Trait anxiety scale between high and low achievers sportsperson.

INTRODUCTION

Anxiety plays an important role in acquisition of motor skills as well as in sports performances. Anxiety can either enhance or inhibit performance whether its effect is positive or negative depends on how an individual athlete or player perceived the situation. Spielberger (1971) was the first researcher who clearly differentiated between two types of anxiety: State or trait anxiety. According to him state anxiety (A-state) as "a transitory emotional state or condition of human organism that is characterised by subjective, consciously perceived feelings of tension and apprehension and heightened autonomic nervous system activity. Trait anxiety is "tendency to respond to situations perceived as threatening with elevation in A-state intensity." In other words trait anxiety (A-trait) is comparatively to any relatively stable personality trait, whereas state anxiety (A-state) is a temporary condition caused by one's immediate perception of the environment.

MATERIAL AND METHODS:

Three hundred sportsperson of Kurukshetra University who had participated at college or state level, University or national level tournaments considered as low and high achievers selected for this study. The age ranged from 18 – 25 years. The necessary data was collected by applying State-Trait Anxiety Inventory designed by Spielberger was used to measure the anxiety level of sportsperson as high and low achievers.

Statistical Analysis

To find out the anxiety level of high and low achievers (boys & girls) sportsperson 2x2 factorial Anova was used. For testing the hypothesis the level of significance was set at 0.5 level & 0.1 level

RESULTS

Findings regarding anxiety level of high and low achievers sportsperson is presented in Table-I, II, III, IV & V.

Table-I: Summary of Results of ANOVA for State Anxiety of High Achievers and Low Achiever Boys and Girls

S.No.	Source of variance	Sum of S Q S	DF	M.S.A.	F-ratio	Tabulated value
1	Sex	2141.356	1	2149.356	12.543**	3.87 at 0.5 level & 6.72 at 0.1 level
2	level	2071.845	1	2071.845	11.569**	
3	Sex X level	4436557.7	1	44365557.72	12.257**	
4	variance	12851.85	74	12851.850	1.113	
5	Error	12956.54	222			
	Total	4466579.291	299			

Table-II: Mean Achievement Scores of State-Anxiety of High and Low Achievers Boys and Girls

Achievement level	Boys		Girls	
	Mean	S.D.	Mean	S.D.
High achievers	15.13	7.19	18.75	8.42
Low achievers	18.04	10.48	20.13	11.41

Table-I & II indicates that f-ratio is found significant in case of sex which means there is significant difference between boys and girls on state anxiety. Table II also shows differences in their mean scores. It means that girls are having greater state anxiety than boys. Table I & II also shows that low achievers had more state anxiety than high achievers in both the sexes

Table-III: Summary of Results of ANOVA for Trait Anxiety of High Achievers and Low Achievers Boys and Girls Sportspersons

S.No.	Source of variance	Sum of SQS	DF	M.S.S.	F.Ratio	Tabulated value
1	Sex	69.757	1	69.757	4.397*	3.87 at 0.5 level & 6.72 at 0.1 level
2	level	9.722	1	9.722	0.568	
3	sex & level	678.17	1	678.17	1.010	
4	variance	1655.489	74	1655.48	1.308	
5	Error	3809.645	222	17.116		
	Total	6222.783	299			

Table-IV: Mean Achievement Scores of High and Low Achievers Boys and Girls Sportspersons

Achievement level	Boys		Girls	
	Mean	S.D.	Mean	S.D.
High Achievers	37.09	11.09	40.59	11.28
Low Achievers	39.35	10.68	40.73	9.88

DISCUSSION

From the result it is observed that the statistically significant differences were observed in state anxiety of high achievers and low achievers boys and girls. Girls sportspersons were found

having greater state anxiety than boys. Significant differences were also found between high and low achievers. Low achievers were found having greater state anxiety than their counterpart high achievers.

Similar results were observed on scale of Trait anxiety, Significant differences was found between boys and girls. Girls sportsperson were found having greater trait anxiety than boys. But no significant difference was observed between high achievers and low achievers.

From the results it appears that girls sportspersons perceived sports competition as more anxiously than boys. Moreover if trait anxiety is more than state anxiety will be higher in sports situations.

CONCLUSION

1. There is significant difference between boys and girls on state anxiety scale. Girls were found having more state anxiety than boys.
2. There is significant difference between high achievers and low achievers. Low achievers were found having more state anxiety than high achievers.
3. There is significant difference between boys and girls on trait anxiety scale. The girls were found having greater anxiety than their counterpart boys.
4. No significant difference was found between high and low achievers girls on trait anxiety scale.

References

1. Eklund, R.C. (1991), "Pre competition and competitive cognition and affect in collegiate Wrestlers." University of North Carolina, P. 81-84
2. Jones, G. Hanton, S. and Swain, A.BJ (1994), "Intensity and Interpretation of Anxiety symptoms in Elite and Non-elite Sports Performers." *Personal Individual Differences* 17: 857
3. Soustroem, R.J., and Bernardo, P. (1982); Intra-Individual Pre. Game State-Anxiety and Basketball performance; "A-Re-examination of the inverted 'U' curve." *Journal of Sport Psychology*. Vol. 4: 235-245.
4. Spielberger, C.D. (1971), "State-Trait Anxiety and Motor Behaviour." *Journal of Motor Behaviour*, 3: 265-179.
5. Weinberg, R.S., and Genuchi, M. (1980), "Relationship between competitive Trait-Anxiety and gold performance." A field study. *Journal of Sport Psychology*. Volume 2: 148-154.