# A Comparative Study of Anxiety Level between Athletes & Badnminton Players of Varanasi Region

**Dr. Rajeev Kumar Singh***
*Asstt. Director, Physical Education, University Sports Board, Banaras Hindu University, Varanasi (U.P.)

**Abstract-**

*The purpose of this study was to compare the anxiety level between athlete and badminton players. The total N-40 Inter University level (20 Badminton+20 Athletes) male players between the ages of 17-27 years were selected for this study and Sinha Anxiety Scale consisting of 100 questions was employed. The obtained raw scores of questionnaire were tested on SPSS completing package for calculating correlation & t(2 tailed) ratio was obtained.*

*It was found that there were significant difference at the level of 0.05 (0.013) among athletes & Badminton players in the level of anxiety. While comparing the level of anxiety between athletes & badminton players the badminton players got lesser range of scores, SD & Std. error from the mean than athletes. This shows the higher level of anxiety among athletes in comparison to badminton players presented in this study.*

## Introduction-

The sports scientist, physical education teacher and coaches strive to optimize sportsmen's to achieve performance in sports. Performance in sports not only demands systematic training to develop physical and physiological variable and technical aspects of sports but also demand training and consideration of psychological characteristics for success in the filed of sports. Superior athletic performance has benefited from knowledge about the physiology and mechanism of human motor activity. However, many coaches and psychologist throughout the world believe that in future the records will be broken primarily because of increased attention to the psychological prometer of human personality. In competitive sports the anxiety in sportsman has affected their performance. Physical load during the training of sportsman for international competition has also intensified. The level of anxiety are very high in sportsmen while preparing and participating both.

The persons worries about their occuarance and consequences, in general and the anxiety. According to F.Bell (1983), Anxiety is a state of mind in which the individual responds with discomfort to some event that has occurred or going to be occurring.

As positive motivating force it can be instrumental in motivating the athlete to work harder to find new and better way to improve performance and help in setting goals the athlete who use his anxiety in this way will seek out ways to improve him. Anxiety may be positive motivating force or it may interfere with successful athletics performance. This not only reduces his anxiety but help him to increase his skills and his self confidence. As a negative motivator anxiety may interfere with productive as well as constructive thinking. Athletes may attempt to handle anxiety by denying their mistakes, denying their weakness and thus denying the need to work hard. This can

53

lead to the development of poor work habits or athletic technique. These often lead to failure and in turn lack of confidence and increase anxiety.

**The objectives of the study-**

The objective of this study was to compare the anxiety level of inter university level of male badminton players and athletes of the Varanasi region.

**Hypothesis-**

It was hypothesized that there would be no significant difference of anxiety level between badminton players and athletes.

**Procedure-**

Total N=40 males (i.e., 20 Badminton players who participated in East Zone Interuniversity competition and 20 male athletes who participated in All India Inter University athletics meet during the year 2020-21 & 2021-22) ages between 17-27 years were taken as subject. The subjects were between the age group of 17-27 years. Only few players were exclude from the study who's college does not comes under Varanasi region. Sinha anxiety scale constructed and standardized by Durganand Sinha, Professor and head of the department of Psychology, University of Allahabad was employed for collection of data. The questionnaire contains 100 questions was the option yes or no and scoring was i.e., 1 mark for yes & 0 mark for no.

The total scores obtained of each individual was tabulated and compared on SPSS software by computing paired sample statistics and the level of significance was set at 0.05.

**Table-1**

| Group | N | Minimum | Maximum | Mean | SD |
|---|---|---|---|---|---|
| Athletes | 20 | 55.00 | 76.00 | 64.20 | 6.0554 |
| Settlers | 20 | 55.00 | 67.00 | 60.75 | 3.1602 |
| Valid N list wise | 20 | | | | |

**Table- 2**

**Paired samples correlations**

| Pair 1 | Athletes- Shuttlers | N | Correlation | Sig. |
|---|---|---|---|---|
| | | 20 | .251 | .285 |

**Table- 3**

**Paired samples test**

| | Paired differences | | | | | t | df | sig |
|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Std error mean | 95% confidence interval of this differences | | | | |
| | | | | Lower | Upper | | | |
| Pair 1 Athletes Shuttlers | 3.7500 | 6.0946 | 1.362 | .8976 | 6.6024 | 2.00 | 19 | .013 |

**Findings-**

The statistical analysis gives some fruitful results for this study.

Table-1 reveals that the average mean of the anxiety scores of the athletes and shuttlers are 64.200 and 60.7500 respectively and the SD was 6.0554 and 3.1602. This

give us an idea that the shutters were more balanced and less fluctuating than athletes within the group and having lasser anxiety level than athletes. The athletes found more fluctuating in the level of anxiety.

The Table-2 shows the poor powered correlations of 0.251 which is not at all significant at .05 level as it was found 0.285, again this gives an indication that the badminton players have differences in the level of anxiety from athletes.

The Table-3 shows the t-value of 2.752 at df = 19 and found to be significant at .013 which is significant at 0.05 level.

**Conclusion-**

After getting the finding of the study it was concluded that there is significant difference in the level of anxiety of the inter university level badminton players and athletes (age ranging 17-27) of the Varanasi region.

**References-**

1. Bell, F. Kieth championship thinking, The athletes guide to winning performance in all sports (London : Prentice Hall Ince., 1983).
2. Singh, A. J., "Sports competitive anxiety of Indian athletes as a function of their age, playing experience and sex, "Modern perspectives in physical education and sports sciences, Harman Publications (New Delhi), 273-282, 1986.
3. Singh, Ajmer and Brath, R.S., "Competitive Anxiety differences between male and female Handball players" N.I.S. scientific Journal, 11(1), 43-46, 1988.
4. Shaw, Dhananjay, K.P. Manilal, Khan H.A. and Rath, Shyam Sunder, "Comparison of anxiety level between national and International Indian weight lefter's, N. I.S. Scientific Journal, Vol. 11(4), 22-25, 1988.
5. Sinha, D. "Mannual of Sinha Anxiety Scale", Rupa psychological corporation, Varanasi, 1991.
6. Dureha, D.K., "Relationship between achievement motivation and pre-competition anxiety Indian Inter University hockey players" Abstract of International conference on Health, Sports and Physical fitness need for an integrated approach, Hissar : Haryana Agriculture University, January 16-18, 1995, p. 37.
7. Cox. Richard, H., "Relationship between skill performance in Women Volleyball and competitive state Anxiety, "Int. J1, sp. Psy Vol= 17(3) 183-190, 1986.
8. Liewevyn H. Jack, Judy A Blucker, Psychology of Coaching theory and application, p. 77-78.