Comparative Study on Anxiety among the Team Individual and Physical Education Sports Person

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Abstract

The purpose of this study was to compare the state anxiety among the individual, team and physical education students. Nearly 60 subjects were selected for the study and aged range from 21 to 24 as per their age record. The subjects are divided into three groups uniformly. Group I contains 20 elite individual players were participated in various individual events such as swimming and athletics, group II contains 20 elite team players were selected from hockey, volleyball, and basketball and group III contains20 physical education students were studying two years M.P.Ed course in Pondicherry University The psychological variables state anxiety was choose for this study . The assessment of state of anxiety tested by use of Trier personality Inventory (TPI) developed by Peter Becker consisting 20 statements questioner. The data was statistically analysis by one way ANOVA at 0.05 level of significance. The result shows that team and individual players are very good in personality variables of state anxiety because of the training and team coordination and they always merger minded when play and equal goal aspiration than the physical education students.

KEYWORDS: Anxiety, Sport psychology, Team players, Individual game, Physical Education students.

INTRODUCTION

Now a day's science of sport performance progress, it becomes increasingly important to assimilate the mental and physical aspect of the performer. The coaches and athletes comprise committed most of their concentration to the physical components of performance. This changeability in psychological regulation can be not permitted to developing cognitive skills and anxiety, stress, negative thoughts, mental health and emotions. Nyla R. Branscombe done a research on the Positive Social and Self Concept Consequences of Sports Team Identification on this study relationship between degree of team discovery and team success was examined. It was only significant for individuals who identify with teams. Discussion focus on the positive inference of sports team discovery for self-esteem maintenance and the social ties it fashion. Sometimes athletes censure the coach, parents for these reasons many studies are comes out society to maintain sport relation and promote sports performance. According to Daniel L. Wann[2] done a research on emotional response to sports in that hypothesized, persons with varying degrees of identification with the team exhibit special patterns. The result was not significantly influenced by the game outcome, group membership of the author. New research are exit many new idea.

REVIEW RELATED LITERATURE

Mammen and George, conducted a study to examine the relationship between athlete anxiety and perceived coaching behaviors among varsity basketball players. The purpose of this study was to examine the relationship between athlete total anxiety, somatic anxiety ,concentration disruption , and worry) and the athlete coaching behaviors (physical training, mental preparation , goal setting , technical skills, competition strategies, personal rapport, and negative personal rapport)among varsity basketball players. Specifically, the purpose was to attempt to cross-validate bakers, cote, and Hawes, findings in a sport –specific setting. A total of 155 varsity female and male basketball players completed a questionnaire consisting of the profile if mood states (Borkovec), the sports Anxiety Scale (SAS; Smith & Schultz) and the coaching behaviors Scale for sports ,(Karen). Hierarchical linear regressions revealed that only two forms of coaching behaviors were significantly associated with player anxiety. Specifically his study found a negative significant relationship between competition strategies and concentration disruption. Overall, the result of the study depicted minimal significant findings between athlete and perceived coaching behaviors. Proposed rationales for the limited are provided in the discussion

Karen conducted the study on the influence of self presentational efficacy on men's social anxiety in the weight room. One barrier to exercise is the worry people have regarding their appearance while exercising (Leary). This self –presentational concern may lead to social anxiety (Treasure,Lox, & Lawton ,) and a decrease in or avoidance of exercise behavior (Leary & Kowaslski,). Gammage, found there are certain environmental characteristics that influence men's social anxiety in the weight room. Using these aspects the study purpose was to influence the social anxiety experienced by males in the weight room by manipulating their self-presentational efficacy. Although the high and low self –presentational efficacy groups did not level of self –presentational efficacy or social anxiety, they did differ on their task self –efficacy. Mechanisms that may have resulted in non-significant findings for self-presentational efficacy and social anxiety are discussed and future direction are provided. Through this research, environmental deterrents to weight training for men may be minimized thus increasing exercise participation rates.

METHODOLOGY

The purpose of the study was to compared the selected psychological variables of State Anxiety Among the elite participating individual, team in SAI Caching center in Pondicherry and Physical Education students in Pondicherry university. Nearly 60 subjects were selected for the study and aged range from 21 to 24 as per their age record. The subjects are divided into three groups uniformly. Group I contains 20 elite individual players were participated in various individual events such as swimming and athletics, group II contains 20 elite team players were selected from hockey, volleyball, and Basketball and group III contains20 Physical Education students were studying two year M.P.Ed course (They were participated both individual and team games)in Pondicherry University The psychological variables state anxiety was chosen for this study . The assessment of state of anxiety tested by use of Trier personality Inventory (TPI)

developed by Peter Becker. The questioner consisting of 20 statements. The data was statistically analysis by One Way ANOVA at 0.05 level of significance.

OBJECTIVES OF THE STUDY

To compare the state anxiety among the individual, team players, and, Physical Education students.

To find out which group is better in reduce in state anxiety

To prove the sports can reduce the anxiety

HYPOTHESIS

It was hypothesized that there would be significant reduction on anxiety among the individual ,team and physical education sports person.

DATA ANALYSIS AND RESULT OF STUDY
TABLE I
ANALYSIS OF COVARIANCE TEST FOR STATE ANXIETY

	Control group III Phy.Edn	Elite individual players group I	Elite team players group II	SOV	SS	MSS	df	'F' ratio
Test mean SD	48.63 5.52	44.74 4.15	43.82 4.65	B W	254.61 1896.08	127.29 1896.07	2 58	3.822*

Results of analysis of covariance are presented in the table scores of anxiety. From the table it can be seen that the obtained 'F' value was 3.822 which was much greater than the required F value of 0.886 at 0.05 level of confidence.

SCHEFFE'S TABLE II

Control group III,Phy.Edn.	Elite individual players group I	Elite team players group II	Mean difference	CI
48.63	44.74		3.89*	
48.63		43.82	4.81*	2.90
	44.74	43.82	0.92	

Scheffe's table shows post-hoc method of testing the significance of the difference between the paired means following a significant analysis of covariance for Physical education group, individual group and team group. The adjusted general anxiety means in order to magnitude and the difference between this means for the physical education and two groups are given in the table the mean difference between the physical education and individual group was 3.89. In the comparison between group II team and physical education group were 4.81 This was significant of 0.05 level confidences. and

comparison between group I and group II were 0.92. This result shows that the group II team had a batter improvement when compared to the group I and control group

GRAPHIC REPRESENTATION
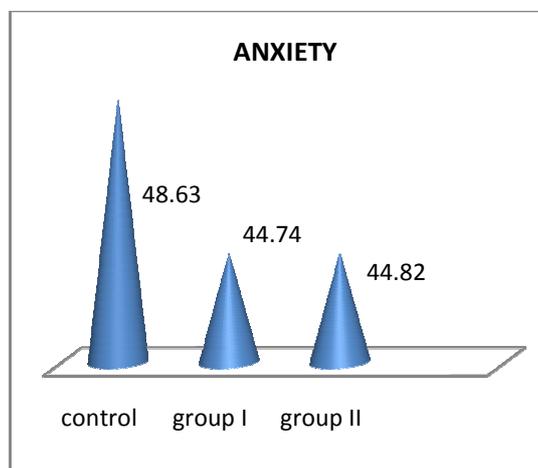
RESULT OF THE STUDY

Based on the above table obtained 'F' value was 3.822 which was much greater than the required F value of 0.886 at 0.05 level of confidence so that sports directly reduce the anxiety and more over the graph result shows the mean difference among the three group and the team player mean value 44.82 are higher than the individual mean value 44.74 and lower than Physical Education people mean value 48.63. The null hypothesis is rejected and alternative hypothesis is accepted.

CONCLUSION AND RECOMMENDATION

Based on the result of state anxiety showed that individual and team elite players shows significant with physical education students. Team and individual players are very good in, personality may be because of the training and team coordination and they always merger minded when play and equal goal aspiration than the physical education students. Personality was significant on the three groups that exist in the sports people are very well in psychologically compare the normal population also that proved by my research and this study will be very help to do feature research related to psychological aspects and other variables and coach to understand their team level psychological status of the players and team

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