

An Assessment of Multiple Comparison of Anxiety Prone Problem in Different Selected Games

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Abstract

The purpose of the study is to assess the Anxiety prone Problem in different selected games .The present investigation was conducted on 300 Inter-collegiate athlete representing difference sports in the age group of 17 to 25 years was selected from Delhi University. The mean Age of the subject is 21. The study was conducted on selected games. Athletics, Badminton, Cricket, Football, Gymnastic, Handball ,Hockey ,KhoKho ,Volleyball ,Yoga. As per the manual the scoring was done and data collected. For the purpose of the present study descriptive statistics (mean, Standard Deviation) and for comparison between difference sports one way ANOVA used and level of significance was set at .05. To assess the Problem faced by Athlete is challenge for the sports psychologist, coaches, and Athletes and their solution .Assessment of the Problem are the direct need of the Psychologists accordingly the Athlete problems may be dealt for improving performance .Within the delimitation and limitation of the study the following conclusion have been drawn: One Way ANOVA indicated a significant difference in Anxiety prone problem in among the groups . The Anxiety prone problem is maximum in Gymnastic and minimum in Hockey .Significant difference were found with respect to anxiety between handball and gymnastic, hockey .between athletic and gymnastic ,hockey . Between Gymnastic and rest of the game. . There is significant difference between Football and, Hockey and. There is significant difference between kho kho and hockey, whereas no significant difference found in rest of the games.

KEYWORD Anxiety prone, Sportspersons, Athlete problem

INTRODUCTION

Excellence in sports is a dream of every participant. During his training age athlete takes all possible pain and make possible effort to accomplish the dream of excellence in the process of achieving dream and there are possible hindrances on the way to excellence and all positive obstacles can be summarized by citing them as problem for athlete. While preparing to be a champion athlete also faces numerous problem either as sports demand or his own perceived priority issues or aspirating to attain a power and so on. Anxiety is a negative emotional state in which feeling of nervousness. Worry and apprehension are associated with activation or arousal of the body (Weinberg. 1999) another important point that needs to be clarified is the difference between state and trait anxiety (Spielberger, 1966). While state anxiety on be considered to be more situational in nature and is often associated with arousal of the autonomic nervous system. That anxiety can be thought of as a world view that an individual uses when coping with situation in his or her environment (Spielberger. 1966). Researchers have found that high level of anxiety can have deteriorating effects on athlete's performance (Parnabas 2010.)Research in sport psychology showed the male athlete reported lesser anxiety level than female players (Barksy. Peekna andBurus, 2001; Lorimer, 2006; Thout, Kavouras and Kcnefick. 1998;

Jones and Cale, 1989, Cartoni.Minganti and Zelli. 2005: Pranabas, 2010; Scanlan and Passer, 1979; Deutch,. 1999: Thatcher, That cherand Dotting 2004; Wark and Wittig. 1979; Krane and Williams, 1994). Researchers base found that competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens. 1977) Sportsmen like other athletes are anxiety prone while participating in competitive sports. Anxiety is one of the most common deterrents to good performance. At worst the effect of anxiety gets athlete so tied up in knots that he is frozen in fear. At best anxiety subtly impairs performance by distracting the attention. The over anxious individual has a high level of cerebral and emotional activities with neuromuscular tension that may eventually leads an individual to the exhaustion stage and perhaps to the psychosomatic disorders. A track to stay in good health or facing an opponent head on in a knockdown drag out wrestling match. It is this challenge which produces the anxiety.Athletes can face anxiety as they prepare to compete, which can carry over into competition. Given that precompetitive anxiety can be debilitating to performance with in competition (Weinberg & Genuchi, 1980), understanding individual differences that predispose athletes to experience elevated anxiety prior to competition would be useful information for sport psychology consultants, coaches, and athletes Sport psychology scholarship has documented many different sources of state anxiety. Past performance (Krane & Williams, 1987), fear of failure (Gould, Horn & Spreeman, 1983), trait anxiety (Martens et al, 1990), and performers' skill level (Hackhausen, 1990) have been found to provoke state anxiety in athletes. Athletes with a history of failing tend to be more cognitively anxious prior to competition (Gould, Petlichkoff & Weinberg, 1984). In a study using wrestlers, competitors who were successful, experienced lower levels of anxiety than their unsuccessful counterparts (Morgan & Johnson, 1977). Positive and negative consequences that come from success and failure may build up over the course of a competitive career leading to the development of trait anxiety (McGregor & Abrahamson, 2000).

PROCEDURE AND METHODOLOGY

SELECTION OF SUBJECTS-

The present investigation was conducted on 300 Inter-collegiate athlete representing Athletics ,Badminton ,Cricket ,Football ,Gymnastic, Handball ,Hockey ,Kho Kho ,Volleyball ,Yoga sports in the age group of 17-25 years were selected from Delhi University. The mean Age of the subjects is 21. In Total(N=300) selected subjects 52% were Male and 48% were Female .For the study 40% Data was collected from Individual games and 60% Data was collected from Team game

SELECTION OF VARIABLE

After having a detailed discussion with the experts, advisor and a detailed literature search following psychological variable was selected for the purpose of the study

- Anxiety prone

Gymnastic	30	5.97	2.748	.502	1	12
Yoga	30	3.87	1.697	.310	2	8
Volleyball	30	3.67	2.644	.483	0	10
Cricket	30	3.77	1.612	.294	2	8
Football	30	4.63	1.921	.351	1	9
kho kho	30	4.43	2.208	.403	0	9
Hockey	30	3.30	1.442	.263	1	7
Badminton	30	4.33	2.155	.393	1	11
Total	300	4.33	2.149	.124	0	12

Table 1 reveal that the anxiety prone problem is maximum in Gymnastic ($M=5.97+2.75$) and minimum in Hockey ($M=3.30+1.44$) after Gymnastic anxiety problem is more in Athletics ($M=4.67+2.25$) and in Handball ($M=4.67+1.42$) after that in Football ($M=4.63+1.92$) after that in kho kho ($M=4.43+2.20$) after that in Badminton ($M=4.33+2.15$) after that in yoga ($M=3.87+1.70$) after that in Cricket ($M=3.77+1.62$) after that in volleyball ($M=3.67+2.64$) respectively. To know the Mean difference in Anxiety Prone Problems One Way ANOVA was applied and result are presented in the Table 2

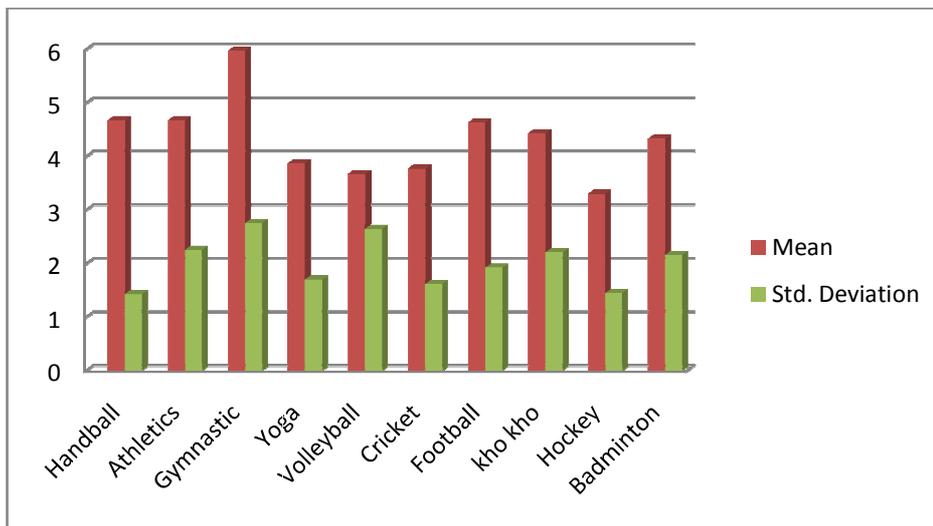


FIGURE-1 Mean and Standard Deviation Value of anxiety prone problem in different selected game

Table-2

One Way ANOVA on Anxiety Prone Problem in different Selected Games

		Sum Squares	of Df	Mean Square	F	Sig.
Anxiety prone	Between Groups	151.230	9	16.803	3.965	.000
	Within Groups	1229.100	290	4.238		
	Total	1380.330	299			

One Way ANOVA indicated a significant difference in Anxiety prone problem among the groups, $f(9, 290) = 3.97, p < .01$. It means the mean scores of anxiety prone problem among the groups differ significantly. so group influence the Anxiety Prone Problem. To assess mean difference among different selected sports LSD was employed .Result pertaining to Mean difference have been presented in the Table 3

Table -3

Multiple comparison of anxiety prone in different Selected Games

(I) sports	(J) sports	Mean Difference (I-J)	Std. Error	Sig.
Handball	Athletics	.000	.532	1.000
	Gymnastic	-1.300*	.532	.015
	Yoga	.800	.532	.133
	Volleyball	1.000	.532	.061
	Cricket	.900	.532	.092
	Football	.033	.532	.950
	kho kho	.233	.532	.661
	Hockey	1.367*	.532	.011

	Badminton	.333	.532	.531
Athletics	Gymnastic	-1.300*	.532	.015
	Yoga	.800	.532	.133
	Volleyball	1.000	.532	.061
	Cricket	.900	.532	.092
	Football	.033	.532	.950
	kho kho	.233	.532	.661
	Hockey	1.367*	.532	.011
	Badminton	.333	.532	.531
Gymnastic	Yoga	2.100*	.532	.000
	Volleyball	2.300*	.532	.000
	Cricket	2.200*	.532	.000
	Football	1.333*	.532	.013
	kho kho	1.533*	.532	.004
	Hockey	2.667*	.532	.000
	Badminton	1.633*	.532	.002
Yoga	Volleyball	.200	.532	.707
	Cricket	.100	.532	.851
	Football	-.767	.532	.150
	kho kho	-.567	.532	.287
	Hockey	.567	.532	.287

	Badminton	-.467	.532	.381
Volleyball	Cricket	-.100	.532	.851
	Football	-.967	.532	.070
	kho kho	-.767	.532	.150
	Hockey	.367	.532	.491
	Badminton	-.667	.532	.211
Cricket	Football	-.867	.532	.104
	kho kho	-.667	.532	.211
	Hockey	.467	.532	.381
	Badminton	-.567	.532	.287
Football	kho kho	.200	.532	.707
	Hockey	1.333*	.532	.013
	Badminton	.300	.532	.573
kho kho	Hockey	1.133*	.532	.034
	Badminton	.100	.532	.851
Hockey	Badminton	-1.033	.532	.053

Table 3 reveal that there is significant difference in anxiety prone between handball and gymnastic, handball and hockey . whereas no significant difference found in rest of the games. Therefore it may be conclude that player of handball (,M=4.67) face lesser Anxiety prone problem than in Gymnastic(M=5.97) and player of Handball face more problem of Anxiety prone than in hockey player (M=3.30) whereas the problem of anxiety in other sports are same.

Significant difference found with respect to Anxiety between Athletic and Gymnastic , Athletic and Hockey whereas no significant difference found between athletic and rest of the game. Therefore it may be conclude that player of Athletic (M=4.67) faces less Anxiety prone problem than in Gymnastic(M=5.97) and Athletic player face more anxiety prone problem than player of Hockey(M=3.30) whereas the problem of Anxiety in other sports are same as in athletic.

Significant difference found with respect to Anxiety between Gymnastic and rest of the game it mean player of gymnastic(M=5.97) posses higher problem followed by Football(M=4.63) , Badminton (M=4.33) , cricket (M=3.77), volleyball (M=3.67) hockey (M=3.30)

There is no significant difference in between yoga and volleyball ,cricket football , kho kho , hockey, badminton respectively in anxiety prone problem. Therefore player of yoga and rest of the game has same anxiety prone problem. There is no significant difference in between volleyball and cricket ,football, kho kho , hockey, badminton respectively in anxiety prone problem. Therefore player of Volleyball and rest of the game has same anxiety prone problem There is no significant difference between cricket and football., khokho ,hockey and badminton respectively in anxiety prone problem. Therefore player of Cricket and rest of the game has same Anxiety prone problem

There is significant difference between Football and, Hockey and there is no significant different between football and kho kho ,badminton respectively in anxiety prone problem Therefore player of Football posses more (M=4.63) field related problem than in Hockey(M=3.30)

There is significant difference between kjho kho(M= 4.43) and hockey(M=3.30) and there is no significant difference between kho kho and Badminton in anxiety prone problem. Therefore player of kho kho faces more anxiety prone problem than Hockey (M=3.30)

There is no significant difference in between Hockey and Badminton in anxiety prone problem. Therefore player of both game have same anxiety problem

Conclusion

One Way ANOVA indicated a significant difference in Anxiety prone problem in among the groups . The Anxiety prone problem is maximum in Gymnastic and minimum in Hockey. Significant difference were found with respect to anxiety between handball and gymnastic, hockey. Between athletic and gymnastic, hockey. Between Gymnastic and rest of the game. . There is significant difference between Football and, Hockey and.

There is significant difference between kho kho and hockey, whereas no significant difference found in rest of the games.

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