A Comparative Study Of Pre-Competition Anxiety Level Between Female And Male Taekwondo Players Of Inter-University Games

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Abstract

The purpose of present study was to find out pre-competition anxiety level between female and male taekwondo players of inter-university games. To accomplish the objective of the study, total 50 subjects (Twenty-five (25) female and twenty-five (25) male) were purposively selected from inter-university taekwondo championship. The age of the subjects was ranged from 20-27 years. Sports competition anxiety (SCAT) questionnaire developed by Ravi Kant and Dr. Vibhuti Narain Mishra (2003) was used as a tool for measurement. Unpaired 'T' test was applied to found out mean difference between female and male participants. The level of significance was set at 0.05. the researcher found that there is insignificant difference between female and male in pre competition anxiety during interuniversity games.

KEYWORDS: Anxiety, State competition anxiety, Somatic anxiety Cognitive anxiety, trait anxiety

Introduction: In sports psychology anxiety is definedas a feeling of fear, dread, and uneasiness. It is also defined as the disturbed homeostasis of the body whether it may be physiologically or psychologically. Anxiety has both psychological and physiological effects in sports performance **(Kamlesh,2016).**It is generally caused by irrational fears. Sports competitions can make any player feel nervous before, during and after competition. There are many factors which contribute to individual anxiety the major one's are, perfectionism, Fear of physical harm, fear of failure, expectations, lack of confidence can trigger feelings of anxiety in players. Anxiety can hamper or increase the performance of the player**(Moran, 2004)**.The competition situation is not itself stressful. Anxiety is multidimensional in nature.Like other emotions anxiety has both a trait component and a state component. State anxiety is an immediate emotional state that is characterized by apprehension, fear, tension. Conversely trait anxiety is tendency to perceive certain environmental situations as threatening. Further anxiety is bifurcated into somatic and cognitive component. Somatic is the physical component which deals with the physiological responses like heart rate muscular tension and respiration etc. Whereas cognitive anxiety deals with the intellectual and mental component such as fear, loss of self-esteem and fear of failure etc. **(Cox, 2012)**

MATERIALS AND METHODS

The purpose of present study was to compare thepre-competition anxiety level between female and male taekwondo players of inter-university games. Total 50 players (Twenty-five (25) female and twenty-five (25) male were purposively selected from inter-university taekwondo championship for the study.
Selection of variable

Anxiety level between female and male taekwondo players of interuniversity championship was measured.

Selection of subjects

The subjects for the present study consist of female and male interuniversity taekwondo players were selected during interuniversity games in Punjabi university Patiala. Total 50 players 25 females and 25 males were selected for the female and male subjects are those whose age group ranging from 20 to 27 years.

Tool used: For the collection of data. Sports competition anxiety inventory was used, which was developed by Dr. V.N Mishra and Ravi Kant. Which consist of 21 objective items.

Criterion Measures: To collect the data pertaining with research problem Sports competition anxiety questionnaire developed by Ravi Kant and V.N. Mishra (2003) was administered on the female & male players of inter-university taekwondo championship. Samples age ranging from 20-27 years. Scoring pattern as indicated in below paragraph. The scale is a two choice instrument, which consist of 21 pairs of statements. There are 11 positive (1,2,3,6,9,12,15,17,18,20,21) and 10 negative items (4,5,7,8,10,11,13,14,16,19).

Procedure: The instructions given by the tester to the subject in advance and after that subject was asked to sit calmly and asked to fill questionnaire.

Statistical Analysis: With regard to the purpose of the study, unpaired t test was calculated for selected variable between active and inactive male adults. The level of significance was set at 0.05 level.

ANALYSIS OF DATA

Table 1: Description of mean, standard deviation and t-ratio for the data of anxiety level between female and male interuniversity taekwondo players is given below.

Variables	N	Mean	Std. Deviation	Std. Error Mean	Value
Male Players	25	10.52	2.68	0.8	2.05
Female Players	25	12.16	2.96	0.8	

Significant Level at.05, Tabulated T Value 3.566

Table I statistically display that the mean and standard deviation with regard to male and female player is 10.52± 2.68 and 12.16±2.96 respectively. The calculated t-value (2.05) which is less than tabulated t-value (3.566) at 0.05 levels. So, it indicates that there is insignificant difference between male and female interuniversity taekwondo players.
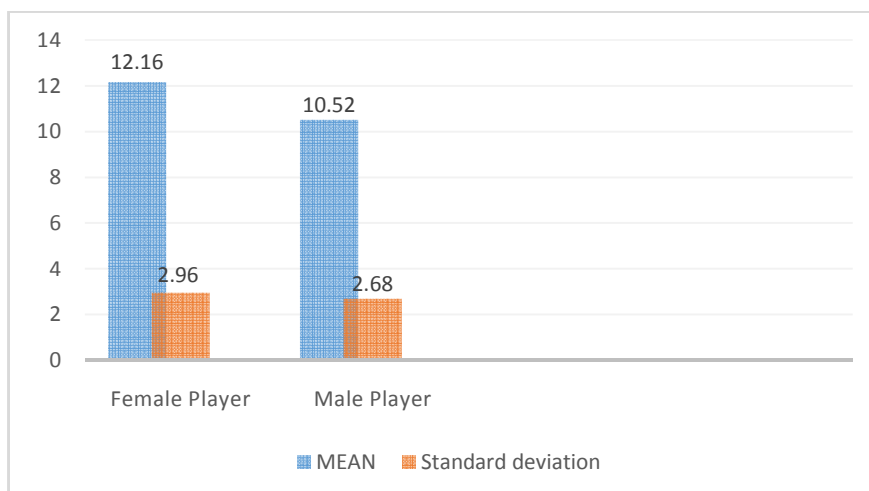
Fig 1: Mean and S.D difference between the pre-competition anxiety level between female and male interuniversity taekwondo players.

Discussion: The result of the study showed that there was insignificant difference between female and male interuniversity taekwondo players for their pre-competition anxiety level. On the basis of analysis of the data, investigator found that the earlier study of **B. Ghorbanzadeh& Peace bayar,(2013)** supported the present study.

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