

A Comparative Study of Anxiety Level between Rural and Urban Players of Athletics and Volleyball

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Abstract

Aim of present study was to see there is any difference in the level of Sports Anxiety Between Rural and Urban Boys of Athletics and Volley Ball. The purpose of this study was to compare the Anxiety level of Rural and Urban Players of Athletics and Volley Ball. To begin the aforesaid study a batch of 100[Rural = 50 (25 Athletics + 25 Volley Ball) + Urban = 50 (25 Athletics + 25 Volley Ball)] Male Players Studying in Chaudhary Charan Singh University, Meerut. All subjects had participated at state level tournaments in these games.. The data collection tool used in the study was the Sports Competition Anxiety Test (SCAT; Martens et al., 1990). The results after carefully examining the data revealed that there was no significant difference found in the Anxiety Level of Rural and Urban Boys. Although Urban Boys were found to be more Anxious than their Rural fellow beings according to mean but to conclude both batches had optimum level of Anxiety therefore null hypothesis was accepted. It was concluded that Sports Anxiety Plays very important role in each sport person's life irrespective of their standards of living or region.

KEYWORDS: Sports Competition Anxiety Test (SCAT), Anxiety, Rural, Urban, Players of Athletics and Volley Ball.

Introduction

Anxiety is a perspective in which the individual react with distress to some occasion that has happened or is doing to happen. The individual's stress over occasions, their events and outcome, when all is said in done are the wellsprings of uneasiness. Be that as it may, tension can be either physical or intellectual in nature. The side effects of substantial tension involve mental concerns and fears. In basic words, it is a kind of passionate aggravation. The sports men like different competitors are nervousness inclined while taking part in competitions. Anxiety is one of the most widely recognized obstacles to overall performance. Even under the least favorable conditions the impact of the anxiety gets the competitor so tangled up that he is solidified in dread. Best case scenario nervousness unpretentiously debilitates execution by diverting the consideration Kamlesh (2006).

Bowlby (1973) thinks about anxiety as firmly associated to fear, just like the case in the psychoanalytic custom and a large portion of psychoanalytic convention and the vast majority of psychiatry, yet he doesn't equate the two ideas. He thinks the two terms alludes to firmly related state and offer basic cases and appearances.

Parnabas and Mahamood (2010) referenced anxiety as one of the fundamental factors that lessens competitors' performance in sports. In many research surveys, researchers have discovered that significant levels of anxiety can have a breaking down impact on competitors' or groups' performance. Until this point in time, be that as it may, there

has been no endeavor to competitive anxiety level as impacted by gender, levels of abilities, and performance. The primary point of the examination was to portray and analyze the tension contrasts previously and during rivalry among various classes of abilities of competitors and sexual orientations. Information were gathered from 902 competitors utilizing a 27 thing Competitive State Anxiety Inventory-2. The outcomes indicated that national level and male competitors got the most reduced score on competitive state anxiety. In view of the current outcomes, it is suggested that sport clinicians, sport advocates, and mentors in Malaysia utilize the discoveries to configuration fitting preparing projects to assist competitors with gaining appropriate adapting systems in order to lessen their state anxiety levels and upgrade their performance.

Rajeev and Sanjay(2016) investigate anxiety level of Football Players at various playing position for example advances, midfielders, safeguards and goalkeepers. For the examination, 200 male football players from the various universities of Haryana were chosen those players were chosen in the example who were partaken in the entomb university competitions in their particular schools. Just those school cooperative individuals were picked as tests who had taken part in bury university competitions up to the association stage at any rate. The age of the example players fluctuated between 18-25 years. The examination reasoned that the uneasiness, regardless of whether state and characteristic, of football players contrasts altogether at various playing positions. The anxiety degree of advances were discovered the most elevated. In protector for the both kind of uneasiness for example state and quality, the equivalent was discovered the most reduced among all the playing positions.

It was hypothesized that there would be no significant difference in the degree of Sports Competition Anxiety amongst the Rural and Urban Male Players of Athletics and Volley Ball.

Methodology

The purpose of the present study was to compare Anxiety Level of Rural and Urban Players of Athletics and Volley Ball. For the present study a batch of 100 (Rural 50 + Urban 50) state level Male Athletics and Kabaddi players respectively were randomly selected. Sports Competition Anxiety Test (SCAT Martens et al., 1990) was used to measure Sports Competition Anxiety Level. The Questionnaire was distributed to the players one hour before the game. Before administering the test, the procedure and benefits of the study was briefly explained to players and coaches also. SCAT by Martens et al., 1990 consists of 15 statements. Scores obtained for each statement was added up which represent an individual's total score on SCAT score. Then the SCAT scores were analyzed.

For the purpose of analysis of data, descriptive statistics (mean and standard deviation) and independent t-test was applied to compare the degree of Sports Competition Anxiety Level between Rural and Urban Players of Athletics and Volley Ball. The level of significance was set at 0.05 levels ($p < 0.05$).

Results and Discussion

The scores were obtained by using the key as prepared by Martens et al., 1990. All the individual SCAT score was used to judge the level of Anxiety. The data was analyzed

by using “t” test. The significance of mean difference was found between scores obtained on Sports Competition Anxiety Level by Rural and Urban Players. Further it has been presented in Table -1 and Table -2.

Table 1: Comparison of Mean and Standard Deviation of Rural and Urban Players of Athletics on Anxiety Score

Variables	N	Mean	S.D	Std. Mean Error	t-ratio
Rural	25	16.43	3.24	.56	.729
Urban	25	17.67	3.42	.64	

*Significant at .05 level of significance

Table 2: Comparison of Mean and Standard Deviation of Rural and Urban Players of Volley Ball on Anxiety Score

Variables	N	Mean	S.D	Std. Mean Error	t-ratio
Rural	25	15.93	3.43	.43	.649
Urban	25	16.76	3.57	.59	

*Significant at .05 level of significance

Discussion

The mean value of Urban Athletics and Volley Ball Players on Sports Competition Anxiety was found to be higher than the Rural Athletics and Volley Ball Players, which revealed that Urban Players were more prone to Sports Competition Anxiety compared to the Rural Players. According to the SCAT scoring scale both were having optimum level of Anxiety. The reason behind this state of condition may be nature as well as the demand of these sports activities. According to SCAT scale score (17-24), individual have an average level of Anxiety which is good in psychological terms. The mean of both falls under the average category of Anxiety. In cities, players participate in more tournaments as compared to the Rural Players. Expectation of the family members and society are higher in cities and they are more concern about their future prospects in sports career. Whereas the driving force behind the Rural Players, playing any particular sport is either enjoyment or sometimes pressure of their coaches. These may be some possible reasons why the Urban Players were more Anxiety prone than the Rural Players.

Conclusions

The findings revealed that there was statistically no significant difference found. It may therefore be concluded that the Urban Players of Athletics and Volley Ball were more prone to Sports Competition Anxiety as compared to the Rural Players. This may be attributed to the fact that the Rural and Urban Players of Chaudhary Charan Singh University, Meerut and facing same kind of situation in the competition.

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