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State Anxiety among Male Inter-University Level Sportspersons of Different Games

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Abstract

The present study was to analysis the state anxiety among male interuniversity level sportspersons of different games. 448 male players of Basketball, Volleyball, Kabaddi, Kho-Kho and Hockey were randomly selected as subjects. State Anxiety variable namely Cognitive State Anxiety, Somatic State Anxiety, Self Confidence Anxiety, Total State Anxiety assessed by using Questionnaire for Sports Anxiety Test, University of Minnesota, Mories. ANOVA followed by Scheffe's post-hoc test was administrated where ever f- ratio found significant. Among male sports persons, f-ratio found to be significant at 0.05 level of confidence. Post hoc test revels that, in Cognitive State Anxiety the male Basketball players were inferior to other four game players. In Somatic State Anxiety the Kabaddi players found significantly superior to Basketball, Volleyball, Kho-Kho and Hockey players. In Self Confidence Anxiety male Hockey players found to be significantly inferior to rest of the game players. The Total State Anxiety among male interuniversity sportspersons reveals the Basketball players are significantly inferior to rest of the game players. Based on the findings, one can interpret that, the State Anxiety is not similar in all the sports and games. The difference which occurred can be attributed to the technicality and tactics, and the nature of the sports.

Keywords: Sportspersons, Anxiety, Games, Analysis, Interuniversity Level.

Introduction

A complete mental and physical preparation is the result of sacrifice and self-discipline. It is easy to be average, but tough to be the best. Sporting arena at present acknowledges and appreciates sportspersons who can consistently exhibit superior performance, who is focused to be at his/her best and emerge successful.

Contemporary sports and exercise psychologists play a number of different roles including research, teaching and consultation services to athletes. The sports psychologists play a vital role in the preparation of the athlete, especially at high level. Psychological factors are frequently the crucial conditions or causes, which transform strength into weakness and vice versa. The practical sports psychology program is a holistic approach for peak performance. It includes deep relaxation and visualization, techniques for concentration, positive attitude, nutrition, stress management and meditation.

Anxiety is one of the most prevalent topics in sports and exercise psychology. It is a state of mind in which the individual responds with discomfort to some events that have occurred or going to occur. The person's worries about event, their occurrences and consequences in general are the sources of anxiety. Anxiety is related to emotional stability, tough mindedness and self-confidence.

Spiel Berger (1971) introduced the terms state anxiety that trait anxiety. He defined state anxiety as an immediate emotional state that is characterized by apprehension, fear and tension accompanied by physiological arousal. State anxiety is a temporary, ever changing emotional state. At the same time, trait anxiety is a feature of personality. It is a predisposition to perceive certain environmental situations as threatening and to respond to these situations. It is an acquired behavioural disposition.

Methodology

The purpose of the study was to analysis the State Anxiety of interuniversity level male sportspersons. Total 448 male players from Basketball, Volleyball, Kabaddi, Kho-Kho and Hockey game were randomly selected as subjects. State Anxiety was assessed by using Questionnaire for Sports Anxiety Test, University of Minnesota, Mories.

The questionnaires were distributed to the subjects for answering two hours prior to the start of scheduled matches. To analyze the differences if any which may exist between the sports persons of selected sports discipline, one way analysis of variance (f-ratio) was administered LSD post- hoc test was carried out, where ever f-ratio found significant.

Findings of the Study

Finding pertaining to analysis of variance on the variables of state anxiety in male sportsperson of selected five games namely Volleyball, Basketball, Kho-Kho, Kabaddi, and Hockey is given below.

Table 1: One way ANOVA on variables of state anxiety in inter-university level male sportspersons of selected games.

Variables	Source	Sum of Squares	df	Mean Square	F
Cognitive State Anxiety	Between Groups	373.631	4	93.408	5.155*
	Within Groups	8027.289	443	18.120	
	Total	8400.920	447		
Somatic State Anxiety	Between Groups	988.872	4	247.218	13.980*
	Within Groups	7834.048	443	17.684	
	Total	8822.920	447		
Self Confidence Anxiety	Between Groups	332.593	4	83.148	3.335*
	Within Groups	11046.262	443	24.935	
	Total	11378.855	447		
Total	Between Groups	1532.673	4	383.168	5.544*
	Within Groups	30614.896	443	69.108	
	Total	32147.569	447		

*Significant at 0.05 level of confidence.
F 0.05 (4.443) = 2.40

Table 1 reveals that state anxiety among male sportsperson playing Volleyball, Basketball, Kho-Kho, Kabaddi and Hockey was found to be with significant difference as F-ratio was more than table 'F' value of 2.40 at 0.05 level.

Table 2: Post-hoc Analysis of Cognitive State Anxiety of Male University Sportsperson of selected Games

Volleyball	Basketball	Kho-Kho	Kabaddi	Hockey	Mean Difference
21.1429	19.8690				1.27381
21.1429		20.6429			0.50000
21.1429			22.7381		1.59524
21.1429				20.9018	0.24107
	19.8690	20.6429			0.77381
	19.8690		22.7381		2.86905*
	19.8690			20.9018	1.03274
		20.6429	22.7381		2.09524*
		20.6429		20.9018	0.25893
			22.7381	20.9018	1.83631

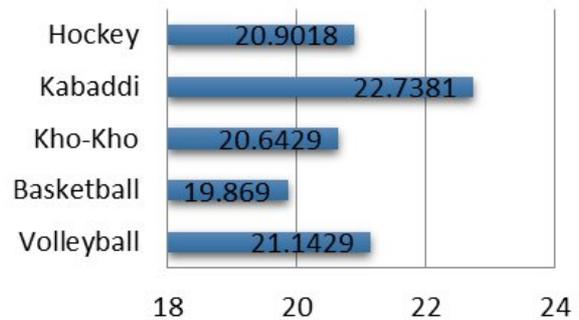*Significant at 0.05 level of confidence.

Fig 1: Cognitive state Anxiety of Male University Sportsperson of Selected Games

Table 2 Depicts that the post-hoc analysis of Cognitive State Anxiety was with significant difference between the male sportspersons of Basketball and Kabaddi, Kho-Kho and Kabaddi game. Whereas there was no significant difference between Volleyball and Basketball, Volleyball and Kho-Kho, Volleyball and Kabaddi, Volleyball and Hockey, Basketball and Kho-Kho, Basketball and Hockey, Kho-Kho and Hockey, Kabaddi and Hockey male players. (**Graph- 1**)

Table 3: Post-hoc Analysis of Somatic State Anxiety of Male University Sportsperson of selected Games

Volleyball	Basketball	Kho-Kho	Kabaddi	Hockey	Mean Difference
19.7976	17.3929				2.40476*
19.7976		19.4643			0.33333
19.7976			22.2262		2.42857*
19.7976				19.7857	0.01190
	17.3929	19.4643			2.07143*
	17.3929		22.2262		4.83333*
	17.3929			19.7857	2.39286*
		19.4643	22.2262		2.76190*
		19.4643		19.7857	0.32143
			22.2262	19.7857	2.44048*

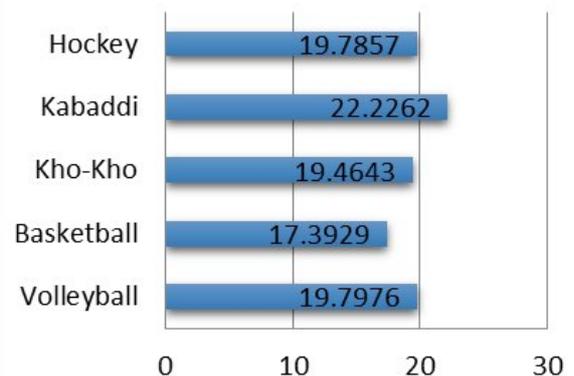*Significant at 0.05 level of confidence.

Fig 2: Somatic State Anxiety of male University Sportsperson of Selected Games

Table 3 reveals that the post-hoc analysis of Somatic State Anxiety was with significant difference between the male sportspersons of Volleyball and Basketball, Volleyball and Kabaddi, Basketball and Kho-Kho, Basketball and Kabaddi, Basketball and Hockey, Kho-Kho and Kabaddi, Kabaddi and Hockey players Whereas there was no significant difference between Volleyball and Kho-Kho, Volleyball and Hockey, Kho-Kho and Hockey male players. (Graph- 2)

Table 4: Post-hoc Analysis of Self Confidence Anxiety of Male University Sportsperson of Selected Games

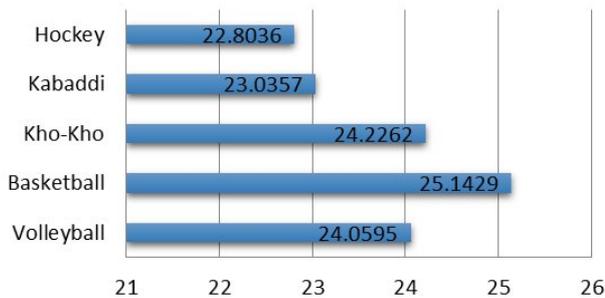| Volleyball	Basketball	Kho-Kho	Kabaddi	Hockey	Mean Difference
24.0595	25.1429				1.08333
24.0595		24.2262			0.16667
24.0595			23.0357		1.02381
24.0595				22.8036	1.25595
	25.1429	24.2262			0.91667
	25.1429		23.0357		2.10714
	25.1429			22.8036	2.33929*
		24.2262	23.0357		1.19048
		24.2262		22.8036	1.42262
			23.0357	22.8036	0.23214

*Significant at 0.05 level of confidence.

Fig 3: Self Confidence Anxiety of Male University Sportsperson of Selected Games

Table 4 reveals that the post-hoc analysis of Self Confidence Anxiety was a significant difference between the male sportspersons of Basketball and Hockey game male players. There was no significant difference between other game players. (Graph- 3).

Table 5: Post-hoc Analysis of Total State Anxiety of Male University Sportsperson of Selected Games

Volleyball	Basketball	Kho-Kho	Kabaddi	Hockey	Mean Difference
65.0000	62.4048				2.59524
65.0000		64.3333			0.66667
65.0000			68.0000		3.00000
65.0000				63.4911	1.50893
	62.4048	64.3333			1.92857
	62.4048		68.0000		5.59524*
	62.4048			63.4911	1.08631
		64.3333	68.0000		3.66667
		64.3333		63.4911	0.84226
			68.0000	63.4911	4.50893*

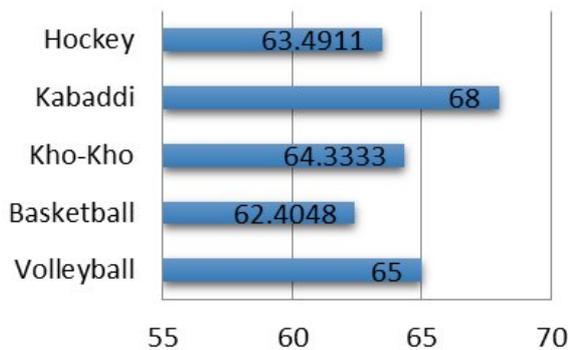*Significant at 0.05 level of confidence.

Fig 4: Total State Anxiety of Male University Sportsperson of Selected Games

Table 5 reveals that the post-hoc analysis of Total State Anxiety was a significant difference between the male sportspersons of Basketball and Kabaddi, Kabaddi and Hockey game male players. Whereas there was no significant difference between Volleyball and Basketball, Volleyball and Kho-Kho, Volleyball and Kabaddi, Volleyball and Hockey, Basketball and Kho-Kho, Basketball and Hockey, Kho-Kho and Kabaddi, Kho-Kho and Hockey game male players. (Graph- 4).

Conclusions
Within the limitation of the present study and on the basis of the findings the following conclusions were drawn.

In this age of science, it is our duty to scientifically measure and evaluate those mental aspects of players, which are considered more significant so that further improvement can be made in teams of performance. A great deal of research has been devoted by the researchers to assess how state anxiety affect performance and the results.

i) State Anxiety among the male players of different games male interuniversity level differs significantly in all variables.
ii) Variations and similarity in the various parameters of state anxiety which was observed in this study can be attributed to the psycho-somatic demand of the game, and pattern, regulations and the strategy of the game.
iii) The experiences of the players along with physical potentialities, technical and tactical abilities can also hold its stake in describing the level of various parameter of state anxiety.

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