



A study of level of anxiety among junior and senior in relation to their gender

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Abstract

The purpose of this study was to compare the level of anxiety between junior and senior male and female players. The study was conducted on a sample of fifty junior school state level players and fifty senior inter-university players. Only Kho-Kho, Kabaddi, Basketball, Handball, Hockey, and Volleyball players were selected from the colleges affiliated to M.D. University, Rohtak. Random Sampling Technique was employed to select the subjects. Sinha's Comprehensive Anxiety Test (1990) was used to access the level of anxiety. Mean, Standard Deviation and 't' test were applied to analyse the data. The findings of the study revealed that (i) senior male players found to have less anxiety than junior male players; and (ii) senior female players found to have less anxiety than junior female players.

Keywords: Anxiety, senior, junior, male, female players.

1. Introduction

Anxiety is a complex emotional phenomenon. It is reflected in the negative state of disturbed feeling which warns the athlete to find some ways to meet a situation. It is found in his unusual responses to situations. In an anxiety ridden state of mind, he is now incapable of doing things which earlier were fully under his control. It has startlingly been found influencing future events. An overanxious person is not restless over the things in hand (here and how), but he is more concerned about the future happenings which bother him. This condition then becomes operative in him. It changes his state of mind.

Anxiety describes the individual's level of emotionality. Anxiety and arousal are related because at the higher levels of arousal we considerably have more emotionality than at the lower levels. Since anxiety is an inferred emotional state of the organism and cannot be directly observed, investigations of anxiety rely heavily on having the individual report her own emotional states under various stress conditions. It has been observed that anxiety is a physiological response to a real imagined threat. It is a complex emotional state characterized by a general fear. Feelings of rejection and insecurity are usually a part of anxiety. A certain amount of anxiety is needed for peak performance.

In multidimensional anxiety theory, Martens *et al.* (1990) [8] proposed a series of two-dimensional relationships between cognitive anxiety, somatic anxiety, self-confidence and performance. Cognitive anxiety was defined as 'negative expectations and cognitive concerns about oneself, the situation at hand, and potential consequences' (Morris *et al.*, 1981) [10]. Somatic anxiety was conceptualized as the perception of one's physiological arousal. Self-confidence was conceptualized as one's belief in meeting the challenge of the task to be performed. In multidimensional anxiety theory (Martens *et al.*, 1990) [8], cognitive anxiety is hypothesized to have a negative linear relationship with performance; somatic

anxiety is hypothesized to have a quadratic (inverted-U shaped) relationship with performance; and self-confidence is hypothesized to have a positive linear relationship with performance (Singer, 1980) [11]. Singh (1986) [12] examined pre-test and post-test anxiety and found out that the pre competitive level of anxiety in inter college male athletic players is high and Post competitive anxiety in inter-college male athletic player is low. Soltani *et al.* (2012) [14] showed that the level of competitive state anxiety among the elite and non-elite badminton players in Iran was not significant ($P \geq 0.05$). There was no significant difference between the level of somatic anxiety and self-confidence among elite and non-elite badminton players in Iran ($P \geq 0.05$). On the contrast there was a significant difference between the level of somatic anxiety and training experience of elite and non-elite badminton players in Iran ($p < 0.05$). Dilip (2013) [1] revealed no significant difference among the players and non-players in male and female of various schools of Gujarat State in Anxiety Level. This clearly shows that the Anxiety level of both players and non-players of the schools students is same. This may be due the same age group

In the games and sports, psychological and physiological factors play an important role in determining the performance level (Grang and Kerr, 2010) [3]. Many athletes who perform well during training or practice can suffer from performance anxiety on game day. If feelings of nervousness, anxiety or fear interfere with one's sports performance, learning to use a few tips from sports psychology may help one get his/her anxiety under control and reduce game day nerves (Elizabeth, 2010) [2]. Therefore, the present research attempts to determine the level of anxiety between junior and senior male and female players of Haryana.

Objectives of the study

The objectives of the study are stated as follows:

- 1) To compare the anxiety among junior and senior male

- players.
- To compare the anxiety among junior and senior female players.

Hypotheses

- There would be no significant difference in the level of anxiety among junior and senior male players.
- There would be no significant difference in the level of anxiety among junior and senior female players.

Methodology

Selection of Sample

The sample consists of 100 (50 male and 50 female) junior and senior players of district Rohtak and Jhajjar. The subjects were drawn from the colleges affiliated to M.D. University, Rohtak. Random Sampling Technique was employed to select the subjects. The data was collected from senior players during inter university coaching camps and junior players during school state level sports tournaments. The present study is based on survey method.

Tool used

Sinha’s Comprehensive Anxiety Test (1990) has been taken to assess the anxiety. This questionnaire consisted of ninety statements.

Statistics Used

The statistical techniques – Mean, Standard Deviation and ‘t’ test were used to analyse the data.

Results

The anxiety score of male and female junior and senior players are depicted in tables 1 and 2.

Table 1: Means, SDs and T-ratio of anxiety between Junior and Senior male players

Category	N	Mean	SD	‘t’
Male Junior	25	14.73	2.47	2.765*
Male Senior	25	12.59	2.33	

* Significant at 0.01 levels.

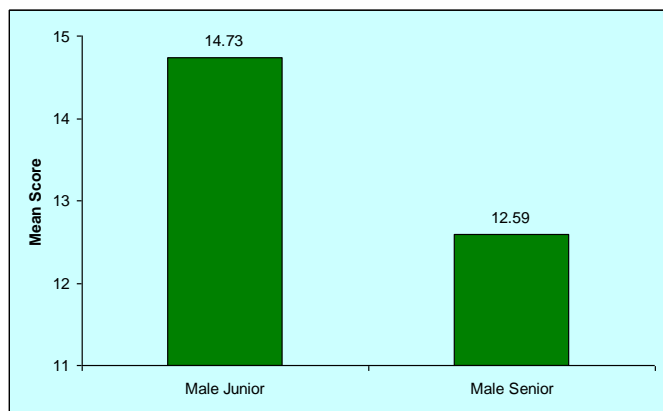


Fig 1: Means Score of anxiety between Junior and Senior male players

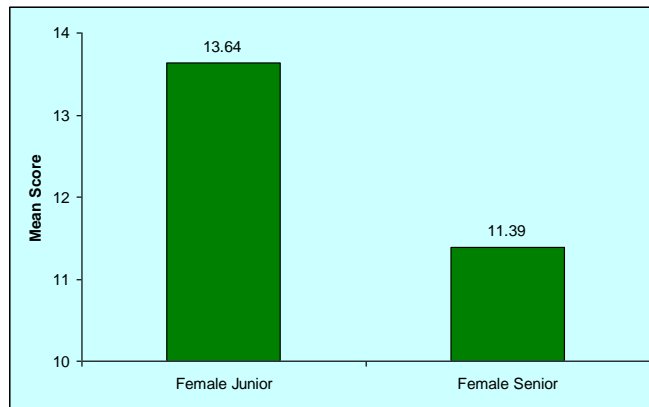
The table shows the mean scores of junior and senior players were 14.73 and senior was 12.59 respectively. The difference in means scores reveals that there is significant difference in

the level of anxiety among junior and senior male players. Junior and senior male players differ significantly at 0.01 level of significance. Hence the hypothesis that senior and junior male players have not differ on anxiety was rejected. Thus it may be concluded that junior male players have more anxiety as compared to their counterpart senior male players.

Table 2: Means, SDs and T-ratio of anxiety between Junior and Senior female players

	N	Mean	SD	‘t’
Female Junior	25	13.64	2.35	2.147**
Female Senior	25	11.39	2.17	

* Significant at 0.05 levels.



The table shows the mean scores of junior and senior players were 13.64 and senior was 11.39 respectively. The difference in means scores reveals that there is significant difference in the level of anxiety among junior and senior female players. Junior and senior female players differ significantly at 0.05 level of significance. Hence the hypothesis that senior and junior female players have not differ on anxiety was rejected. Thus it may be concluded that junior female players have more anxiety as compared to their counterpart senior female players.

Findings of the study:

On the basis of the study the following conclusions were drawn:

- Senior male players found to have less anxiety than junior male players.
- Senior female players found to have less anxiety than junior female players.

Discussion of results

The present study is mainly concerned with junior and senior players was participated in the sports competition. Now days, the game is becoming as a professional sport rather than the competitive sport. So the competitiveness among the players is growing up day by day with different color. Most psychologists believe that the highest level of competitive anxiety will deteriorate athletes’ performance in sport (Martens, Vealey and Burton, 1990; Weinberg and Gould, 1999; LeUnes and Nation 2002; Ortiz, 2006) [4, 8, 15]. In sports, higher levels of anxiety before any competition can deteriorate performance (Hardy, 1999). According to Weinberg and

Gould (1999), coaches fail to predict the accurate level of anxiety of athletes. According to Montgomery and Morris (1994) ^[9] and Lewinsohn, Gotlib, Lewinsohn, Seeley and Allen (1998) ^[5], female athletes generally exhibit higher anxiety than males because of the biological factors and their roles in the society. For example, the society can accept if females show fear, nervousness, and worry but not the males (Montgomery and Morris, 1994) ^[9]. According to Mahoney and Meyers (1989) ^[6] athletes of different levels of skill show different levels of competitive anxiety.

Recommendations

1. During sports competition players are mentally anxious and this affects them in handling performance. To avoid such effects players prepared psychologically.
2. Junior players due to their less experience, less participation and lower age felt more anxiety during sports performance. So proper psychologically training should be given to them.
3. While giving psychological training along with yoga and meditation, special attention must be given on anxiety

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