



ISSN:2277-3665

Impact Factor : 2.9052(UIF)

Volume - 5 | Issue - 1 | Jan - 2016



Pradeep Kumar U.



“A STUDY OF ANALYSING ANXIETY AMONG SPORTSMAN AND NON SPORTSMAN”



Pradeep Kumar U.

Physical Education Director, Government First Grade College,
Irkalgada, Koppal, Karnataka.

ABSTRACT

There is so much difference between sportsman and non sportsman in comparison of Anxiety. Some studies found that Anxiety is the important factor that is related to sports. In this present study examines the importance of Anxiety among sportsman and non sportsman. The study was conducted to see the difference between sportsman and non sportsman in Anxiety. It was Hypothesized that there will be a significant difference between sportsman and non sportsman in Anxiety.

The sample of the study has been selected randomly. The sample consists of 20 sportsman and 20 non sportsman students studying in Government First Grade College Irkalgada of Koppal District. For the Measurement of Anxiety, Sinnas comprehensive Anxiety test was used. The data was subjected to mean, standard deviation and “t” value. The aim of the study was to see the difference among sportsman and non sportsman in Anxiety. The result of the present study clearly indicates that there is a significant difference between sportsman and non sportsman in anxiety. Result of the study clearly indicates that the sportsman group have lower anxiety when compare with non sportsman. From the analysis of result it can be concluded that sportsman group seems to be lower in anxiety than the non sportsman group.

KEYWORDS :Sportsman, Non Sportsman, Anxiety, etc.

INTRODUCTION

Anxiety is a state of mind in which the individual responds with discomfort to some event that has occurred or is going to occur (Kauss. 1980). The person worries about events, their occurrences and consequences, in general are the sources of anxiety. However, anxiety can be either somatic or cognitive in nature. The symptoms of somatic anxiety comprise mental worries and fears. In simple words, it is a type of emotional disturbances.

Anxiety is related to emotional stability, tough mindedness, and self confidence. The more stability, toughness and confidence a person has the better he is equipped to handle anxiety and convert it in to something very productive.

The effect of anxiety on performance depends directly on the type of task considered. In most cases a heightened arousal state has been found to facilitate simple performances. On the other hand, as anxiety reaches a certain level, a breakdown of psychological and physiological integrative mechanism is often seen to occur, resulting in less efficient performance in more complex tasks, Anxiety has a temporal relationship to performance. In general anxiety levels increases prior to a dangerous situation until they become relatively high just before it is encountered. During performance anxiety is often lessened. Since the individual must concentrate on his own actions rather than on his internalized fears.

Anxiety is considered to be a normal relation to stress. It helps one deal with a tense situation in the office, study for an exam keep forced on an important speech and on ground. In general helps one cope, but when anxiety becomes an excessive, irrational deal of everyday situations. It has become a disabling disorder. Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotion, and behaviour components. Anxiety is distinguished from fear, the main types of fear are described and the concepts of anxiety disorder are elucidated. Anxiety is a pervasive and significant negative affect that is now under intense investigation it is an intriguing and complex phenomenon that lends itself of cognitive analyses:

Anxiety involves the inter play of vigilance, attention, perception, reasoning and memory the very meat of cognitive processing. Anxiety is the thence, under setting anticipation of a threatening but vague event, a feeling of uneasy suspense. It is a negative affect so closely related to fear that in many circumstances the two terms are used interchangeable like an anxiety, fear also is a combination of tension and unpleasant anticipation. The present research examines the level of anxiety among sportsman and non sportsman.

Reviews on Anxiety

Grös et al. (2007)¹ extended the previous psychometric findings to a clinical sample and validated the STICSA against a well-published measure of anxiety, the State-Trait Anxiety Inventory (STAI; C. D. Spielberger, 1983). Patients (N=567) at an anxiety disorders clinic were administered a battery of questionnaires.

The results of confirmatory factor analyses (Bentler-Bonnett non normed fit index, comparative fit index, and Bollen fit index >.90; root-mean-square error of approximation <.05); convergent and discriminate validity analyses; and group comparisons supported the reliability and validity of the STICSA as a measure of state and trait cognitive and somatic anxiety. In addition, compared with the STAI (anxiety: $r_s = .52$ and depression: $r_s = .64$) the STICSA was more strongly correlated with another measure of anxiety ($r_s = .67$) and was less strongly correlated with a measure of depression ($r_s = .61$). These findings suggest that the STICSA may be a purer measure of anxiety symptom metrology than is

the STAI.

Methodology

The study was conducted to see the difference between sportsman and non sportsman in anxiety. The hypothesis is that “There will be a significant difference between sportsman and non sportsman in anxiety”. The sample of the present study has been selected randomly. The sample consists of 20 sportsman and 20 non sportsman students of Government First Grade College Irkalgada of koppal District. For the measurement of anxiety, Sinhas comprehensive anxiety test was used. Test is taken by the Researcher.

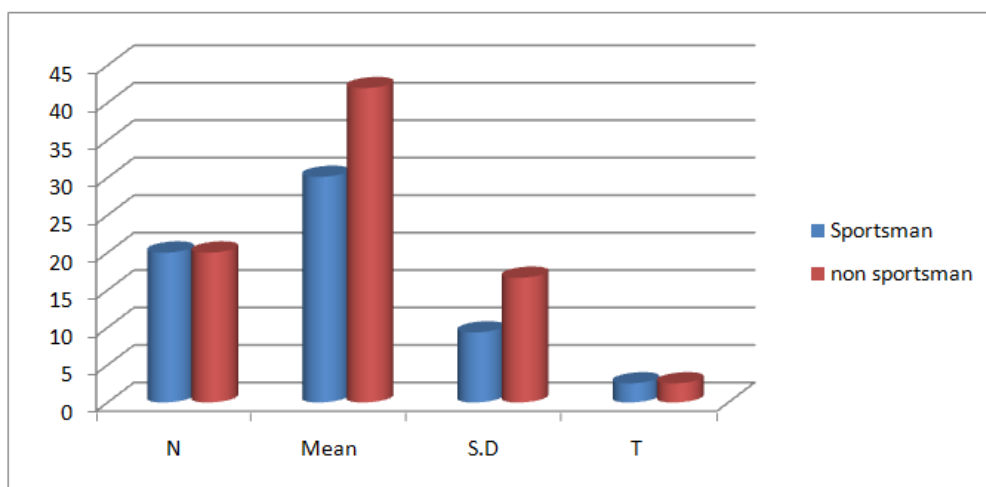
Findings of the Study

There are 20 sportsmen and 20 non sportsman students group. Mean of a sportsman group is 30.11. Slandered deviation of a sportsman group is 9.34. Similarly the mean of non sportsman group 41.96. Standard deviation of a non sportsman students group is 16.64. “t” value is 2.54.

Result Shows in the following table

Group	N	Mean	S.D	T. Value
Sportsman	20	30.11	9.34	2.54
Non Sportsman	20	41.96	16.64	

Chart that showing the results



Discussion

The study clearly indicates that here is a significant difference between sportsman and non sportsman students in Anxiety. Result of the present study indicates that sportsman group have lower anxiety compare with non sportsman students group.

CONCLUSION

When feeling anxious, the person has difficulty in identifying the cause of the uneasy tension or the nature of the antedated event or disaster. Anxiety is unpleasant, unsettling persistent, pervasive

and draining. Intense and prolonged anxiety can be disabling and even destructive. Anxiety is state of heightened vigilance rather than an emergency reaction Anxiety is not a lesser and platform of fear and in many ways is more difficult to tolerate than fear. From the analyses of result it can be concluded that sportsman group seem to be lower anxiety than non sportsman students group.

REFERENCES

1. Grös, D. F., Antony, M. M., Simms, L. J., & McCabe, R. E. (2007). Psychometric properties of the State-Trait Inventory for Cognitive and Somatic Anxiety (STICSA): comparison to the State-Trait Anxiety Inventory (STAI). *Psychological assessment*, 19(4), 369.
2. Vickers, J. N., & Williams, A. M. (2007). Performing under pressure: The effects of physiological arousal, cognitive anxiety, and gaze control in biathlon. *Journal of Motor Behavior*, 39(5), 381-394.
3. Bourgeois, J. A., Cogswell, J. B., Hessler, D., Zhang, L., Ono, M. Y., Tassone, F., ...& Hagerman, R. J. (2007). Cognitive, anxiety and mood disorders in the fragile X-associated tremor/ataxia syndrome. *General hospital psychiatry*, 29(4), 349-356.
4. Hanton, S., Mellalieu, S. D., & Hall, R. (2004). Self-confidence and anxiety interpretation: A qualitative investigation. *Psychology of sport and exercise*, 5(4), 477-495.