

A COMPARATIVE STUDY OF ANXIETY LEVEL OF THE BOYS STUDENTS OF DIFFERENT SCHOOLS

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A B S T R A C T

There is no doubt that level of anxiety is high in players not only when in the playground, in a competition but it is there when they are preparing for the competition in the exercise session. The anxiety of the players generally is related to their success or failure or about the level of their performance while participating in the sport. The purpose of the study was the analysis of anxiety level of the Boys students of different schools. For this purpose, list of students from Lucknow region who represented intercollegiate tournaments was prepared and from these players subjects were selected using method of random sampling. The final sample consisted of 15 government college Boys players and 15 private college Boys players making total of 30 players. The age range of samples was between 15 to 19 years. Anxiety has been assessed using Sports Competition Anxiety Test (SCAT). This test was developed by Rainer Martens, Diane Gill, Tara Scanlan, and Julie Simon in the year 1990 at Champaign, IL. The study reveals that significant differences exist between Government and Private School Boys players. The significant difference is due to the fact that Government and Private School Boys players don't have same level of anxiety. The reason for this may be that Government School Boys players have less control on their emotions and less mature and Private School Boys players are anxious for their performance and achievement.

Keywords: Comparative, Anxiety Level, The Boys Students, Different Schools

INTRODUCTION

There is no doubt that level of anxiety is high in players not only when in the playground, in a competition but it is there when they are preparing for the competition in the exercise session. The anxiety of the players generally is related to their success or failure or about the level of their performance while participating in the sport.

Kamlesh (1983) cited that in modern competitive sports, psychological preparation of an athlete or a team is as much important as technique of the different skills of the game on specific lines. The athletes and teams are prepared not only to play the game, but to win it. And for winning the games it is not only the proficiency in the skills which bring victory but more important is the preparation, the spirit and the attitude of the athletes with which they play and perform the best in the competition.

In fact, the psychologists are of the view that a certain amount of anxiety is helpful in raising the level of achievement or performance of the individual but if its level is too high it is going to hamper the performance of individual. Anxiety may be defined in two ways. It is a trait of the personality as well as a state of mind. Anxiety state means emotional state characteristics by apprehension of some danger right now. An anxious person thinks about the danger then and there. It may disappear after some time thus it is transitory in nature. As a trait anxiety refers to a disposition to perceive certain situation as threatening and to respond to this situation with varying levels of anxiety. This idea has been elaborated by Spielberger (1966). Sportspersons anxiety level also follows this pattern; players have trait anxiety in general when they think of success and failure in the outcome of the game. They also have state anxiety when special situations arise during the game or there are high stakes are involved in the competition. 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, finding in less efficient performance in more complex tasks. Anxiety has a temporal relationship to performance. In general, anxiety level increases prior to a dangerous situation until they become relatively high just before it is encountered. During performance anxiety is often lessened. The individual must concentrate on his own actions rather than on his internalized fears. The present study was undertaken to compare the anxiety level of the Boys students of different school.

SIGNIFICANCE OF THE STUDY

1. The study may also help to assess the differences in the selected psychological parameter among sportspersons of the sport discipline chosen in the study.
2. The result of the study may provide useful information and guidance to coaches, physical education teachers and athletes regarding the behavioral characteristics of sportspersons.
3. The study is a useful information in the field of sports psychology and may help trace the psychological profiles of inter collegiate level sportspersons.

METHODOLOGY

The purpose of the study was the analysis of anxiety level of the Boys students of different schools. For this purpose, list of students from Lucknow region who represented intercollegiate tournaments was prepared and from these players subjects were selected using method of random sampling. The final sample consisted of 15 government college Boys players and 15 private college Boys players making total of 30 players. The age range of samples was between 15 to 19 years.

SELECTION OF QUESTIONNAIRE

Anxiety has been assessed using Sports Competition Anxiety Test (SCAT). This test was developed by Rainer Martens, Diane Gill, Tara Scanlan, and Julie Simon in the year 1990 at Champaign, IL. The tool consisted of 15 items to be answered by putting a mark of X. Each statement consisted of three responses; hardly ever, sometimes and often, the respondents made a cross mark (X) on any one of the responses that fitted to them. The scores for positive statement that is question number 1,2,3,4,5,7,8,9,10,12,13,14 and 15 are awarded by giving 1 mark for Hardly ever, 2 for Sometimes and 3 for often. The scores for negative statement that is question number 6 and 11 are awarded by giving 3 marks for Hardly ever, 2 for Sometimes and 1 for often. The scores obtained for both positive and negative statements were added. The higher is the score the higher is the anxiety.

RESULT AND DISCUSSION

The result obtained after applying the students “t” test between the scores of Government and Private School students are presented in the Table-1. The level of significance was fixed at 0.05 level.

Table 1

Teams	N	Mean	SD	“t” Value	Level Of Significance At 0.05 Level
Government School Boys	15	28.633	3.252	3.29*	2.048
Private School Boys	15	33.833	5.149		

*Significant at 0.05 Level

The observation of the table-1 reveals that the obtained “t” value is 3.29 which are statistically significant at 0.05 level as they are more than tabular value of 2.048. The mean scores indicate that the Private School Boys is having higher mean score (33.833) in comparison to Government School Boys (28.633).

DISCUSSION

The study reveals that significant differences exist between Government and Private School Boys players. The significant difference is due to the fact that Government and Private School Boys players don't have same level of anxiety. The reason for this may be that Government School Boys

players have less control on their emotions and less mature and Private School Boys players are anxious for their performance and achievement.

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