



A comparative study on state anxiety and trait anxiety among inter-college and inter-university softball players

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Abstract

Sports psychology ideally wants to be part of your everyday training so that you work on your mental toughness without really knowing it. For this reason at Condor Performance we provide services to coaches as well as athletes / performers. A qualified sport psychologist / performance psychologist can work with anyone wanting to improve their performance. Many of the mental skills we use to help our athletes work just as well for performing artists, dancers, musicians and even those whose performance is their work. In other words, people often worry when they perceive an upcoming event as being “aversive, likely, imminent, and resource demanding”. Thus, a central feature of worry is that it is generally future-oriented, implying that it is focused upon anticipated threat. Worry is frequently cited as a component of “cognitive interference,” which refers to a class of cognitions that are intrusive, unwanted, undesirable, and at times disturbing to the individual.

Keywords: state anxiety, trait anxiety, mental toughness, cognitive

Introduction

Selection of subjects and data collection

The researcher collected the data on sixty (N=60), female players. The subjects further divided into (N=30) intercollege players and (N=30) interuniversity level players among the age group of 18-28 years were selected. The subjects were purposively assigned from inter-college and interuniversity level softball players. The Sport Competition anxiety test (SCAT) by Rainer Marten was selected for the study because it is a sports specific anxiety test. Further it assesses

competitive anxiety on the basis of two dimension anxiety i.e., state anxiety, trait anxiety.

Statistical Technique Employed

The Statistical Package for the Social Sciences (SPSS) version 14.0 was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by unpaired ‘T’ test. In all the analyses, the 5% critical level ($p < 0.05$) was considered to indicate statistical significance.

Analysis of Data

Table 1: Comparison of state anxiety among inter university and inter college softball players.

Variable	Group	N	Mean	S.D	t-value	p-value
State Anxiety	Inter university	30	19.83	1..72	5.82*	0.000
	Inter college	30	23.53	3.02		

* indicates $p < 0.05$

The state anxiety of inter university and inter college softball players is shown in Table-1. The mean state anxiety of inter university and inter college softball players was 19.83 and 23.53 respectively. As shown in the table the inter university

softball players were found to have significantly lower state anxiety ($t=5.82$, $p=0.000$) as compared to the inter college softball players.

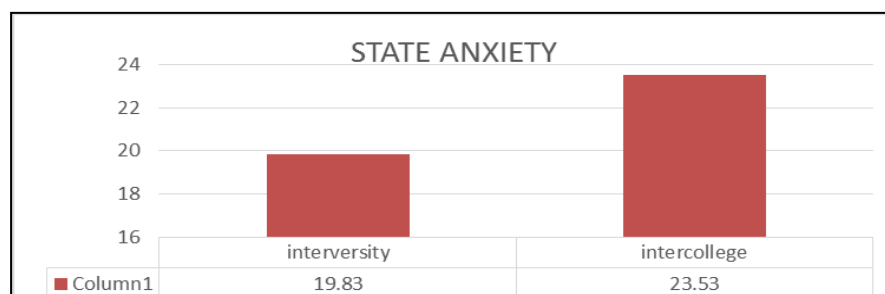


Fig 1: Mean state anxiety among inter university and inter college female softball players.

Table 2: Comparison of trait anxiety among inter university and inter college softball players.

Variable	Group	N	Mean	S.D	t-value	p-value
Trait Anxiety	Inter university	30	22.00	6.74	5.81*	0.000
	Inter college	30	30.60	4.49		

* indicates $p < 0.05$

The trait anxiety of inter university and inter college softball players is shown in table-2. The mean trait anxiety of inter university and inter college softball players was 22.00 and 30.60 respectively. As shown in the table there was significant

difference in relation to trait anxiety ($t=5.81, p=0.000$) among the inter university and inter college softball players. Interuniversity players score less than intercollege player's shows significantly less trait anxiety in interuniversity players.

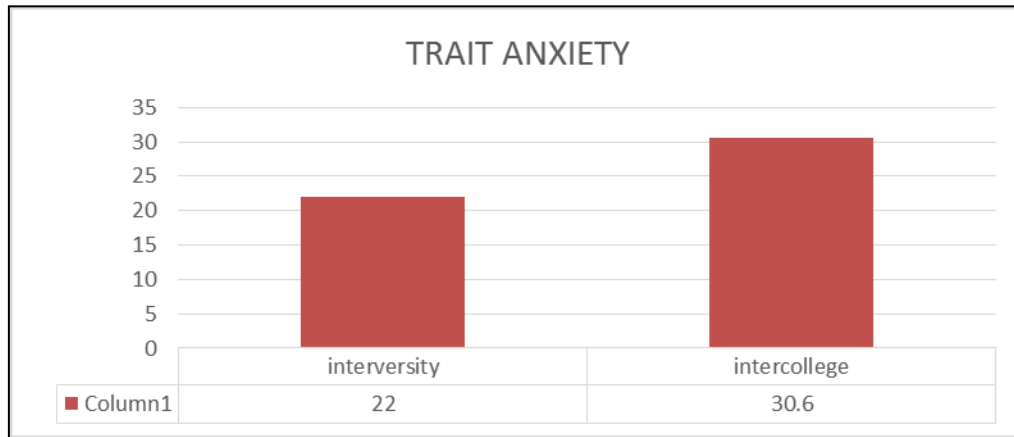


Fig 2: Mean of trait anxiety among inter university and inter college softball players.

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