

A study of Pre-competitive anxiety between male and female Basketball players of Amravati University

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Abstract

The purpose of this study was to find out or to compare the Pre-Competitive Anxiety between Male and Female Basket Ball Players of Amravati University. The data obtained from the responses of pre competitive anxiety level given by students through standard questionnaire prepared by Martens. The data was collected qualitatively on test Pre-Competitive Anxiety between Male and Female Basket Ball Players of Amravati University. Male (N=30), and female (N=30), from the main campus of Amravati University, the data was analyzed by using appropriate statistical techniques, viz. Mean, Standard Deviation and 't' test to find out the significant difference among the selected variables and the subjects were selected by using Random sampling method from both.

Keywords: stress, sportsperson and non-sportsperson

Introduction

Sports are a psycho-social activity. It has both psychological social dimensions besides physical, physiological and technical aspects. Man's interest in sports is found among all the society of the world. Most of the nation's share a common interest in sport competition, especially during Olympic Games, where people from all nations focus their attention on the drama of competition. But the quality of participation of the athletes and sports man is determined by their psychological factors. In this Modern era of competition, psychological preparation of a team is as impotent as teaching the different skill of a game. On the scientific lines, the teams are motivated not only to play the game but also to win the games. It is not only the proficiency in the skill which brings victory but more important is the spirit of the players with which they play and perform their best in the competition. The application of psychological principles is also important for the performance in sports and therefore, it is given greater attention in present days.

Sports Psychology

These days sports competitions are very tough. Players are using best techniques and best training methods for better results during competitions. Even then they are not satisfied by their results. Thus the importance of psychology was realized in physical education to give best possible results of players. Sports psychology is the branch of psychology which deals with positive behaviour of sports person during training and competition period to increase performance. It guides coaches and players to give individual attention regarding various methods and various motivational techniques. It gives knowledge regarding adolescence problems, changes during adolescence, managing adolescence problems. It guides sports ethics and sportsmanship to develop sports attitude.

Methodology

Every researcher wants to be systematic during his whole research work. So the researcher divided each chapter of his

work systematically in order to face less difficulty in the conductance of the problem. In the present chapter, the design of the study has been presented under the following headings.

- Source of data.
- Selection of subjects
- Sampling method
- Tools used for collection of data.
- Collection of data.

Source of data

For the present study the Subjects were selected from the Amravati University.

Selection of subjects

Sixty (60) subjects were selected for this study. Thirty (30) male and thirty (30) female subjects.

Sampling method

The subjects were selected by using simple random sampling method.

Tools use for collection of data

The standard Questionnaire was used for the collection of data for psychological variables.

Anxiety

The standard Questionnaire of Pre-Competitive Anxiety test constructed by Marten used for the collection of data.

Analysis and Interpretation of Data

The statistical analysis and interpretation has been done on the basis of data collection. The data was analysed by using independent 't' test and interpretation was drawn. The level of significance was set at 0.05 to test the hypothesis.

Level of Significance

To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

Table 1: Comparison of Pre-Competitive Anxiety between Male and Female Basket Ball Players

| Game | Mean | S.D. | M.D. | S.E. | D.F. | O.T. | T.T. |
|--------|-------|------|------|------|------|------|------|
| Male | 21.03 | 8.46 | 3 | 1.93 | 58 | 1.55 | 2.02 |
| Female | 18.03 | 6.34 | | | | | |

Level of Significance = 0.05

Tabulated 't' (58) = 2.00

Table No 1 reveals that there was difference between mean of Male And Female group because mean of male group = 21.03 which is less than the mean of female group=18.03 so the

mean difference where found as 3 and standard error is 1.93 to check the significant difference between Male And Female group the data was again analyzed by applying 't' test before applying 't' test standard deviation was calculated between Male And Female group. Where SD of group male = 8.46 and SD of group female =6.34 and the calculated value of 't' where found 1.55 which less than tabulated t=2.02 at 0.05 level of significance. This shows that female Basketball players are having high pre competitive anxiety level than male Basketball players. So the researchers pre assumed has been rejected.

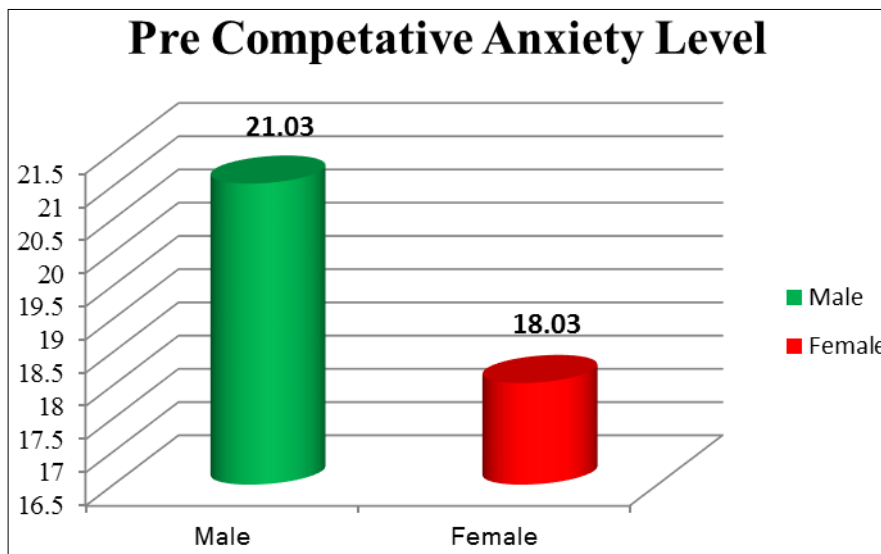


Fig 1: Showing the Mean Score of pre competitive anxiety level between male and female Basketball players

Conclusion

From the above study it is concluded that as pre competitive anxiety level is concerned it is often happened to every players having stress or anxiety to fight in main competition. It is concluded that female Basketball players are having high pre competitive anxiety level than male Basketball players. It is also concluded that the male players are reliable and careful as compared to female players.

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