



GNITED MINDS
Journals

*International Journal of
Physical Education and
Sports Sciences*

*Vol. IV, No.I, October-2012,
ISSN 2231-3745*

COMPETITION ANXIETY AMONG MALE AND FEMALE RUNNERS, JUMPERS AND THROWERS

Competition Anxiety among Male and Female Runners, Jumpers and Throwers

Dr. K. M. Valsaraj

Associate Professor, Lucknow Christian College, Lucknow

Abstract – The purpose of this study was to compare the competition anxiety among male and female runners, jumpers and throwers. Methodology- One hundred twenty subjects both male and female of U.P. state who have represented state athletic championship, these were divided into three groups i.e. runners, jumpers and throwers. SCAT was used to measure sports competition anxiety. The Two way analysis of variance was used to measure the anxiety of female and male athlete with respect to runners, jumpers and throwers. Result: Analysis of variance for male and female was insignificant as obtained F-value 2.38 was lesser than the required value 3.92. Similarly, when different events of athlete like runners, jumpers and throwers were considered the F-value was found insignificant as obtained value 1.67 was lesser than the required value 3.07. Further interaction between gender and athlete was also insignificant as obtained F-value 0.72 was lower than the required 3.07 at 0.05 level.

INTRODUCTION

Sportsmen like other athletes are anxiety prone while participating in competitive sports. Anxiety is one of the most common deterrents to good performance. At worst the effect of anxiety gets athlete so tied up in knots that he is frozen in fear. At best anxiety subtly impairs performance by distracting the attention. The over anxious individual has a high level of cerebral and emotional activities with neuromuscular tension that may eventually leads an individual to the exhaustion stage and perhaps to the psychosomatic disorders. A track to stay in good health or facing an opponent head on in a knockdown drag out wrestling match. It is this challenge which produces the anxiety. At the core of the challenge is the eternal question.

“Can I do it?”

The anxiety comes from within the individual. How he handles the anxiety determines, how successful he will be.

OBJECTIVE OF STUDY

The purpose of the study was to compare the competition anxiety among male and female runners, jumpers and throwers.

METHODOLOGY

One hundred twenty subjects both male and female of U.P. state who have represented Inter athletic state championship were selected as the subjects for the study, their age range from 18 to 25 years, these subjects were divided into three groups i.e. runners, jumpers and throwers. Sports competition anxiety test

questionnaire (SCAT) prepared by Rainer Marten was used to measure sports competition anxiety. The Two way analysis of variance was used to measure the anxiety of female and male sports person with respect to runners, jumpers and throwers.

RESULTS OF THE STUDY

Two way analysis of variance for sports computational anxiety

Sources of	df	SS	MSS	Obtained	Required
Variance				F-ratio	F-ratio
0.05 level.					
Gender	1	66.008	33.04	2.38	3.92
Athletic Group	2	11.017	5.508	1.67	3.07
Gender x	2	5.717	2.85	0.72	3.07
Athlete Error	114	1436.05	12.5969		

N=120

Analysis of variance for male and female was insignificant as obtained F-value 2.38 was lesser than the required value 3.92.

Similarly, when different types of games like individuals' sports, combative sports and team games were considered the F-value was found insignificant as obtained value 1.67 was lesser than the required value 3.07.

Further interaction between gender and sports category was also insignificant as obtained F-value 0.72 was lower than the required 3.07 at 0.05 level.

DISCUSSIONS

The insignificant difference obtained in this study may be attributed to that all the male and female of runners, jumpers and throwers, when they compete in the competition they all possess same quantity or amount of tendency to perceive competitive situation with feeling of tension or apprehension.

REFERENCES

Boutin, Jones Kenneth Relationship of anxiety level and performance in NAIA inter-collegiate Basketball games, **Dissertation Abstracts International** 44 (Nov., 1983).

Encyclopedia of sport Science medicine, 1971 ed. S.V. "Individual adjustment to social practices and characteristics".

Kocher, K. C. Anxiety level and yogic practice, **YogMimamsa** 15 (April 1972)

Marten, R. and Julie, S. A. Comparison of the Predictors of state anxiety in competitive situations, **Research Quarterly** 47 (Oct. 1976).

Singh, Agyajit. Competitive Anxiety in Sports, "**SNIPES**", Journal 5 (July 1982) 41.