

A Comparative Study of Anxiety of Sports persons and Non Sports Persons of Andhra University Students

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The purpose of the study was to a comparative study of anxiety of sports persons and non sports persons (Sports persons University or Inter collegiate all discipline players) of Andhra university, Visakhapatnam. For the purpose of the study, forty students, 30 students each from sports persons and non sports persons were selected as subject. The age of the subjects ranged from 18-25 years were randomly selected from Andhra University ,Visakhapatnam district. The questionnaire is sports competition anxiety (SCAT) by Reiner Martens used for the study. Questionnaire fill up by all the subject which are randomly selected. The difference between the groups was assessed by using paired samples t-test. The level of significances was 0.05 level. The results showed that there is no significant difference among Sports persons and Non Sports persons in Andhra university students in the selected competitive anxiety.

Keywords: Competitive Anxiety, Sports persons , Non Sports Persons , Andhra University.

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INTRODUCTION:

One of the keys to the successful teaching of physical education is employing of a broad range of approaches and methodologies. As it is acknowledged, schools, classes and teachers will vary, some methods will suit particular circumstances better than others, and the nature of the strands themselves necessitates the use of a variety of teaching methods. There is a need to examine the teaching methods which will best enhance the achievement of the objectives, taking factors such as the content and context of the lesson into account as well as the needs of the learner. Learning and teaching are inseparable as the sides of the coin; each is needed to complete the whole. There can be no learning without teaching. All the skillful teaching produces abundant learning (Vanner, 1969).

Only if the correct training methods are known to the coaches, the particular part or area can be exposed and there will be no wastage of time in doing unnecessary exercises and adopting faulty methods. Thus, better results can be obtained in a short period. Nowadays, athletic is one of the most popular sports. Athletes want to improve their techniques to give their best performance. For this purpose, the chief emphasis of the coach should be on the training methods, he/she can see his/her trainees performing to their best and optimum levels.

Psychology :

Sports psychologists characteristically accomplishment of tasks related to sports presentation and education. Some elect to teach at the university level, while others work directly with athletes to increase enthusiasm and augment performance. Other possibilities and opportunities include client psychoanalysis, scientific exploration and athletic consulting.

All Sport is psychological as well as physical because it is led by mental images and thought patterns, your head, as psyche or physical conditioning. It will, however allow you to draw the most from the conditioning you have. If you have trained more and better, your present capacity will be higher than if you have trained less or less well. However, regardless of what your psyche in order to get the most from what you have. You have to rely on your head, your thoughts

Images, and mental patterns act as the control mechanism. Negative thought is particularly effective for destroying skilled performance.

Anxiety:

Anxiety is an emotional state, represented by a feeling of dread, apprehension, or fear. In humans, this can be defined by description using language. A considerable amount of research in sport psychology has examined the nature of competitive anxiety and how it relates with various motivational and cognitive variables. The aim of that line of inquiry is to provide important information with regard to situations where athletes may experience negative affective states, the antecedents of such situations, and the possible means that will enable sport performers to cope successfully with their negative emotions. Current research in sport (competitive) anxiety has primarily based its analysis on the multidimensional conceptualization and measurement of anxiety symptoms in other areas of psychology.

STATEMENT OF THE PROBLEM:

The purpose of the study "A Comparative Study of Anxiety of Sports persons and Non Sports Persons of Andhra University Students"

METHODOLOGY:

The samples for the present study consists of 60 students (Sports Persons and 30 Non Sports Persons in Andhra University students) between the age group of 18 to 25 years who have participate in various tournament. The method & procedure adopted for the selection of subjects, sample & design of the study, selection of variables i.e. anxiety. The present study makes use of the questionnaire method.

The assessment of anxiety levels was carried out by using sports competition Anxiety Questionnaire (SCAT) test by Renier Martin.

Statistical Technique:

To compare the anxiety of sports persons and non sports persons in Andhra universtiy students. Independent 't' was applied. The significance level was chosen to be 0.05.

Table – 1 : Show sports persons and non sports persons in Andhra university students Heart Rate of Players

S.No	Students	Sample size	Mean ± standard deviation	't' value
1	Sports Persons	30	26.45±2.38	1.932*
2	Non Sports Perosns	30	28.89± 2.45	

***Significant at 0.05 level**

RESULTS:

The data collected was analyzed by using statistical technique 't' test and results are presented in the above tables. The above table shows the mean value, standard deviation and 't' value of speed. The table also revealed that calculated $t_{0.05}(2, 38) = 1.932^*$ for both groups. Which is less than the tabulated $t_{0.05}$. It infers that there is no significant difference between the anxiety of sports persons and non sports persons in Andhra university students.

DISCUSSION OF THE FINDINGS:

Anxiety is a subjective feeling of apprehension and heightened physiological tension. Anxiety in sport may be affected by the objective competitive situation and the subjective competitive situation. Although the phenomenon of anxiety is a temporary one, its timing is very important and often the high anxiety levels are observed with individuals when they are not supposed to surface. In the selected anxiety value of sports persons (University or Inter collegiate all discipline players) students have shown mean value is less than Non sports persons students.

CONCLUSION:

On the basis of the finding of the study, that there is a relationship between the competition anxiety traits among all Sport persons and Non sports persons in Andhra university students. There is significant less difference in the sports persons and non sports persons Students.

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