E-ISSN:2319-3050

Research Article

Psycology

International Journal of Research Pedagogy and Technology in Education and Movement Sciences

2025 Volume 14 Number 01 JAN-MAR

Publisher

www.theuniversityacademics.com

Prevalence Of State Anxiety Of Female Athletes In Individual Combat And Team Combat Game

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DOI:https://doi.org/10.55968/ijems.v14i01.401

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The purpose of the study was to prevalence the state anxiety of female athletes in individual combat and team combat game. Fifty (N=50) Female athletes (N1=25) Individual Combat game athletes and (N2=25) Team Combat game athletes). The age of the subjects was ranged between 17-21 years. The subjects were selected by random sampling technique from the provinces of Punjab and Haryana. Through both the critical and allied literature pertaining to the problem under consideration the variable selected for the study was Psychological Variable State Anxiety. To assess the Psychological Variable State Anxiety, questionnaire developed by PSY- COM Services (1991) was used. The entire analysis has been carried out by using statistical software (SPSS 17 version) to address the selected research issue which had been deliberated by means of using Independent "t-Statistics" at level of Significance 0.05. Results indicates that a significant difference exists in the State Anxiety of female athletes in Individual Combat games and Team Combat games, since the calculated 't' value 4.53 which was found to be higher than tabulated 't' value 2.05. So, the means of two Games (Individual Combat games and Team Combat games) were found to be rejected at 0.05 level of significance.

Keywords: State Anxiety, Female athletes, Individual Combat games and Team Combat games

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How to Cite this Article

S, Singh A. Prevalence Of State Anxiety Of Female Athletes In Individual Combat And Team Combat Game. ijems. 2025;14(01):48-51.
Available From
https://ijems.net/index.php/ijem/article/view/401/

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Manuscript Received	Review Round 1	Review Round 2	Review Round 3	Accepted
2024-04-04	2024-04-09	2024-04-25	2024-05-12	2024-05-20

Conflict of Interest	Funding	Ethical Approval	Plagiarism X-checker	Note
Authors state no conflict of interest.	Non Funded.	The conducted research is not related to either human or animals use.	11	All authors have accepted responsibility for the entire content of this manuscript and approved its submission.

Introduction

Anxiety in sport has been largely documented in several studies as the focus of research on important psychological variables (Correia & Rosado, 2018; Hamidi & Besharat, 2010; Koehn, 2013) and theory development in sport psychology (Gill, Williams, & Reifsteck, 2017; Stenling, Hassmen, & Holmstrom, 2014). Similarly, several research projects have turned an extensive history of theoretical and empirical attention on anxiety within the field of sport psychology, including its antecedents, its relations with other psychological variables, and its consequences (Smith, Smoll, Cumming, & Grossbard, 2006). Female athletes reported higher levels of competitive trait anxiety (Kristjansdottir, Erlingsdottir, Sveinsson, & Saavedra, 2018) and higher levels of worries (O'Donoghue & Neil, 2015), whereas males indicated greater concentration disruption (Grossbard, Smith, Smoll, & Cumming, 2009). This is according to some previous studies regarding gender effects on competitive anxiety (Jones & Cale, 1989; Martens et al., 1990) but disagrees with other studies (Perry & Williams, 1989; Hanton, Neil, Melallieu, & Fletcher, 2008).

Selection of Subjects

Fifty (N=50) Female athletes (N_1=25) Individual Combat game athletes and (N_2=25) Team Combat game athletes). The age of the subjects was ranged between 17-21 years. The subjects were selected by random sampling technique from the provinces of Punjab and Haryana.

Selection of Variables

Through both the critical and allied literature pertaining to the problem under consideration the variable selected for the study was Psychological Variable State Anxiety.

Criterion Measure

To assess the Psychological Variable State Anxiety, questionnaire developed by PSY- COM Services (1991) was used.

Administration of Tests

The copies of the Questionnaire were personally distributed with prior permission of Coaches to the all the subjects with the request that they shall give correct and accurate answers. The subjects Were properly guided and assisted whenever they faced any difficulty. Proper instructions regarding the objectives of study and procedure for filling in the Questionnaire were given. The researcher personally contacted with the subjects and collected all the data.

Statistical Analysis and Results

The entire analysis has been carried out by using statistical software (SPSS 17 version) to address the selected research issue which had been deliberated by means of using Independent "t-Statistics" at level of Significance 0.05.

Table-1

Descriptive Statistics of State Anxiety of female athletes in Individual Combat games and Team Combat games

	N	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Individual Combat Game	25	16.21	2.01	.31	11.00	22.00
Team Combat Game	25	21.34	2.65	.26	15.00	23.00
Total	50	19.26	2.06	.18	12.00	28.00

The above cited table describes the descriptive statistics of State Anxiety of female athletes in Individual Combat games and Team Combat games. As the mean ± Standard Deviations are 16.21 ± 2.01, 21.34 ± 2.65 and 19.26 ± 2.06 respectively. The total Number of subjects was N_1=50.

Table-2

Independent t-Statistics of the State Anxiety of female athletes in Individual Combat games and Team Combat games

Groups	N	Std. Error Mean	't' Statistics	df	Sig. (2-tailed)
Individual Combat game	25	.07	4.53	23	0.000
Team Combat game	25			2	

Table-1 explains that there was a significant difference exists in the State Anxiety of female athletes in Individual Combat games and Team Combat games, since the calculated't' value 4.53 which was found to be higher than tabulated 't' value at degree of freedom 2, 23 (2.05). So, the means of two Games (Individual Combat games and Team Combat games) were found to be rejected at 0.05 level of significance.

3020100Individual Combat GameTeam Combat Game		
	Individual Combat Game	Team Combat Game
Series1	16.21	21.34

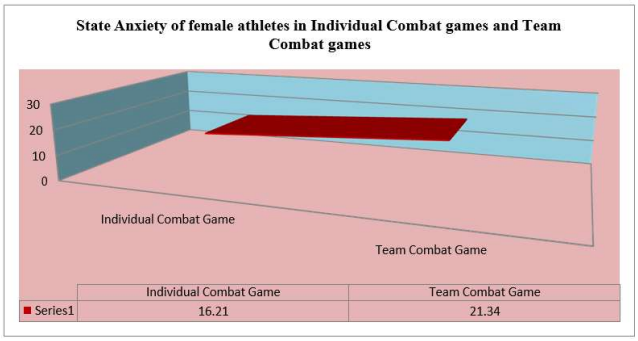

Figure No. 1

Graphical representation of State Anxiety of female athletes in Individual Combat games and Team Combat games

Discussion of Finding

The purpose of the study was to prevalence the state anxiety of female athletes in individual combat and team combat game. Fifty (N=50) Female athletes (N_1=25) Individual Combat game athletes and (N_2=25) Team Combat game athletes). The age of the subjects was ranged between 17-21 years. The subjects were selected by random sampling technique from the provinces of Punjab and Haryana.

Through both the critical and allied literature pertaining to the problem under consideration the variable selected for the study was Psychological Variable State Anxiety. To assess the Psychological Variable State Anxiety, questionnaire developed by PSY-COM Services (1991) was used.

The entire analysis has been carried out by using statistical software (SPSS 17 version) to address the selected research issue which had been deliberated by means of using Independent "t-Statistics" at level of Significance 0.05.

Results indicates that a significant difference exists in the State Anxiety of female athletes in Individual Combat games and Team Combat games, since the calculated 't' value

4.53 which was found to be higher than tabulated 't' value at degree of freedom 2, 23 (2.05). So, the means of two Games (Individual Combat games and Team Combat games) were found to be rejected at 0.05 level of significance.

This difference was occurred due to the reason that the effect of anxiety in sports performance has been examined by many (Cerin, Szabo, Hunt, & Williams, 2000; Craft, Magyar, Becker, & Feltz,2003; Hardy, 2003). In general, anxiety is reported when athlete Hardy, 2003). In general, anxiety is reported when athlete). In general, anxiety is reported when athlete. In general, anxiety is reported when athletes are not sure they can cope with situations eliciting stress (Hardy, Jones, & Gould, 1996) and may affect athletic performance in a variety of sports (Weinberg & Gould, 1995). In addition, anxiety is often the interpretation of psychological arousal (Hardy, et al., 1996).Various theoretical models have been constructed to describe and account for anxiety in competitive sports. The inverted-U hypothesis, initially introduced by Yerkes and Dodson (1908), described a curvilinear relation between anxiety and arousal during performance. Lately, the most prominent theories are the zones of optimal functioning (Hanin, 1980,1986), the multidimensional anxiety theory (Martens, Vealey, & Burton,1990), and the catastrophe model (Hardy, et al., 1996; Hardy, Carrington, 2004). In the latest, for example, anxiety and physiological arousal interact and influence athletic performance in the interpretation of physiological symptoms.

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