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COMPARATIVE STUDY OF ANXIETY AND PERSONALITY BETWEEN PLAYERS AND NON-PLAYERS IN WESTERN UTTAR PRADESH

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Abstract

Introduction: The objective of this study was to investigate the anxiety and personality between players and non-players in Western Uttar Pradesh. Another purpose of the study was to evaluate the anxiety and personality between players and non-players. The subjects for this study were selected from Western Uttar Pradesh. **Methods:** The total number of subjects for this study was 80 (40 players and 40 non-players). The subjects age ranged between 18-22 years. The selected variables to be compared were anxiety and personality. To measure anxiety between players and non-players, Sports Competition Anxiety Inventory was developed by Ravi Kant & V. N. Mishra and to measure personality between players and non-players, Dimensional Personality Inventory was developed by Dr. Mahesh Bhargava. To find out anxiety and personality between players and non-players in Western Uttar Pradesh, the t-test was used. The level of significance was set at 0.05. **Results and Discussion:** The results of the data show that there were significant ($p > .05$) differences in anxiety and personality between players and non-players in Western Uttar Pradesh.

KEY WORDS: Anxiety, Personality, Players, Non-Players

INTRODUCTION

In science, states like emotions and most of the words used to describe human personality are constructs. A development is a wide reflection, a speculative element that has no genuine actual presence except that has demonstrated helpful in explaining detectable peculiarities. It is recognized from something that has distinct actual properties, similar to a table or a roadway, or from a detectable demonstration that can be depicted by such an explanation as "He ran down the road".

The towering figure of psycho analysis summarized his disillusionment in a bitter monograph called *Civilization and Its Discontents* (1930). In it, he wrote, "Life as we find it is too hard for us; it entails too much pain, too many disappointments, and impossible tasks.

Anxiety is a very common human emotion and is often associated with fear, panic, and the fight or flight response. How much stress is expected because anxiety will change from one individual to another notwithstanding, rudiments include: losing one's employment, the passing of a friend or family member, or a mishap, to give some examples. In a great many people, anxiety will settle after some time and one will get back to an ordinary state.

Certain individuals endure a great deal of anxiety over a significant period which controls them and makes their lives troublesome. These circumstances are called anxiety problems and can be treated by treatment and medication.

The utility of a theory is a function of the fundament of facts upon which it is built. As has been noted, experimentation in the behavioural sciences is still in a rather rudimentary stage, and the accumulated body of knowledge in most areas is small. The hypothetical constructs with which behavioural science deals are as yet only promissory notes, we are unable to handle them in the fashion that true scientific rigour dictates. As a matter of everyday experience, the existence of anxiety is undeniable. As a scientific construct, not many findings are established beyond question, and much of the ground remains unsure. However, we have begun to make progress; the accumulation of data over the past two decades is encouraging. Some major issues remain to be resolved so that further progress can occur. (Levitt E. E. 2015)

Sports anxiety happens when people view cutthroat circumstances as compromising and answer these circumstances with trepidation and strain (Martens et al 1990). Pressure causes our coordinated abilities that are normally programmed to become impeded because of the extra strain.

Until this point, much examination has been dedicated to understanding what anxiety can mean for sports execution, both by and in aggressive settings. It is notable that game has the potential for elevated degrees of stress and anxiety, and that rehearsing and utilizing a scope of mental systems can be helpful in anxiety the executives. Similarly, developing proof likewise proposes that anxiety can assume a part in sports injury counteraction, event, restoration, and the re-visitation of game cycle. The motivation behind this paper is to give current experiences with sport-related anxiety. All the more explicitly, it will give the peruser definitions and hypothetical conceptualizations of game related anxiety. This will be trailed by presenting a defence for thinking about the expression "execution" to be more extensive than exercises related with sport-related execution practically speaking and rivalry, by incorporating execution exercises related with sport injury counteraction, restoration, and the re-visitation of game interaction. The paper will then highlight the importance of recognizing early signs and symptoms of anxiety, and the potential need for referral. Finally, the conclusions will emphasize the need for appropriate, client-specific, and practitioner competent care for athletes experiencing sport-related anxiety.

METHODOLOGY

The subjects for this study were randomly selected from Western Uttar Pradesh. The total number of subjects for this study was 80 students (40 players participating in All India Inter University Championship session 2021-22 and 40 Non-players). Age ranged the subjects between 18-22 years. Necessary data were collected for Anxiety and Personality with the help of Sports Competition Anxiety Inventory developed by Ravi Kant & V. N. Mishra and Dimensional Personality Inventory developed by Dr. Mahesh Bhargava. Comparison of anxiety and personality between players and non-players in Western Uttar Pradesh, the t-test was used. For the testing of hypotheses, the level of significance was set at 0.05.

RESULTS OF THE STUDY

To find out anxiety between players and non-players, t-ratio statistics was used and presented in table-1.

TABLE-1
T-ratio of the means of anxiety between team and combat games players

Students			t.ratio
	Players	Non-Players	
Mean	10.50	16.08	12.451*
S.D	2.08	1.93	

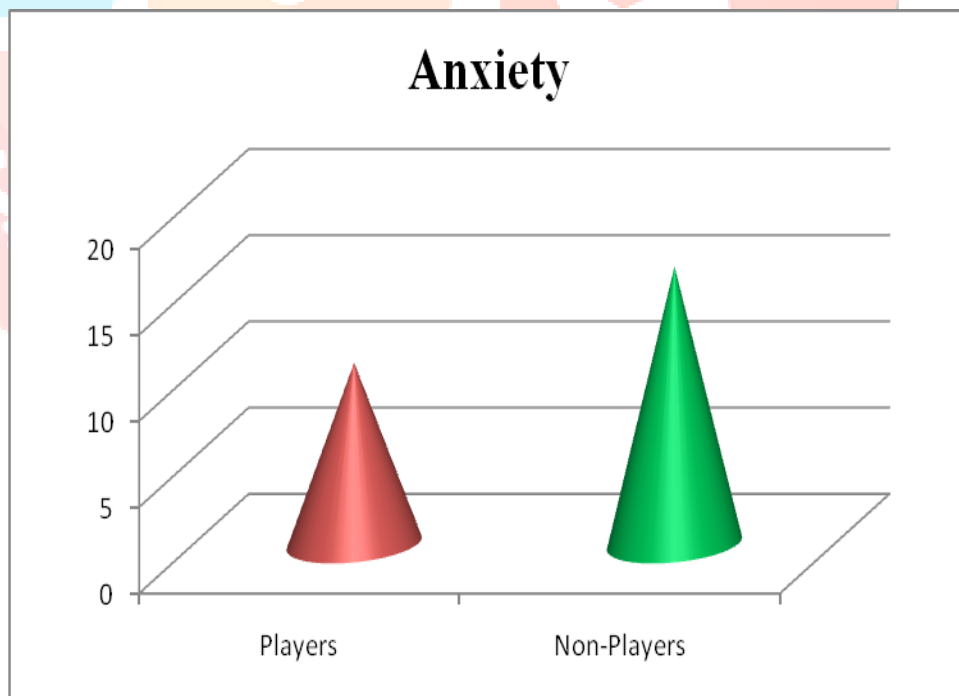
*Significant at .05 level

t-value required to be significant at 78 df =1.66

It is evident from table-2 that significant difference was found between the mean scores of players and non-players in relation to anxiety as the t-value was found -12.451. This was higher value than the required value at .05 level of significance.

The scores are also illustrated in the figure-1.

Figure-1



To find out personality between players and non-players, t-ratio statistics was used and presented in table-2.

TABLE-2

T-ratio of the means of anxiety between team and combat games players

Students			t.ratio
	Players	Non-Players	
Mean	67.13	59.28	4.199*
S.D	8.10	8.62	

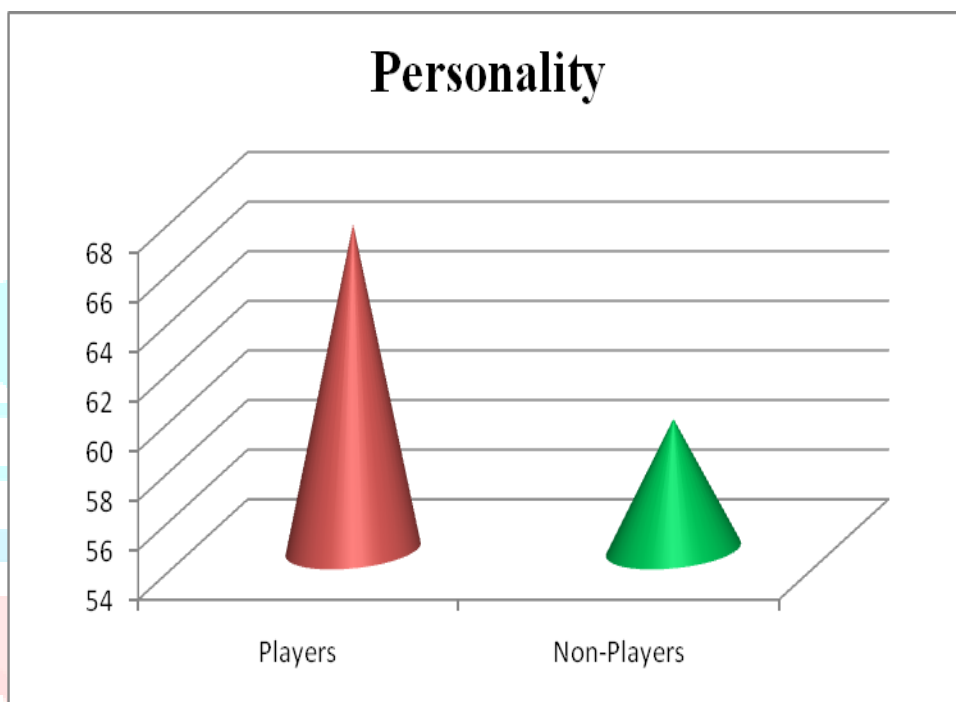
*Significant at .05 level

t-value required to be significant at 78 df =1.66

It is evident from table-2 that significant difference was found between the mean scores of players and non-players in relation to personality as the t-value was found 4.199. This was higher value than the required value at .05 level of significance.

The scores are also illustrated in the figure-2.

Figure-2



DISCUSSION OF THE RESULT

The present investigation was designed to know the anxiety and personality between player and non-player in Western Uttar Pradesh. The purpose of this study was many folds and revealed some specific differences between the students. Though, the research scholar did not tend to explore personal life of students but, some of the facts could not be unattended hence; found necessary to know the anxiety and personality between player and non-player students. The inventory used for the purpose helped to know the significant difference in various psychological aspects of the students.

The result of the study revealed significant difference between the mean scores of player and non-player students in relation to anxiety and personality. The mean score of all India Inter University players student were found higher than the non player students. It seems that the player of Western Uttar Pradesh had higher anxiety and personality level than the non player students. This fact can be attributed to the sports practice he did on the playground. The result of present study is also on the line of the studies conducted Salas-Wright C. P., Kagotho N., Vaughn M. G. & et al. (2014) “Mood, anxiety, and personality disorders among first and second-generation immigrants to the United States”. A careful examination of the multigenerational relationship between immigrant status and mental disorders can provide important information about the robustness and nature of the immigrant-mental health link.

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