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A STUDY ON THE ANXIETY LEVELS OF THE VETERAN PLAYERS OF MANIPUR

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ABSTRACT

The Purpose of the present study was to compare the levels of anxiety between the retired and active veteran players of Manipur. A total of 100 subjects with 50 each from the two groups were taken into consideration. The anxiety level was measured through the standardized "SCAT" prepared by AK.P. Sinha and L.N.K. Sinha.

The statistical analysis was done by utilizing mean, S.D. and t-test. The results showed that there was no significant difference in anxiety level between the two groups. As a result, it indicated that anxiety level doesn't increase with age in contest of the Veteran players.

Key words- Anxiety, veteran players

INTRODUCTION

Dramatic changes have taken place in the society, thus anxiety have become more immediate focal point of interest. Due to advancement in the technology and atomization, the sedentary tendency has developed among the people, which is a great threat to the health. Various sports can play a significant role to deal with this threat.

Anxiety has many facets that cannot be encompassed in any simple definition. Mostly anxiety prevails when individuals are at odds with themselves. According to Cattell and other who have sampled anxiety scores in people of various ages, anxiety levels rise during the later adolescent years and also in the sixties.

Anxiety is an emotional state closely related to fear, occurs when a person worries about what might happen in future, or when he is fearful about some vague or unknown thing, which he cannot explain (Kalish, 1970). Marx (1976) also referred anxiety as a much more diffuse and highly generalized distress in which the source of fear is sometimes not at all identifiable.

Anxiety plays a paramount role in sports. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. The degree of anxiety also varies with a number of different conditions.

Never the less, considering the case of the veteran players, anxiety plays a crucial part in their lives. Hence, the present study aims to find out the existing anxiety levels.

METHODOLOGY

Subjects

The subjects taken into consideration were selected from various districts of Manipur. The age of the subjects were taken between 40yrs. & 60 yrs. A total of 100 subjects were selected from the veteran players of Manipur of which 50 were from retired veteran players and another 50 from active veteran players who are currently playing.

Tools

The anxiety level was measured through Sinha's comprehensive Anxiety Test (SCAT) constructed by A.K.P. Sinha and L.N.K. Sinha. The test consisted of objective type questions concerned with one's behaviors and temperament. The way of answering the question was to make a cross an either "Yes" or "No" response. For any response indicated as "Yes", a score of one is awarded and Zero for "No". The sum of all the positive or yes responses would be the total anxiety score of the individual.

Statistical Analysis

For statistical analysis of data, firstly mean and standard deviation were used. Later, the variation in anxiety level between the two groups were analyzed by 'applying t-test and their significant differences were also examined at 0.05 level of probability. The data analysis was furnished through SPSS (Statistical package for Social Sciences, Version 11.5)

Table : Comparison of Anxiety level by utilizing mean, S.D. and t-test.

Variable	Retired Veteran Players	Active Veteran Players	t-test
	Mean+S.D.	Mean+S.D.	
Anxiety	20.84+1.46	16.16 + 1.92	2.81

"Level of significance was observed at 0.05 probability level (2-tailed)

RESULTS

Based on the above findings, no significant difference in anxiety level was found between the retired and active veteran players (20.84+1.46Vs 19.16 +1.92). The t-value (t=2.81) was also found to be of insignificant difference while quantified was at 0.05 probability level. Besides, the results based upon the norms of the study manual also revealed that there was no significant difference between the two groups such that they altogether fell under the category of normal anxiety level.

DISCUSSION

A number of studies have been conducted trying to examine and explain the results obtained by different researchers. The results of the present study suggested no significant difference in anxiety level among the retired and active veteran players. In other words increase in age with special reference to veteran players of Manipur had no significant increase in anxiety level. A review of literature reveals that anxiety increase with age as observed by Cattle and others. But the results of the present study indicated that anxiety level did not significantly increase with age in contest of the veteran players of Manipur.

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