



STUDY OF SENSATION SEEKING AND ANXIETY STATE BETWEEN STUDENTS OF MANAGEMENT AND PHYSICAL EDUCATION

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Abstract: The purpose of the study was to analogy on the sensation seeking and anxiety state in the management and physical education. So the study entitled as “A Study of Sensation Seeking and Anxiety State between Management and Physical Education Students. The objectives of the study were (i) to know the level of sensation seeking and anxiety in management and physical education students, (ii) to examine the sensation seeking and anxiety state between management and physical education students. It was hypothesized that (i) the sensation seeking in management students will be higher than the physical education students (ii) the anxiety state of management students will be lower than the students of physical education. The Significance of the study will be helpful in knowing the level of personality traits between Physical education and management students, which would help them in altering their present traits, if the traits could not cope with their present achievements. It will also help in formulating the psychological programs, curriculum and schedules of teaching or training on the basis of their sensation and anxiety levels by their teachers and their coaches. In this study Seventy Eight male and female (78), post graduate pursuing subjects were randomly selected from department of Physical Education and Management from Annamalai University. The age of the subjects was ranging from 18 to 27 years. To compare the sensation seeking and anxiety state between Physical Education Students and Management Students, Z test was applied. Further the level of significance was set at 0.05 level of confidence.

Index Terms: Sensation Seeking, Anxiety State, Management, Physical Education.

1. Introduction

There are different variables in psychology which affects the performance of an individual in all spheres of his living like in sports or academic and so on. Some of the variables of psychology named Anxiety, Aggression, stress, Fear, Sensation and Arousal, etc. are certainly important to drive an individual for his performance. The study of sensation seeking and anxiety could also be a vital tool to examine the performance of the students in academics and sports. There are different variables in psychology which affects the performance of an individual in all spheres of his living like in sports or academic and so on. Some of the variables of psychology named Anxiety, Aggression, stress, Fear, Sensation and Arousal, etc. are certainly important to drive an individual for his performance. The study of sensation seeking and anxiety could also be a vital tool to examine the performance of the students in academics and sports.

2. Objectives of the Study

- 2.1 To know the level of sensation seeking and anxiety in management and physical education students.
- 2.2 To examine the sensation seeking and anxiety state between management and physical education students.

3. Hypotheses

Keeping in view the objectives of the study, the following hypotheses have been formulated:

- 3.1 The sensation seeking in management students will be higher than the physical education students.
- 3.2 The anxiety state of management students will be lower than the students of physical education.

4. Significance of the Study

The study will be helpful in knowing the level of personality traits between Physical education and management students, which would help them in altering their present traits, if the traits could not cope with their present achievements. It will also help in formulating the psychological programs, curriculum and schedules of teaching or training on the basis of their sensation and anxiety levels by their teachers and their coaches.

4. Selection of Subjects

Seventy Eight (78) male and female, post graduate pursuing subjects were randomly selected from department of Physical Education and Management from Annamalai University. The age of the subjects was ranging from 18 to 27 years.

5. Criterion Measures

- 5.1 To ascertain the sensation seeking and anxiety, Questionnaire developed by Neary and Zuckerman in 1976 named as Sensation Seeking and Anxiety State Test (SSAST) was used with reliability of 0.93.
- 5.2 Further to analogy on sensation seeking and anxiety state between two different groups Z-Test was be applied.
- 5.3 The tool consists of 36 statements (15 items regarding sensation seeking, SS and 15 items for anxiety state; AS). The remaining six items belonged to the anxiety scale that did not meet the factor analysis criteria. It is a liker type 5 points scale having of reliability 0.93. The scores ranged from 1 to 5 starting from not at all to very much respectively The item no. 5, 9, 14, and 25 have reversed scoring pattern. i.e. 1 for very much and 5 for the response of not at all. Neary (1975) reported high internal consistency and low test-retest reliabilities of the Scale.

6. Administration of Questionnaire

- 6.1 The instructions printed on the test form should be made clear by test administrator to the subject.
- 6.2 No time limit is fixed for completing the test. However, usually an individual takes 15 to 20 minutes in completing the test form.
- 6.3 It should be emphasized that there is no right or wrong responses to the statement. They are designed to study the individual's degree of feeling in different situations.
- 6.4 It should be pointed out that it is a five point scale and five options are given with each statement i.e. not at all, slightly, somewhat, definitely, very much.
- 6.5 It is understandable to tell the subject about the aim of the test.

7. Statistical Procedure

To compare the sensation seeking and anxiety state between Physical Education Students and Management Students, Z-test was applied. Further the level of significance was set at 0.05 level of confidence.

8. Findings

The finding and results pertaining to sensation seeking and anxiety of Physical education and Management students of Annamalai University have been presented below.

Table 1: Showing significance of difference between physical education and management students on sensation seeking.

GROUP	N	MEAN	SD	Z
Physical Education	39	47.15	4.04	3.55
Management	39	42.10	7.94	3.55

*Significant at 0.05 level

Tabulated z value at 0.05 level = 1.96

It is evident from table 1 that observed mean and standard deviation on Sensation seeking of physical education students of Annamalai University were 47.15 and 4.04, and management students of Annamalai University were 42.10 and 7.94

It is evident from table 1 that there is a significant difference between physical education and management group of students. The calculated value of Z is 3.55 which is greater than the tabulated value of 1.96, that means the significant difference lies between two groups. Hence the student of physical education bears high sensation seeking which means alternate hypothesis is rejected.

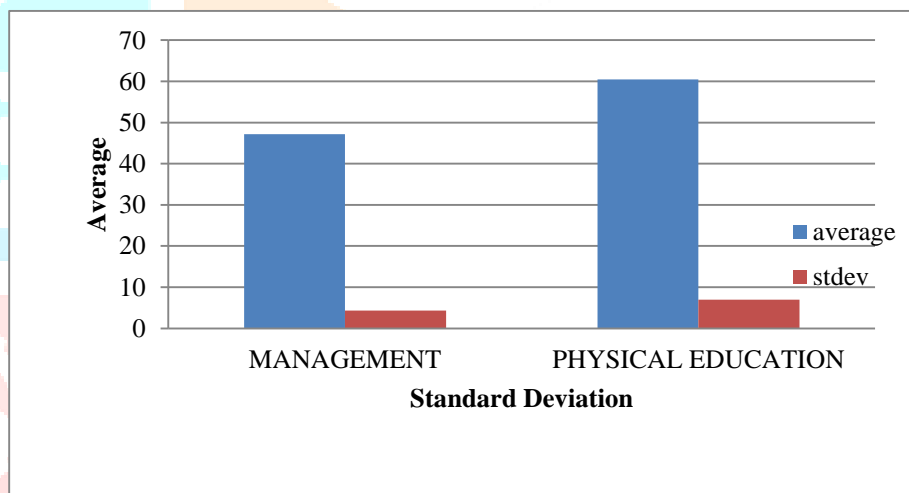


Figure: 1; Shows the level of sensation seeking between management and physical education students.

Table 2: Showing significance of difference between physical education and management students on anxiety state.

GROUP	N	MEAN	SD	Z
Physical Education	39	60.43	6.9	0.54
Management	39	59.46	8.8	0.54

*Significant at 0.05 level

Tabulated z value at 0.05 level = 1.96

It is evident from table 2 that observed mean and standard deviation on anxiety state of physical education students of Lovely Professional University were 60.43 and 6.9 and management students of Annamalai University were 59.46 and 8.8.

It is evident from table 2 that there is no significant difference between physical education and management group of students. The calculated value of Z is 0.54 which is less than the tabulated value of 1.96, that means there lies no significant difference between two groups. Hence the students of management do not carries any higher anxiety level of anxiety state and alternate hypothesis is rejected.

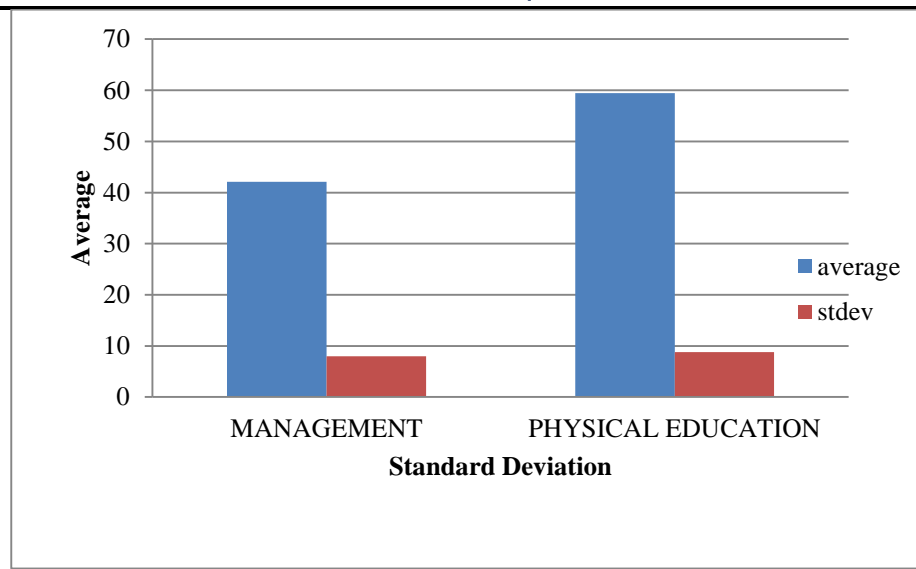


Figure: 2; Shows the level of anxiety state between management and physical education students.

9. Discussion on Findings

The result of the study showed that there is a significant difference between physical education and management group of students. The calculated value of Z is 3.55 which are greater than the tabulated value of 1.96, which means the significant difference lies between two groups. Hence the student of physical education bears high sensation seeking which means alternate hypothesis is rejected.

Significant difference between Physical education and management students of Annamalai University, may be due to the fact that first physical education students has a higher orientation and differentiation ability in physical movements due to sports involvement and secondly it may be due to the higher social phenomena of the concerned field.

The result of the study showed that there is no significant difference between physical education and management group of students. The calculated value of Z is 0.54 which is less than the tabulated value of 1.96, which means there lays no significant difference between two groups. Hence the students of management do not carry any higher anxiety level of anxiety state and alternate hypothesis is rejected.

Insignificant difference between Physical education and management students of Annamalai University, on anxiety state may be due to the influence of increasing competition, work pressure and increasing complexities of respective disciplines.

10. Conclusion

On the basis of the findings of this study, following conclusion had drawn:

10.1 There is a higher rate of sensation seeking in physical education students while compared to management group of students.

10.2 There is no significant difference of anxiety state between physical education and management group of students.

11. Recommendation

11.1 Similar study can be conducted on education, economic status and cultural background.

11.2 Study can be replicated between male and female subjects.

11.3 Study can be conducted, taking other dimensions of personality

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