



# ANALYSIS OF PSYCHOLOGICAL ANXIETY BETWEEN MALE AND FEMALE ATHLETES OF UNIVERSITY OF JAMMU

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## Abstract

**Purpose:** The purpose of the study was to analyse psychological anxiety between male and female athletes of university of Jammu.

**Methodology:** For the purpose of the study total (N=50) male and female athletes, male (25) and female (25), belonging from university of Jammu were randomly selected. The variable selected for the study was psychological anxiety. The age of the subjects ranged from 18 to 25 years. For measuring the anxiety, Sinha's comprehensive anxiety test prepared by A, K, P, and L, N, K Sinha was used. The age of the subjects ranged between 18 to 25 years. According to objectives for this study statistical procedure used were mean, standard deviation and independent t test. The level of significance was set at 0.05.

**Results:** The result showed that there was a significant difference between psychological anxiety of male and female athletes of university of Jammu.

**Keywords:** psychological, anxiety, athletes, university, Jammu, male, female, etc

## Introduction

An athlete is a person who participates in games and sports and brings medals for their country but participation in games and sports is influenced by various factors which can be physical, psychological, physiological, sociological. Today emphasis is laid not only on technique development but also on the tactic's development. Today people are so busy that they do not have time for themselves that is why they are not able to control their emotions and they suffer from problems such as anxiety, depression, stress, aggression, etc. The performance of an individual also depends upon the psychological development level of an individual. Moreover, numerous studies have demonstrated the impact of psychological factors on sports performance (Bali, 2015). Modern psychologists define psychology as a science of consciousness. William M.C.Dougall (1905) define psychology as Science of Behaviour. Psychology in exercise and activity is only focussed on health, fitness and wellbeing, whereas psychology in sports focusses on the performance enhancement strategies. Out of many roles given to the sports psychologists the more important one is to be a part of regular coaching staff for teams and with individual athletes with the objective of teaching mental game skills to improve their performance. Anxiety is common in sports, to some extent fear of performance helps in achieving desired concentration. However, the excess will lead to rush of adrenaline termed as anxiety. The symptoms of anxiety are shortness of breath, sweating, shaking or increased heart rate. Anxious person loses his concentration, he feels paralysed at the beginning of important competition. These are the symptoms of performance anxiety. A person no longer feels confident in himself and do not believe that he will be able to accomplish anything successful. To deal with such thoughts a person must learn how to manage his anxiety and to do so it is necessary to understand how anxiety and sports performance are related and how athlete can blend physical training and mental training to perform well under pressure.

Anxiety is normal emotion that almost all people experience at least once in their life. It is feeling of worry, nervousness, or not being at ease. Anxiety is often described as “disturbed state” of body and mind or a state of “nervousness”. Anxiety is apprehension (understanding) danger accompanied by restlessness and oppression in digestive tract and vice versa. Anxiety usually exists when a doubt himself and feels that he will fail or not be able to perform as expected. A person who suffers from anxiety is not able to concentrate on his game due to continuous bombardment of his nervous system. ‘Athletic Insight’ a journal of sports psychology defines that anxiety is generally of two types: - trait anxiety and state anxiety.

### Objective of the study

The main objective of the study was to analyse the difference between the level of psychological anxiety between male and female athletes of University of Jammu.

### Materials and Methods

#### Subjects for the study

For the purpose of the study total fifty (N=50) subjects of different games were randomly selected from University of Jammu. Out of fifty subjects twenty-five (n=25) were male athletes and twenty-five (n=25) were female athletes. Age of the players ranged from 18 to 25 years.

#### Variables

The variable selected for the present study was psychological anxiety.

#### Criterion Measures

The criterion measure used for this study was Sinha’s Comprehensive Anxiety Test prepared by A, K, P, and L, N, K Sinha. This widely used test has sound reliability (test retest 0.85) and internal consistency (0.92) and Validity (0.62). This test is a self-administering inventory which consists of 90 items. The subjects responded by choosing either a yes or no for each item. No item was left unanswered.

#### Scoring

The scoring procedure is very simple. The answers of those items which tally with the answer given in the scoring key are given a score of 1. If they did not tally, they are given a score of zero. Positive items are given a score of 1 on ‘Yes’ and zero on ‘No’ and negative items are given a score of 1 on ‘No’ and zero on ‘Yes’. Higher is the score greater is the level of stress.

### Result and Discussion

**Table 1**

**Descriptive Analysis of Psychological Anxiety of male and female athletes**

S. No	Psychological variable	Group	N	Mean	Standard deviation
1.	Anxiety	Male	25	32.84	16.27
		Female	25	41.04	11.93

The above table shows the descriptive analysis of Psychological Anxiety. Mean values of psychological anxiety for male and female are 32.84 and 41.04. Standard deviation values of psychological anxiety for male and female are 16.27 and 11.93. The graphical representation of the above table has been given below in figure 2.

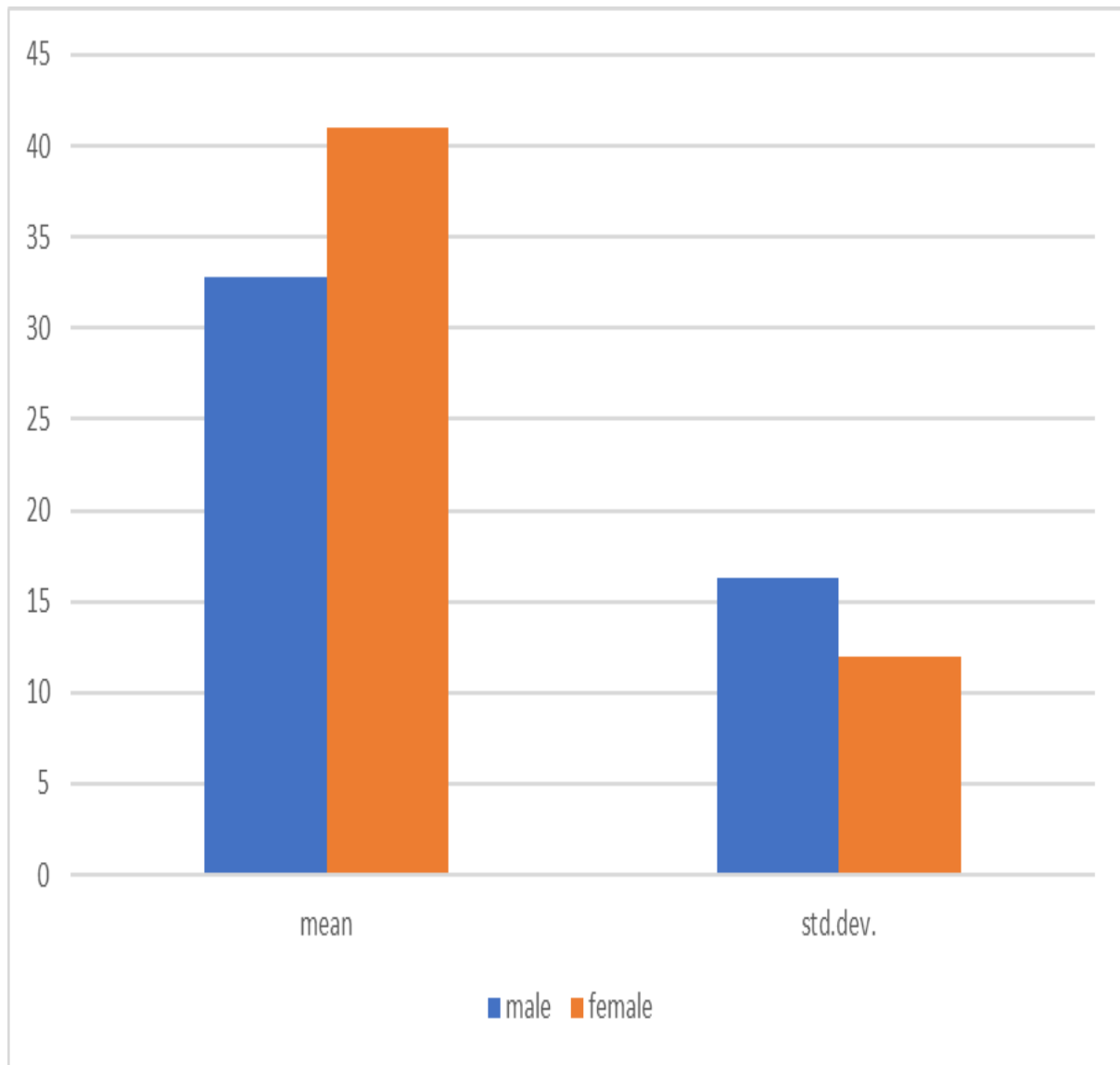


Figure2: Mean and Standard deviation values of psychological anxiety of Male and Female athletes.

Table 2

Significant difference between Means of Psychological Anxiety of Male and Female Athletes

S. No	Psychological variable	Group	Mean	Mean Difference	Standard Error Mean	T value	Level of Significance	Null Hypothesis
1.	Anxiety	Male	32.84	8.20	3.25	2.03	.048	Rejected
		Female	41.04		2.38			

Significant at 0.05 level,  $t = 2.03$ ,  $df=48$ , sig. level = .048

Table 2 shows significant difference (t ratio) of psychological anxiety between male and female athletes was 2.03 which is far more than the required value at 0.05 level of significance (T= 2.03). It shows that there is significant difference between the psychological anxiety of male and female athletes. After analysing the above study, it may be concluded that the Psychological Anxiety of female athletes is greater than male athletes.

### Discussion of findings and conclusion

This study was conducted with the objective of finding out whether there was a significant difference between anxiety of male and female athletes. The sample size selected for this study was 50. The data was analysed by using descriptive statistics and t test.

On the basis of this study, it can be concluded that there was significant difference between anxiety of male and female athletes. The similar study was done by (Gurjar B. S., 2019) on male and female athletes of Gwalior district of Madhya Pradesh and found that female have higher level of anxiety in comparison with male athletes. The study conducted by Bhartendu Singh Tomar supported the present study.

### Conclusion

On the basis of the result, it can be concluded that there was significant difference between the psychological stress of male and female athletes of University of Jammu.

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