



A COMPARATIVE STUDY OF ANXIETY AMONG DEOGIRI COLLEGE BOYS AND GIRLS BASKETBALL PLAYERS

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ABSTRACT

The purpose of this study was to compare the anxiety between boys and girls Basketball players of Deogiri College. The study was conducted on sixty samples, consisting of thirty boys and thirty under Girls Basketball players of Deogiri College, Chhatrapati Sambhajinagar. Anxiety levels were obtained by administering anxiety test. The data collected through aforesaid tests were analyzed with respect to anxiety. 'T' test was applied to compute the significances among boys and girls Basketball players. The significance of data was judged at 0.05 levels. The result of the study indicates that anxiety of girls Basketball players was higher than boys Basketball players.

Key Word: Anxiety, Softball, Boys, Girls, Players, Deogiri College

INTRODUCTION:

Anxiety is a mental state in which a person is upset because of an event that has happened or is about to happen. It is usually a source of worry. However, care is either biological or psychological in nature. A symptom of biological anxiety includes psychological anxiety and fear. Simply put, care is an emotional space in a way. While participating in a competitive sport, a sportsperson like anyone else suffers from one or the other type of anxiety.

Button's (1988) research on the relationship between competitive anxiety and athlete performance has been instrumental in many other studies. How does an athlete overcome competitive stress and anxiety? And the success of that player in the competition depends on how this enhances his performance. Therefore, it is important to raise the level of excitement in the athlete before the competition, in order to improve his performance and reduce the anxiety that kills the game. Sports coaches and athletes can take advantage of this research to establish a competitive relationship.

Miguel Humara (1992) studied the correlation between anxiety and performance in athletes using a cognitive behavioral approach. In the past the research was a clinical study and the correlation between anxiety and performance was examined from all perspectives. The review of cognitive behavioral treatments that reduce athletes' anxiety levels and enhance their performance is very useful for further research.

PURPOSE OF THE STUDY:

The purpose of the study was to compare the anxiety among Deogiri College boys and girls Basketball players.

OBJECTIVES OF THE STUDY:

1. To study the anxiety of Deogiri College boys Basketball players.
2. To study the anxiety of Deogiri College girls Basketball players.
3. To compare the anxiety of Deogiri College boys and girls Basketball players.

HYPOTHESES:

1. There would be no significant difference between the anxiety of Deogiri College boys and girls Basketball players.
2. There would be significant difference between the anxiety of Deogiri College boys and girls Basketball players.

METHODOLOG:**Selection of Sample:**

The sample consists of thirty Basketball players of boys and thirty Basketball players of girls of Deogiri College. The subjects were drawn from Deogiri College of boys and girls who are the participating in Deogiri College intramural Tournament. Random sampling technique was employed to select the subjects. The data was collected from Basketball players of Deogiri College. The researcher will use survey research methodology for the study.

Tools used:

A.K.P. Sinha and L. N. K. Sinha's anxiety test has been taken to assess the anxiety of Deogiri College boys and girls Basketball players. This questionnaire consisted of 100 statements. Each statement has to be responded in either positive or negative terms. No time limit is fixed for completing the test. However, usually individual takes 15 to 20 minutes in completing the test form.

Method for Analysis:

'T' test has been applied to find out the significant differences among Deogiri College boys and girls Basketball players at 0.05 level of significance. The collected data were tabulated to find out the difference of anxiety among Basketball players of Deogiri College.

RESULTS AND DISCUSION:

Table No. 1 Comparison of anxiety among boys and girls basketball players of Deogiri College.

Variable	Group	N	Mean	SD	t value
Anxiety	Boys	30	26.48	6.054	4.82*
	Girls	30	28.2	8.56	

*significant at 0.05 level.

fig. 1: Anxiety among boys and girls basketball players of deogiri college.



The above table shows that the mean scores of anxiety of Deogiri College boys and girls Basketball players as 26.48 and 28.2 respectively and their standard deviation as 6.05 and 8.56 respectively. The 't' value is 4.82 which is significant at 0.05 level of significance. This reveals that there is significant difference exists between mean scores of anxiety between Deogiri College boys and girls Basketball players. Therefore, the hypothesis first was rejected and hypothesis second was accepted.

It is clear from the above graph; the mean score of girls Basketball players is higher than that of boys Basketball players. Therefore, it may be said that the Basketball girls players possess significantly higher anxiety than boys Basketball players.

CONCLUSION:

The result of the study showed that anxiety level of girls Basketball players was higher than boys Basketball players of Deogiri College.

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