

A Comparative Study of Comprehensive Anxiety between Individual Sports Athletes and Team Game Athletes

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Abstract

The aim of this study was to compare the levels of comprehensive anxiety between athletes in individual sports and athletes in team sports. Comprehensive anxiety was the chosen variable for the current investigation. The Sinha's Comprehensive Anxiety Test (SCAT) by A. K. P. Sinha and L. N. K. Sinha (1971) questionnaire was used as the criteria measure in the present research. 200 individual sports athletes and team game athletes' students from LNIPE Gwalior were selected. Descriptive statistics and the t-test were used to compare the levels of comprehensive anxiety between athletes in individual sports and athletes in team sports.

Introduction

A severe feeling known as anxiety is characterized by a bad scenario brought on by internal instability. Exhibits irritable behavior, which is demonstrated by restless movement, physical complaints, and discomfort (Dr. Sakcertlussain VP and Rajesh CB, 2019) physical, emotional, and behavioral aspects of cognition The psychological and physiological states of anxiety are influenced by a variety of factors. These factors combine to create a nasty feeling that is typically accompanied by trepidation, dread, anxiety, or concern. Anxiety is a widespread mood condition that frequently has no obvious triggering event. Consequently, it can be distinguished from fear, which occurs when a threat really materializes. When an athlete competes in a competition, whether it be professional or informal, they must endure challenges.

Numerous studies have confirmed the impact of psychological factors on athletic performance. In games and sports, psychological and physiological factors have a significant impact on levels of accomplishment. The psychological and physiological state of anxiety has somatic, emotional, cognitive, and behavioral components. Whether or not there is mental pressure present, anxiety can still result in emotions of fear, concern, unease, and dread. The basic definition of the word "anxiety" is "to vex or trouble." Anxiety is recognized as a common reaction to a stressor. One can be assisted in dealing with a difficult situation by being encouraged to do so.

The term "anxiety" is used to describe a wide range of illnesses that cause tension in humans. Comprehensive, restless, and afraid, our feelings and behaviors are affected by these disorders. They might actually display physical and mental issues. While mild anxiety is unpleasant and blurry, severe anxiety can be extremely disabling and substantially impair day-to-day functioning. People are considered to be highly emotional beings.

The term "emotion" is selected since it covers a broad variety of experiences distinguished by a subjective sense of pain. Emotional or affective disorders include anxiety. (Dr. Keisham Shitaljit Singh, 2013). In the current study, comprehensive anxiety was compared between athletes in individual sports and athletes in team sports.

Objectives of the study

The objective of the study was to compare comprehensive anxiety between Athletes of individual sports and Athletes of team game.

Methodology

A total of 200 athletes were selected for the purpose of the study, categorized as 100 athletes from individual sports and 100 athletes from team games. The athletes in individual sports and the athletes in team sports were between the ages of 18 and 23. These athletes in individual sports and team games were from LNIPE Gwalior. Comprehensive anxiety was the variable chosen for the investigation. The comprehensive anxiety test questionnaire's score was collected for the study's objectives. SCAT Sinha's (1971) Comprehensive Anxiety Test was utilized in this study to gauge overall anxiety. Respondents gave "yes" or "no" answers to 90 questions. The subject should receive a score of one for each response marked "yes" and a score of zero for any response marked "no." For any response indicated as "yes," the subject should be awarded a score of one and a zero for "no." The sum of all the positive or "yes" responses would be the total anxiety score of the individual. For comparing comprehensive anxiety between athletes of individual sports and team games, descriptive statistics and an independent t' test were applied at the 0.05 level of significance, and data analysis was performed.

Result and Discussion of Findings

The statistical analysis of the data has been presented in this study. The comprehensive anxiety data was collected on total (N = 200) college students, 100 individual sports athletes, and 100 team game athletes selected as subjects from LNIPE Gwalior in Madhya Pradesh state to characterize and compare Sinha's Comprehensive Anxiety Test (SCAT). The primary objective of the independent ' ratio was to describe the differences in comprehensive anxiety between athletes of individual sports and athletes of team sports at LNIPE Gwalior.

Table 1: Mean and standard deviation of comprehensive anxiety test of Athletes of individual sports and team game

Anxiety	N	Mean	SD	t - value	Level of significant
Team game	100	21.59	15.61	.197	0.05
Individual sports	100	22.12	10.22		

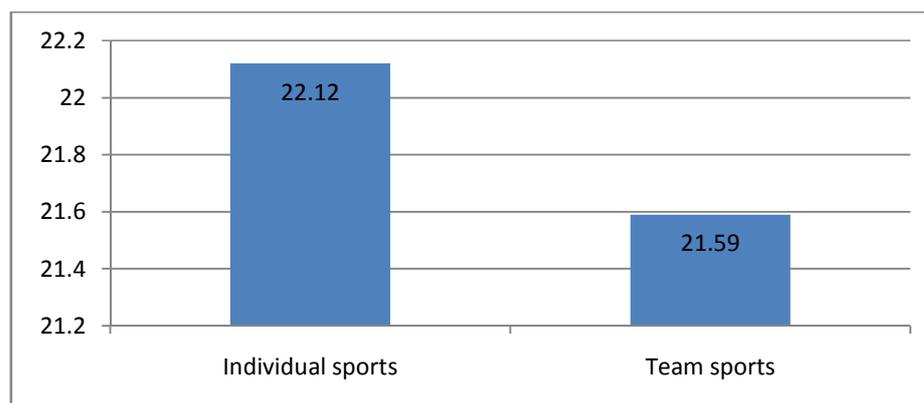
Required table value:0.198(0.05)

Table 1: reveals that there is no significant difference in comparing comprehensive Anxiety Level between athletes of individual sports and team game. The mean values of

athletes of Team game is 22.12 and mean value of athletes of individual sports is 21.59.

An examination of the table indicates obtained t value was 0.197. An obtained' ratio was found to be lesser than the required value of "t" was 0.198 at 0.05 level of significance for 2, 212 degrees of freedom. Hence it was found not to be significant.

Figure 1: Graphical representation Mean of comprehensive anxiety of athletes of individual sports and tem game.



An examination of the table indicates obtained t value was 0.197. An obtained' ratio was found to be lesser than the required value of "t" was 0.198 at 0.05 level of significance for 2, 212 degrees of freedom. Hence it was found not to be significant

Conclusion

These conclusions were reached after analyzing the available data, which showed that there was no discernible difference in overall anxiety between athletes of individual sports and athletes of team games at LNIPE Gwalior, M.P. State. The study's investigator came to the conclusion that, because of their daily lives, athletes of individual sports and athletes of team sports' overall anxiety is practically identical. Because of their busy schedules for both on-field and off-field activities, it was previously believed that athletes in individual sports might have higher levels of anxiety, but it was discovered that both groups' levels of anxiety were very equal. The primary factor for the lack of a significant difference in both groups' levels of overall anxiety may be the involvement of individual sports athletes in numerous activities, such as cultural activities, teaching practice, classroom presentations, etc.

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