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Comparative study of psychological variable sports competition anxiety (SCAT) of male athletes for the among districts of Madhya Pradesh

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Abstract

The purpose of this study was to compare the analysis of selected Psychological variable Sports Competition Anxiety Test (SCAT) of male Athletes for 100 meter, 200 meter and 400 meter running events of different district (Gwalior, Bhopal and Indore) of Madhya Pradesh. Selection of the subjects: The total number of subjects were selected from one hundred eighty (N=180) sixty (60) subjects from each groups Male Athletes for 100 meter, 200 meter and 400 meter running events of (Gwalior, Bhopal and Indore) district of Madhya Pradesh. Selection of the variables: The selection of the variable for this study was to selected physical fitness component like (Speed). The criterion measure of the study was score obtained from the selected Psychological variable Sports Competition Anxiety Test (SCAT) of Male Athletes for 100 meter, 200 meter and 400 meter running events of (Gwalior, Bhopal and Indore) district of Madhya Pradesh. Descriptive information, (mean, trendy deviation, minimum and maximum) evaluation of variance ANOVA with LSD submit post hoc test, to comparisons The information studying tools SPSS- 21 software turned into used. Significant was set at 0.05. There was significance Mean score of Physical fitness variables Sports Competition Anxiety (SCAT) and among district (Gwalior, Bhopal and Indore) of male athlete of Madhya Pradesh. There was significance Mean score of Physical fitness variables Sports Competition Anxiety test (SCAT) and among district (Gwalior, Bhopal and Indore) of male athlete of Madhya Pradesh.

Keywords: Male, Athlete Bhopal, Indore, Gwalior, Anxiety, Components etc.

Introduction

Anxiety is one of greatest problems of modern trends in scientific knowledge, cultural conflict, economic problems, industrialization, all add to the problem of man, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear of something unknown which creates tension and disturbance.

Anxiety is an emotion that is difficult to define and even more difficult to reliably detect in performance. "Nervous-ness is often used synonymously with anxiety. At one time or another, almost everyone has been nervous. Nervous-ness can be experienced at various levels of anxiety tension is another term used to describe the chronic, usually low level anxiety to which all seem to be susceptible. Anxiety can take the form of unconscious anxiety, an anxiety of which we are not consciously aware, or free- floating anxiety, intensive anxiety that appears only to return again later. Coaches should be aware that in the case of free-floating, the anxious person realizes that he or she is under pressure but cannot attach a specific cause to the anxiety attacks. Panic is the most serious level of anxiety. We would never what panic to be a part of the athletic environment. It is a condition in which the anxiety has become so great that the person loses complete control of himself and situation." The key to dealing with someone who is suffering from panic is gentleness and patience.

Objectives of the Study

- To compare the selected Psychological variables Sports competition anxiety test (SCAT) of male Athletes for 100 meter, 200 meter and 400 meter running events of different district (Gwalior, Bhopal and Indore) of Madhya Pradesh.

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Methodology

Selection of the subjects: The total number of subjects were selected from one hundred eighty (N=180) sixty (60) subjects from each groups Male Athletes for 100 meter, 200 meter and 400 meter running events of (Gwalior, Bhopal and Indore) district of Madhya Pradesh. Selection of the variables: The selection of the variable for this study was to selected physical fitness component like (Speed).

Criterion measure

The criterion measure of the study was score obtained from the selected Psychological variables Sports competition anxiety test (SCAT) of Male Athletes for 100 meter, 200 meter and 400 meter running events of (Gwalior, Bhopal and Indore) district of Madhya Pradesh.

Description of Questionnaire and Test

Sports competition anxiety test questionnaire (SCAT) prepared by Rainer Martens (1990), was originally constructed for children (ages 15-18), its adult version was developed later on by suitably modifying the instructions and items. A reliability quotient of 0.85 had been reported for the adult version of SCAT.

Description of the sports competitive anxiety Test (SCAT)

Purpose

To measure the Sports Competitive Anxiety of sports person and Para sports person of state Procedure: level. The Sports Competitive Anxiety test (SCAT) questionnaire has fifteen (15) statements out of which five are spurious questions, which have been added to the questionnaire to diminish response bias towards the actual test items. This five statements score were not added to the total sum scored by each subject. The subjects were instructed to respond to each statement according to, how they generally fill in the competitive game situation. Each statement consists of three responses a) b) c) Hardly ever Sometimes Often es which are mentioned below: The ten test statements which were taken for scoring purpose were item no. 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15. The remaining five spurious statement, i.e. 1, 4, 7, 10 and 13 scores were not added suggested by Rainer Marten). To the total sum scored by each subjects (as while the subjects

were responding to the questionnaire, the investigator moved around verifying that the subjects recorded the answer sequentially. The investigator also explained the meaning of the questions/ words in case of any doubts. The investigator ensured that the subjects responded to each statement and no questions is left unanswered scrutinized the complete questionnaire. The statement 2, 3, 5, 8, 9, 12, 14 and 15 were worded in such a manner what they were scored according to the following key:

Score Response

- 1 Hardly Ever.
- 2 Sometime.
- 3 Often.

In case of statement 6 and 11 scoring was carried out according to the following key

Score Response

1. Often.
2. Sometime.
3. Hardly Ever Reliability.

Alpha reliability was reported as 0.85. Scoring: Score of 10 statements were added which represented the total score of competition anxiety of each subject.

Norms

1. Highly Anxious = 25 to 30
2. Above Average = 18 to 24
3. Average = 12 to 17 4. Normal= less than 12

Statistical Analysis

- Descriptive information, (mean, trendy deviation, minimum and maximum) evaluation of variance ANOVA with LSD submit post hoc test, to comparisons The information studying tools spss- 21 software turned into used. Significant was set at 0.05.

Level of Significance

The level of significance to check the compare obtained by analysis of variance ANOVA with post hoc test was set at 0.05 level.

Table 1: Descriptive statistics tables mean and standard deviation value of psychological variable Sports Competition Anxiety (SCAT) of different District of (Gwalior, Bhopal and Indore) Male Athletes for 100 meter, 200 meter and 400 meter running events.

| Variables | Groups | Mean | Std. Deviation | Minimum | Maximum |
|-----------------------------------|---------|------|----------------|---------|---------|
| Sports Competition Anxiety (SCAT) | Gwalior | 16.9 | 1.5 | 14 | 19 |
| | Bhopal | 18.1 | 2.2 | 14 | 24 |
| | Indore | 17.5 | 1.7 | 14 | 23 |
| | Total | 17.5 | 1.9 | 14 | 24 |

Table 1. This study shows the results for the physical fitness variable Sports Competition Anxiety (SCAT) from various District of male athlete for 100 meter, 200 meter and 400 meter running events. The mean and standard deviations are extremely helpful in analyzing the data sets, hence, that first

table, group Statistics, is shown in Fig 1. This table includes descriptive statistics mean and standard deviations for each group of value of District Gwalior (16.9 ± 1.5), District Bhopal (18.1 ± 2.2) and District Indore (17.5 ± 1.7) From male Athlete of psychological variable sports competition anxiety (SCAT)

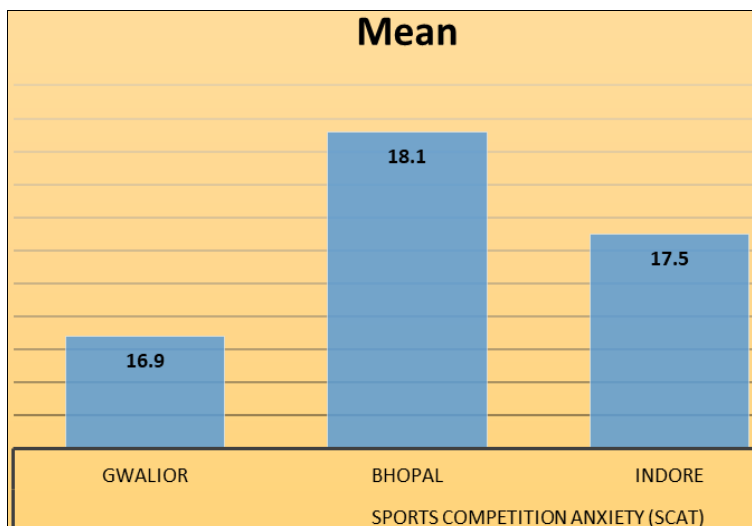


Fig 1: Graphically representation of DESCRIPTIVE statistics tables of Mean and Standard Deviation value of Sports Competition Anxiety (SCAT) of different district of Gwalior, Bhopal and Indore of male athlete for the 100 meter, 200 meter and 400 meter running events.

Table 2: Analysis of variance of psychological variable sports competition anxiety (Scat) of different Districts of Gwalior, Bhopal and Indore, of male athlete for the 100 Meter, 200 Meter and 400 Meter running events.
Anova

| Variable | Groups | Sum of Squares | DF | Mean Square | F | Sig. |
|-----------------------------------|----------------|----------------|-----|-------------|--------|-------|
| Sports Competition Anxiety (SCAT) | Between Groups | 45.633 | 2 | 22.817 | 6.693* | 0.002 |
| | Within Groups | 603.367 | 177 | 3.409 | | |
| | Total | 649 | 179 | | | |

*Significant set at 0.5 level 2, 177 (3.04)

Table 2 reveals that analysis of variance (ANOVA) of psychological variable sports competition anxiety (SCAT) for different districts of Gwalior, Bhopal and Indore, of male athlete for the 100 meter, 200 meter and 400 meter running events was found significant as the tabulated “F” 3.04 and calculated “F” value is 6.693* and the p-value is 0.002 This

p-value indicates that “F” is significant at 0.05 level of significance. As the “F” value is found significant the LSD post hoc test is applied to find between which group the significant difference is found. The finding of the LSD post hoc test and their p-value is presented in table 3.

Table 3: Multiple competition (LSD with post Hoc Test) of different Districts of Gwalior, Bhopal and Indore, of male athlete for the 100 Meter, 200 Meter and 400 Meter running events for the psychological variable sports competition anxiety (SCAT).

| S.N. Groups | Group mean | | | MD | CD |
|----------------|------------------|-----------------|-----------------|--------|------|
| | District Gwalior | District Bhopal | District Indore | | |
| 1. | 16.9 | 18.1 | ----- | 1.23* | 0.66 |
| 2. | 16.9 | ----- | 17.5 | -0.616 | |
| 3. | ----- | 18.1 | 17.5 | 0.60 | |

*Significant set at 0.5 level.

Table 3 The above table indicates the Psychological variable Sports Competition Anxiety (SCAT) that mean difference value of District Gwalior male Athlete (16.9) and District Bhopal male Athlete (18.1) both groups were found significant whereas that the greater than the calculated “F” value was observed significant and mean difference fee (1.23*) is greater than the CD Value (0.66). There used to be insignificant difference between District Gwalior male Athlete (16.9) and District Indore male Athlete (17.5) Mean difference MD (-0.661) fee is less than the CD (0.66) and between District Bhopal male Athlete (18.1) and District Indore male Athlete (17.5) Mean difference vale (0.60) is so there was significant difference the CD value (0.66) is used to be critical analyses it was once observed that “F” cost is only marginally massive and LSD test show combination groups of District Gwalior, District Bhopal and District Indore male Athlete to be determined significant. There was between district Gwalior and District Indore, District Bhopal and district Indore have been minor vast different.

Discussion of Findings

The reason of these differences can be associated with above results this is probably due to the different nature of the physical components training and pre-requisite for coaches. Number of training and level of participation. The reason may be attributed that the physically trained Coaches or level of athletes’ achievements and taken deferent types nutrition food. These results may be due to a small sample of size and other factors such as different types of body, differences in body composition. These results may be nutrition diet schedule deference. The reason may be Psychological variables like stress, sports competition anxiety, aggression, fear, motivation confidence, attention concentration etc.

Conclusions

According to objectives of the study the following conclusions were drawn

- To find out the Descriptive Statistics Mean and Standard Deviation value of Psychological variable Sports Competition Anxiety (SCAT) different district like

Gwalior, Bhopal and Indore male athlete for 100 meter, 200 meter and 400 meter running events of Madhya Pradesh.

- To find out the Analysis of Variance of Psychological variable Sports Competition Anxiety (SCAT) different district like Gwalior, Bhopal and Indore male athlete for 100 meter, 200 meter and 400 meter running events of Madhya Pradesh.
- There was significance Mean score of Physical fitness variables Sports Competition Anxiety (SCAT) and among district (Gwalior, Bhopal and Indore) of male athlete of Madhya Pradesh.

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