

AN ASSESSMENT OF SOMATIC ANXIETY OF DIFFERENT SPORTS DISCIPLINES
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Ms. Pavleen Kaur, Research Scholar
Dept. of Physical Education and Sports sciences, University of Delhi,
Mr. Mukesh Kumar, P.G.T. (Physical Education)
Chowgule Public School, New Delhi.
Mr. Rinki Negi, Coach
Sumermal Jain Public School, New Delhi



Abstract

The purpose of the study was assessment of somatic Anxiety of different Sports Disciplines. For the purpose of the study, both male and female college level students of the age group 18 to 28 years were selected as the subjects for the study. 15 subjects from team sports and 15 subjects from individual sports (Kho-Kho, Athletics, Football and Judo) were selected for the study as subjects. The variable for the study was somatic Anxiety. It was hypothesised that there was no significant difference in somatic sports anxiety among the different competitive sports discipline. The statistical technique used was Descriptive Statistics: Mean, Standard Deviation, Range, minimum and maximum of the raw scores. ANOVA was applied with the help of SPSS Software. The level of significance was set at 0.05. The study concluded that somatic anxiety of four sports was found significantly different. the study revealed that football players were found to have more somatic anxiety than Athletes who were calm. The remaining mean difference was not found significant .

Keywords: Stress, Competitiveness and Athletic Performance.

Introduction

Anxiety is one of the most frequently researched constructs in the field of sports and exercise psychology. This substantial body of research has produced a solid evidence base that pre competition anxiety and athletic performance are related, although the exact nature of the relationship has been, and remains a contentious issue. Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioural components. The root meaning of the word anxiety is 'to vex or trouble'; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness and dread. Anxiety is considered to be a normal reaction to a stressor. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder. The intensity and reasoning behind anxiety determines whether it is considered a normal or abnormal reaction. Sports performance, during competitions, is influenced by many factors. The most important factor

which influences sport performance, during competition, seems to be the level of incidence of competitive anxiety. It is related to apprehension and fear, and is frequently associated with failure.

Sport competition is well known for placing extremely high demands on athletes. Frequently, outcomes for these contests are decided by minute differences in preparation and skill between the competitors. Sport competition has become so important in today's society that extremely lofty expectations by others are placed on competing athletes regardless of competitors' abilities, reasons for participation, and skill levels. These types of conditions place high stress loads on the individuals who are competing. The stress presented in competition usually elicits competitive anxiety in athletes, providing an additional element for them to manage. When anxiety is not managed or interpreted correctly, athletes lose control and performance levels decrease (Hardy & Fazey, 1987; Martens, Burton, & Vealey, 1990). Therefore, both researchers and practitioners in sport psychology are interested in furthering knowledge about competitive anxiety and its influence on athletes.

Research Methodology

For the purpose of the study, both male and female college level subjects were selected with age ranging from 18 to 28 years. Total 60 subjects were selected 15 from each sports discipline i.e., Kho-Kho, Athletics, Football and Judo. The study entirely based on primary data. The primary data was collected through structured questionnaires duly filled by the subjects. For analyzing and discussing about the results of the study, Descriptive Statistics: Mean, Standard Deviation, range, minimum and maximum of the raw scores and ANOVA was applied. Data was analysed, interpreted and evaluated with required statistical tools like tabulation and graphical presentation.

Results and Discussion

The analysis of data was computed on selected sixty (60) subjects of four different competitive sports namely- Kho-Kho, Athletics, Football and Judo consisting 15 subjects each. The raw data was calculated with the statistical techniques- descriptive statistics like mean, SD, range and one way analysis of variance plus LSD wherever necessary. Furthermore, for each selected variables of the four groups of competitive sports, findings of result obtained, discussion and interpretation of the finding were given as under.

TABLE-1
DESCRIPTIVE STATISTICS OF SOMATIC SCORE

Variables	Mean	S.D.	Max.	Min.	Range
Kho Kho	18.33	3.50	25	13	12
Judo	19.47	4.95	29	10	19
Football	21.00	6.53	29	12	17
Athletic	16.47	3.72	25	11	14

As shown in the table-1 the result of the somatic anxiety score the means value calculated as 18.33, 19.47, 21.00 and 16.47. The standard deviation calculated 3.50, 4.95, 6.53 and 3.72 and the range of the r somatic anxiety shown 12,19,17,14 and 19 respectively for selected games- Athletic , Judo Kho-Kho and football.

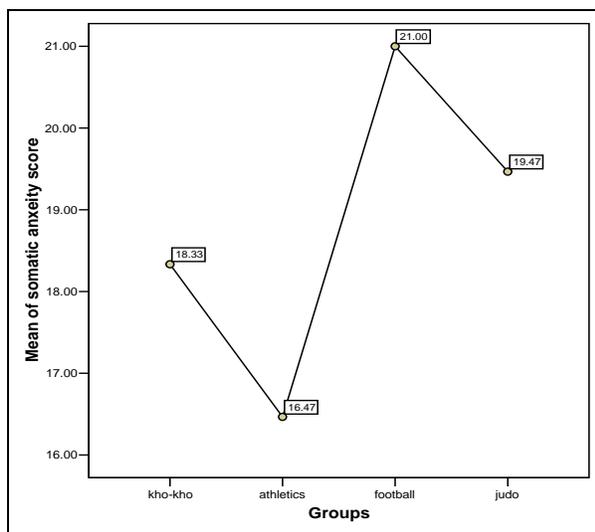


FIG-1: GRAPHICAL PRESENTATION OF THE MEAN VALUE THE SOMATIC ANXIETY FOUR GAME.

TABLE-2
ANALYSIS OF VARIANCE (ANOVA) FOR THE SOMATIC ANXIETY OF FOUR COMPETITIVE SPORTS

Variance in Groups	Sum of Squares	df	Mean Square	'F' Value
Between the Groups	164.183	3	54.78	2.35
Within the Groups	1306.800	56	23.34	

*Significant tabulated value at $f_{(0.05)(2,57)} = 3.16$

Above table no 2 reveals that is no significant difference exist between different sports discipline i.e., Kho-Kho, Judo, Football and Athletics in relation with Somatic Anxiety as calculated 'f' ratio 2.35 is much less than required tabulated 'f' ratio 3.16 at 0.05 level of significance.

Conclusion

On the bases of results it is the concluded that there is no significant difference exist in somatic anxiety between different sports i.e., Kho-Kho, Judo, Football and Athletic. It is also found that Somatic Anxiety is much higher in football player in comparison to Athletes. This difference is may be due to nature of sports as being football a team game its higher whereas Athletics is just individual sports.

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