

A Comparative Study of Sports Anxiety Between Male and Female Badminton Players from Maharashtra

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ABSTRACT

The purpose of the study was, to compare the sports anxiety Between male and female badminton player from Maharashtra. For which 60 male player and 60 female players were selected using purposive sampling technique. Descriptive Comparative method was used to comparative between male and female badminton players from Maharashtra. The Sports Competitive Anxiety Questionnaire (SCAT) by R. Martin, 1977 was used to collect the data of Sports Anxiety. The data were collected using standard tools and techniques, further data was analyzed by using SPSS software. The Mean of the Sports Anxiety of male badminton players was 19.63 (± 2.428) and the Sports Anxiety of female badminton players was 20.23 (± 3.066). Researcher met every participant and by using Sports Competitive Anxiety Questionnaire by paper pencil method to the collected the data. Further for inferential statistics independent sample 't' test method was used. The Calculated 't' value was -1.188 for degree of freedom is 118. It shows no significant difference at 0.05 level of significance ($P = 0.237$). Hence, it can be concluded that there is no significant Sports Anxiety between male and female players from Maharashtra.

Keywords: Sports Anxiety, Male and Female Badminton Players

Introduction:

In the games and sports psychological and physiological factors play an important role in determining performance level (Grange and Kerr 2010; Schilling and Hyashi 2001). It has been recognized for many years that psychological factors in that particularly anxiety, play an important role in competition and competitive sports. Every athlete experience fear before, during and after events (Lizuka, 2005) and also observed as a result of study that many factors such as expectations. Perfectionism, fear of failure, lack of confidence include feeling of anxiety in athletes. So that anxiety can have a devastating effect on the performance of an athlete. No matter how much talent or skill one may have, he will never perform at his or her best if he or she lives in fear before every event.

Anxiety plays an important role in the acquisition of motor skills as well as in athletic performance. Anxiety can either enhance or inhabit performance. Whether its effect is positive or negative depends on how an individual athlete perceives the situation. The anxiety has become so great that the person loses complete control of himself and the situation. Anxiety is natural reaction to threats in the environment and part of the preparation for the 'fight or flight' response.

This is our body's primitive and automatic response that prepares it to 'fight' or 'flee' from perceived harm or attack. It is a 'hardwired' response that ensures survival of the human species. Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem. Essentially, when the demands of training or competition exceed one's perceived ability, anxiety is the inevitable outcome.

Anxiety sets in when an individual begins to doubt his or her capacity to deal with the situation which builds stress. Quite often it is not the talent that decides your performance. It simply depends on the way you deal with the ups and downs of the game. The ability to deal with anxiety is an integral part of sports training. People, who are able to overcome their anxiety, perform much better than some of the strongest contenders of the game. There is always a pre-defined 'region of anxiety' in a sportsperson, before the start of any game, bout or a race. When this anxiety is at the optimum level, it can lead to a significantly better performance. If the level exceeds or falls below this 'region of anxiety', it can adversely affect the performance.

Research has also proved that performances influenced by anxiety have more impact in a team game than in a solo sport. The dominant and top players of a game convert their performance anxiety into excitement, which stimulates the positive hormones, resulting in winning performances. They take the anxiety arousal as a facilitator to come up with a better performance. A sportsperson, whose mind interprets anxiety as a debacle often ends up with losing.

Method and Materials:

Methodology describes the techniques adopted by the researcher in carrying out the study. This study discusses the method used, sampling, technique, participants, instrumentation, procedures and the data analysis used in study. For the study descriptive comparative method was used.

Subject: All the male and female badminton players aged between 18 to 35 years from Maharashtra. From the total 60 male and 60 female badminton players (n=120) are selected with the purposive sampling technique.

Tools: The Sport Competition Anxiety Test developed by Martens in 1977, commonly known as the SCAT test, is a self-reporting questionnaire about anxiety. The SCAT analyses an athlete's responses to a series of statements about how they feel in a competitive situation. This test was used for monitoring the performance anxiety of an athlete, by conducting the test at regular interval and noting the changes over time. It consists of 15 questions with 3-point Likert Scale.

Score sequence was 1,2,3, for ten test items which were taken for the scoring purpose were 2,3,5,6,8,9,11,12,14, and 15. 6 and 11 score reverse was carried according to the following key score (1) response hardly ever (2) sometimes (3) often however spurring questions e.g. 1,4,7,10 and 13, were not scored out as suggested by Rainer Marten. Was criterion measure of the study sports competition anxiety test (SCAT) constructed by was used for the collection of data for this study.

Result:

To describe the data Descriptive Statistics which is Mean, Standard Deviation, Standard Error of Mean was calculated in Table no.1.

	Group	N	Mean	Std. Deviation	Std. Error Mean
Sports Anxiety	Male	60	19.63	2.428	0.314
	Female	60	20.23	3.066	0.396

Table no.1

Table no.2

Independent sample “t” test of Sports Anxiety between male and female badminton players from Maharashtra.

		Levene's Test for Equality of Variances		t-test for Equality of Means			
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference
score	Equal variances assumed	2.260	.135	-1.188	118	.237	-.600
	Equal variances not assumed			-1.188	112.115	.237	-.600

Table no.2. In order to compare in the sports anxiety between male and female badminton players, independent sample ‘t’ test was calculated. for which Levene’s test for equality of variances was calculated. The calculated ‘F’ value for anxiety is 2.260 and significant value is .135 the significance value is more than 0.05, hence the equal variances are assumed.

For comparing Sports Anxiety between Male and Female Badminton Players from Maharashtra, the mean difference was calculated. The calculated mean difference is -.600 and calculated "t" value is -1.188 for the degree of freedom 118 calculated 't' value shows no significant difference at 0.05 level of significance (P=.237). Hence null hypothesis is accepted, and research hypothesis is rejected

Discussion

The result of this study indicates that there was no significant difference in Sports Anxiety between Male and Female Badminton Players from Maharashtra.

The similar study by Mr. Rahaman, A., Singh, K. M., & Singh, M.N. (2013) “A comparative study of sports competition anxiety between male and female inter-collegiate badminton players of Manipur” they were found no significant results. Bamaniya, B. (2016) (Research Scholar, School of Physical

Education DAVV Indore, Madhya Pradesh). “A comparative study of sports competitive anxiety between male and female badminton players” she also found no significant results.

The similar study by Mr. Amit K. Gamit (2013) (Research Scholar CMJ University).” A Comparative Study of Sports Competitive Anxiety between Male and Female Cricket Players of Gujarat, he also found significant result.

Conclusion

Hence it can be concluded that there was no significant difference in Sports Anxiety between Male and Female Badminton Players from Maharashtra.

On the basis of mean scores, it can be seen the male badminton players were having less Sports Anxiety level than female badminton players.

During the study investigator was realize that the Sports Anxiety depends upon player`s experience and number of participations in the different tournaments.

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