

## 30. Comparison of Competitive Anxiety between Male and Female Inter Collegiate Softball Players

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### Abstract

The aim of the study was to find out the Comparison of Competitive Anxiety between Male and Female Inter Collegiate Softball Players of Sant Gadge Baba Amravati University, Amravati. In the current investigation, 40 players were selected at random by simple random sampling technique, from Inter Collegiate Softball Players of Sant Gadge Baba Amravati University, Amravati. 20 male players and 20 female players of Softball were selected during the academic year 2017-2018. The age group was ranging from 18-25 years. The variables selected for the research work was Competitive Anxiety. The data of Competitive Anxiety was collected by using standard questionnaire of Marten. The subjects were given full administration of the tests which was used for the collection of data in the study. After that collected data was put into Microsoft Excel to develop Master Chart and then 't' test was used for the statistical treatment. To test the hypothesis the level of significance was set at 0.05 level of confidence, after the statistical analysis of data related to the competitive anxiety between male and female Inter Collegiate Softball players, it was found that there would be insignificant difference in the competitive anxiety between male and female inter collegiate softball players of Sant Gadge Baba Amravati University, Amravati.. Hence the Researchers Pre-assumed Hypothesis was rejected

**Keywords:** Competitive Anxiety, Male and Female, Softball Players.

### Introduction

#### Competitive anxiety

Competitive anxiety should be observed in two dimensions; trait and state anxiety. State anxiety may be intellectualized as a transitory emotional state or condition of human organism that varies in intensity and fluctuates overtime. This condition is categorized by subjective, consciously perceived feeling of tension, uneasiness and activation of the autonomic nervous systems. It is a direct or "right now" emotional response that can change from moment of



situation to the next. Trait anxiety is entrenched in a person's personality and the individual with this disorder tend to view the world as a dangerous and intimidating place.

It is observed that some athletes are more prone to anxiety than others. Amateur athletes are additional likely than seasoned professionals to experience anxiety that interfere with their ability to perform in competition, this kinds of sense due to their relative lack of experience both in competition and in handling arousal. Athletes who participate in individual sports have also been create to experience more anxiety than those who play team sports; common sense suggests that being part of a team improves some of the pressure experienced by those who compete alone.

Anxiety plays an important role in the acquisition of or skills as well as athletic performance. Anxiety can either enhance or inhabit performance. Whether its effect positive or negative it depends on how an individual athlete perceives the situation. People with low A-trait levels have been known to perform better in selected motor skills that those with high trait levels. There is also positive relationship between A-trait and A-state level of participants in athletic competition.

### **Objectives**

The aim of the study was to find out the comparison of Competitive Anxiety between male and female inter collegiate Softball Players of Sant Gadge Baba Amravati University, Amravati.

### **Hypothesis**

On the basis of literature searched and the researcher's own perception it was hypothesized that there would be significant difference in Competitive Anxiety between male and female inter collegiate Softball Players of Sant Gadge Baba Amravati University, Amravati.

### **Methodology**

#### **Source of Data**

For the present study subjects were selected from inter collegiate Softball Players of Sant Gadge Baba Amravati University, Amravati for collection of data.

#### **Selection of Subjects**

Forty subjects, (20) Male and (20) Female from inter collegiate Softball players were selected for the collection of data. The age group was ranging from 18-25 years.



### Sampling Method

The subjects were being selected by using simple random sampling method.

### Collection of Data

For the collection of data, the subjects were given full administration of the tests. The data of Competitive Anxiety was collected by standard questionnaire. After that collected data was put into Microsoft Excel to develop Master Chart and then 't' test was used for the statistical treatment.

### Criterion measures

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

### Competitive Anxiety

The standard Questionnaire of Competitive Anxiety constructed by Marten .was being used to know the Competitive Anxiety level of Softball Players of of Sant Gadge Baba Amravati University, Amravati. These types of questionnaires are associated with particular validity and reliability which is reliable for the study.

### Level of Significance

To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

### Analysis of the Data

After the collection of data from Inter Collegiate Softball Players of Sant Gadge Baba Amravati University, Amravati, the raw data were converted into standard one by using a statistical technique 't' test for testing of hypothesis.

**Table No. 1**

**Comparison between of Competitive Anxiety between Male and Female Softball Players**

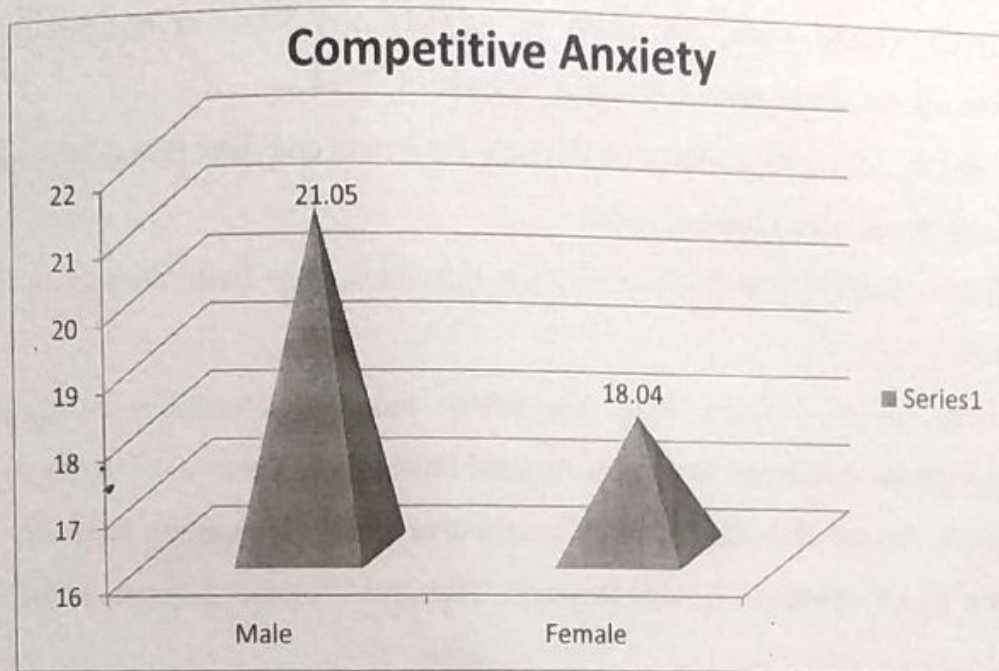
Players	Mean	S.D.	Mean Difference	Degree of freedom	O.T	Tabulated 't'
Male	21.05	8.47	3.01	38	1.56	2.02
Female	18.04	6.35				

**Table No. 1:** indicates that the mean of Male Softball Players is 21.05 which is greater than the mean of Female Softball Players which is 18.04. So this mean difference is found as

3.01. The calculated value of 't' is found as 1.56 which is less than tabulated 't' which is 2.02 at 0.05 level of significance. Hence the hypothesis which was given by the researcher is rejected.

**Graph-1**

**Graphical Representation of Mean Difference of Competitive Anxiety between Male and Female Softball Players**



### Conclusion

In the beginning of this study it was hypothesized that there would be significant difference in Competitive Anxiety between male and female inter collegiate Softball Players of Sant Gadge Baba Amravati University, Amravati. After the statistical analyses of data related to the Competitive Anxiety between male and female inter collegiate Softball Players, it was found that there would be insignificant difference between the Competitive Anxiety between male and female inter collegiate Softball Players of Sant Gadge Baba Amravati University, Amravati. Hence the Researchers Pre-assumed hypothesis is rejected.

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