



Competitive Anxiety Differences between Male and Female Hockey Players

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Abstract

Purpose of the present research was to study and analyze Competitive Anxiety Differences between Male and Female Hockey Players. 73 Hockey players (36 male and 37 female) comprising the best three teams in each category in the Hockey competition held at MJPU Bareilly, in 2017 were investigate. Marten's Sports Competitive Anxiety Test (SCAT) for adults was administered to the subjects (Marten, 1977). Each player taking the test was asked to read first the description of each item and then indicate his/her response accordingly. Testing was conducted on the day of the competition so that the subjects could respond with the real competitive feelings. ANOVA test was used for statistical analysis of the data and to find out inter sex differences, 't' test was applied. It was concluded that the hockey players both men and women have moderate level of competitive anxiety and Male and female players differ significantly in competitive anxiety through over all level is moderate in both casesr.

Key Words: Competitive Anxiety, Hockey Players, Male & Female

1. Introduction:

The Problem of anxiety has been considered important in all areas of human activity including sports. The study of the effect of anxiety on motor performance has become a topic of interest to sports psychologists. Nearly every concern of human Endeavour is thought to be affected somehow by anxiety (Levitt, 1967). A number of theories exist concerning the effects anxiety on performance. Without denying the interactive effect of anxiety on the performance of certain specific tasks, all theories seem to agree that maximum performance is reduced by too much anxiety (Duffy, 1962; Hull, 1943; and Weiner, 1965)

Anxiety is a complex emotional state characterised by a general fear usually accompanied by tension. It is related to apprehension of fear and is frequently associated with failure either real or anticipated.

The aim of this study was to investigate the level competitive anxiety of male and female Hockey players of Inter- varsity level.

2. Methodology:

2.1. Subjects:

73 Hockey players (36 male and 37 female) comprising the best three teams in each category in the Hockey competition held at MJPU Bareilly, in 2017 were investigate.

2.2. Test:

Marten's Sports Competitive Anxiety Test (SCAT) for adults was administered to the subjects (Marten, 1977). Each player taking the test was asked to read first the description of each item and then indicate his/her response accordingly. Testing was conducted on the day of the competition so that the subjects could respond with the real competitive feelings.

2.3. Test:

ANOVA test was used for statistical analysis of the data and to find out inter sex differences, 't' test was applied

3. Findings:

Mean and standard deviation of different groups of subjects in performance of different motor fitness components have been presented in Table 1.

Table-1
Mean, SD. Range and percentage-wise break-up of Men and Women Hockey Players

Category	Mean	SD	Range	Percentage
Men (N=36)	16.08	3.26	19.34-12.82	Above average = 11%
				Moderate average = 75%
				Below average = 14%
Women (N=37)	20.83	3.37	24.20-17.46	Above average = 3%
				Moderate average = 84%
				Below average = 13%

Table-2
Comparison of Anxiety level between Men and Women Hockey Players of hockey competition

Category	N	Mean	SD	DM	DM	't' value
Men	36	16.18	3.26	4.75	0.877	5.42*
Women	37	20.83	3.37			

*Significant at .05 level.

Table-3
Mean, SD and Analysis of Variance among First Three Position Holders (Men) Hockey Players of Hockey Competition.

S.No.	Placing	Name of the University	Mean	SD
1	I	Vardhaman College, Bijnor	16.83	3.07
2	II	Bareilly College, Bareilly	15	2.54
3	III	Hindu College, Moradabad	16.41	3.77

Source of variance	df	SS	MS (Variance)	F Value
SSB	2	22.06	11.03	1.01 (N.S.)
SSW	33	361.07	10.94	

Table-4
Mean, SD and Analysis of Variance among First Three Position Holders (Women) Hockey Teams in the Hockey Competition

S.No.	Placing	Name of the University	Mean	SD
1	I	M.L.S.University, Udaipur	20.64	3.03
2	II	Rajasthan University, Jaipur	21	1.58
3	III	M.D.S.University, Ajmer	19.18	3.51

Source of variance	df	SS	MS (Variance)	F Value
SSB	2	21.28	10.64	1.23 (M.S.)
SSW	34	294.01	8.65	

Table 1 presents mean, SD, range of scores and percentage-wise break-up of both the groups. A major point of interest as per the results of this Table 1 that a higher percentage of women players have registered a moderate level of competitive anxiety in comparison to men Hockey players (Women 84% Men 75%). At the same time less percentage of women players have recorded above average level of competitive anxiety (Women 3%, Men 11%) whereas percentage-wise break-up of both the groups on below average level of competitive anxiety is almost similar (women 13%, men 14%).

In table 2 comparative results of the two groups (men and women) of Hockey players have been shown. Mean, standard deviation, difference of mean and 't' value are also presented here. Means of men and women Hockey players are 16.08 and 20.83 with standard deviation 3.26 and 3.37 respectively, 't' value is 5.42 which is statistically significant at 0.05 level. This indicates that the level of anxiety in women is significantly higher than in men.

In table 3 Means and standard deviations of first three teams in men category. (Vardhaman College, Bijnor, Bareilly College, Bareilly, Hindu College, Moradabad) have been presented. Mean values are 16.83, 15.00 and 16.41 with standard deviation 3.07, 2.54 and 3.77 respectively, Analysis of variance reveals that there are no statistical differences among these teams presumably due to the reason that the performance level of all the three teams was almost equal.

In Table 4 presents means and standard deviation of the first three teams of women section. Means of first, second and third teams are 20.64, 20.00 and 19.18, with standard deviation 3.03, 1.58 and 3.51 respectively. The difference in the level of competitive anxiety recorded by respective teams is not found statistically significant. On the basis of statistical analysis of data following results were obtained:

4. Conclusion:

On the basis of statistical analysis of data following results were obtained:

The following conclusions are drawn on the basis of analysis of data:

1. Hockey players both men and women have moderate level of competitive anxiety.
2. Male and female players differ significantly in competitive anxiety through over all level is moderate in both cases.

5. References:

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