

Original Article

Comparative Study of Anxiety among Cricket Players of Chhatrapati Sambhajinagar

Dr. Shekhar N. Shirasath

College Director of Physical Education

M. S. P. Mandal's Deogiri College, Chhatrapati Sambhajinagr, Maharashtra State (India)

Manuscript ID:
BN-2025-020101

ISSN: 3065-7865

Volume 2

Issue 1

January 2025

Pp. 1-3

Submitted: 02 Aug. 2024

Revised: 10 Sept. 2024

Accepted: 10 Jan. 2025

Published: 31 Jan. 2025

DOI:
10.5281/zenodo.15017218

DOI Link:
<https://doi.org/10.5281/zenodo.15017218>



Quick Response Code:



Website: <https://bnir.us>



Abstract

The purpose of this study was to compare the anxiety between under 14 and under 17 year's Cricket players of Chhatrapati Sambhajinagar, in the state of Maharashtra. The study was conducted on total sixty samples, consisting of thirty under 14 years and thirty under 17 year's Cricket players of Chhatrapati Sambhajinagar, in the state of Maharashtra. The subjects were drawn from various school boys who have participated in district level inter school tournament. Random sampling technique was employed to select the subjects. Anxiety levels were obtained by administrating anxiety test. A.K.P. Sinha and L. N. K. Sinha's anxiety test has been taken to assess the anxiety of Cricket players. This questionnaire consisted of 90 statements. Each statement has to be responded in either positive or negative terms. No time limit is fixed for completing the test. However, usually individual takes 15 to 20 minutes in completing the test form. The data collected through aforesaid tests were analyzed with respect to anxiety. T test was applied to compute the significances among under 14 and under 17 year's cricket players. The significance of data was judged at 0.05 levels. The researcher used survey research methodology for the study. The result of the study indicates that anxiety of below 17 year's Cricket players was higher than the under 14 year's Cricket players.

Keyword: Comparative Study, Anxiety, Cricket Players, Chhatrapati Sambhajinagar.

Introduction:

Sports anxiety is a personality characteristic of responding to certain situations with a stress syndrome of responses. Anxiety state are then function of the situations that evoke them and the individual personality that is prone to stress. Sports normally involve competition, which in turn tends to induce anxiety, characterized by an increase in arousal.

Cricket normally involves competition, which in turn tends to induce anxiety, characterized by an increase in arousal. You may have had the experience of performing better than you expected when anxious, or, alternatively, you might have had the less fortunate experience of making mistakes under pressure. Sport psychologists have been concerned with understanding what factors affect arousal, anxiety and stress; how these affect cricket players performance; and how we can learn to regulate our arousal and anxiety in order to improve our performance. As Jones (1991) has pointed out, at the top sporting levels (at least in many sports), there is very little difference in the skill levels of the participants. It is thus often the ability to handle anxiety and stress that separates the winner and loser. Before going any further, it is important to understand exactly what psychologists mean by the terms 'arousal', 'anxiety' and 'stress'.

Weinberg & Gould (1995) have offered the following definition of anxiety: 'a negative emotional state with feelings of nervousness, worry and apprehension associated with activation or arousal of the body'. We can thus think of anxiety as an unpleasant state of high arousal. The term stress has a broader meaning than anxiety.

Creative Commons (CC BY-NC-SA 4.0)

This is an open access journal, and articles are distributed under the terms of the [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International](#) Public License, which allows others to remix, tweak, and build upon the work noncommercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

Address for correspondence:

Dr. Shekhar N. Shirasath, College Director of Physical Education, M. S. P. Mandal's Deogiri College, Chhatrapati Sambhajinagr, Maharashtra State (India), Email: shekharshirsath0987@gmail.com

How to cite this article:

Shirsath, S. N. (2025). Comparative Study of Anxiety among Cricket Players of Chhatrapati Sambhajinagar. Bulletin of Nexus, 2(1), 1-3. <https://doi.org/10.5281/zenodo.15017218>

Purpose of the Study:

The purpose of the study was to compare the anxiety among under 14 years and under 17 year's Cricket players of Chhatrapati Sambhajinagar.

Objectives of the Study:

1. To study the anxiety of Cricket players of under 14 years of Chhatrapati Sambhajinagar.
2. To study the anxiety of Cricket players of under 17 years of Chhatrapati Sambhajinagar.
3. To compare the Anxiety of Cricket players of under 14 years and under 17 years of Chhatrapati Sambhajinagar.

Hypotheses:

1. There would be significant difference between the anxiety of under 14 years and under 17 years Cricket players of Chhatrapati Sambhajinagar.
2. There would be insignificant difference between the anxiety of under 14 years and under 17 years Cricket players of Chhatrapati Sambhajinagar.

Methodology:

Selection of Sample:

The sample consists of thirty Cricket players of under 14 years and thirty Cricket players of under 17 years of Chhatrapati Sambhajinagar. The subjects were drawn from various schools boys

who are the participated in district level inter school tournament. Random sampling technique was employed to select the subjects. The data was collected from Cricket players. The researcher will use survey research methodology for the study.

Tools used:

A.K.P. Sinha and L. N. K. Sinha's anxiety test has been taken to assess the anxiety of Cricket players. This questionnaire consisted of 90 statements. Each statement has to be responded in either positive or negative terms. No time limit is fixed for completing the test. However, usually individual takes 15 to 20 minutes in completing the test form.

Method for Analysis:

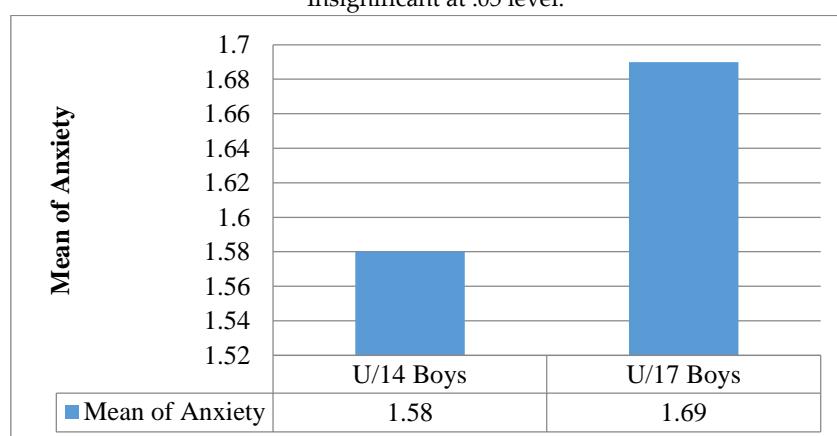
'T' test has been applied to find out the significant differences among under 14 years and under 17 years Cricket players at 0.05 level of significance. The collected data were tabulated to find out the difference of anxiety among Cricket players of Chhatrapati Sambhajinagar.

Results and Discussion:

Table No.-1
Comparison of anxiety among U/ 14 and U/17 years Cricket players

Variable	Group	N	Mean	SD	t value
Anxiety	U/14	30	1.58	0.692	0.6354*
	U/17	30	1.69	0.649	

*Insignificant at .05 level.



The above table shows that the mean scores of anxiety of under 14 and 17 years cricket players as 1.58 and 1.69 respectively and their standard deviation as 0.69 and 0.64 respectively.

The 'T' ratio is 0.6354 which is insignificant at 0.05 level of significance. This reveals that there is

insignificant difference exists between mean scores of anxiety between under 14 and 17 years cricket players. Therefore, the hypothesis first was rejected and hypothesis second was accepted.

It is clear from the above graph, the mean score of under 17 Cricket players is higher than that

of under 14 Cricket players. Therefore, it may be said that the under 17 Cricket players possess significantly higher anxiety than under 14 years Cricket players.

Conclusion:

The result of the study showed that anxiety level of below 17 years Cricket players was higher than Under 14 years Cricket players of Chhatrapati Sambhajinagar.

Acknowledgments

Nil.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

References

1. Ahmed, Ali Khairdin Ewees (August1980). The Relationship between Athletic Team's Psycho-Social Environment and State Anxiety. *Dissertation Abstracts International* 41, 584-A.
2. Buch M. B. A_Survey of Research Education, Baroda, Center for Advanced study in education. Calvin S. Hall and Gardner Lindzey, *Theories of Personality*, New Delhi, Wiley Eastern limited, 1985.
3. Calvin S. Hall and Gardner Lindzey, *Theories of Personality*, New Delhi, Published by Mohinder Singh Sejwal for Wiley Eastern Limited, 1978.
4. Carl Auerbach and Joseph L Zinnes, *Psychalological Statistics*, New York, J.B. Lippincott company Philadelphia, 1978
5. Cox Richard H., *Sports Psychology*, Dubuque Iowa, Wm.C. Brown Publishers, 1985.
6. Dr. Kalpana B. Zarikar, *Sports Psychology*, International Publications, 2018
7. Jitendra Mohan and Chadha N.K. and S. Sultan Akhtar, *Psychology of Sports the Indian Perspective*, Delhi, Friends Publications.
8. Joseph S. Perez and Richard C. Sprinthall, *General Pshychology*, USA, D.Van Nostrand Company (Canada), Ltd, 1967.
9. Kamlesh, M.L. (2002) *Psychology in Physical Education and Sports* New Delhi: Metropolitan Book Co. Pvt. Ltd.
10. Mohamed, Ahmed Nabieh Ibrahim (2010). Anthropometric measurements as a significant for choosing juniors in both volleyball and handball sports (factorial analysis study). *World Journal of Sport Sciences* 3 (4): 277-289.
11. Singh, Ajmer et. al. (November 1986). Competitive Trait Anxiety Differences between Male and Female Handball Players, 1st National Sport Psychology Conference (SPA) SOUVENIR: 19.
12. Ujwala, Koche and Jigmat, Dachen (November, 2011). Comparative Study of Sports Competitive Anxiety among State Level Baseball Players. *International Referred Research Journal*, VoL. III, ISSUE-34