

Original Article

Comparative Study of Anxiety among Cricket Players of Chhatrapati Sambhajanagar

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Abstract

The purpose of this study was to compare the anxiety between under 14 and under 17 year's Cricket players of Chhatrapati Sambhajanagar, 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 Sambhajanagar, 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 administering 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 Sambhajanagar.

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.

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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 Sambhajanagar.

Objectives of the Study:

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

Hypotheses:

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

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 Sambhajanagar. 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.

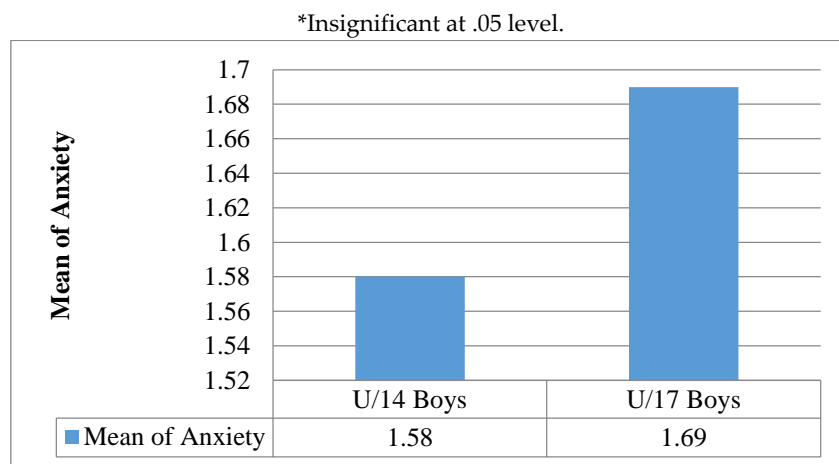
Method for Analysis:

'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 Sambhajanagar.

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	



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.

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Conflicts of interest

There are no conflicts of interest.

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