

A comparative study of anxiety in State and District level sports persons of Haryana (Body Builders)

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Anxiety is a term used to describe uncomfortable feelings of nervousness, worry, and tension, which we all feel from time to time. Bouras, and Holt (2007) Anxiety is often accompanied by muscular tension. American Psychiatric Association (2013) Anxiety is a feeling of fear, worry, and uneasiness, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing, restlessness, fatigue and problems in concentration. Anxiety considered as a block to an activity. A person who suffers from anxiety may not be able to devote his full energy in the performance of sports. It is, therefore, considered by many that anxiety interferes in sports performance. In fact anxiety might learning or performance or might also stimulate it. Anxiety can also cause use to feel panicky and frightened and prevent us from doing things. Too much stress in our lives can result in higher levels of anxiety. Anxiety is also perfectly normal response to threat and in some situations that are really threatening it can be helpful in preparing us for action? Some degree of anxiety can improve our performance in certain situations such as job interviews, taking exams, sporting events, or even helping us to pay our bills on time. However, if anxiety occurs too often and for no apparent reason, or if it begins to interfere with our life, then it has become a problem. Anxiety can either be very general; affecting many areas of our lives, or it may be more specific to certain situations such as crowded places, talking to people or traveling on buses, it could even occur as a specific phobia such as a fear of spiders. Anxiety affects us in four main ways: Physical affects- when we are anxious we will feel many physical symptoms of anxiety, such as pounding heart, a churning stomach, or breathing difficulties. Long term stress also affects us physically.

Thoughts- when we are anxious we tend to worry and have negative thoughts like “What if I make a fool of myself”, or “What if I suffocate/faint/have a heart attack”. As well as thoughts, we may experience images or pictures in our mind such as an image of a car crash or someone criticizing us. Mood- anxiety is a type of mood. Anxiety and prolonged stress can also affect our moods in other ways. For example, if we experience anxiety that restricts our lives over a long period of time, we may feel guilty, down and depressed. Behavior- anxiety also affects our behavior, changing the things we feel able to do. This can result in avoidance of many things, such as going into a supermarket or going to the dentist. When we can't avoid things we may do things to make us feel safe, such as always having someone with us, or carrying things that we don't really need.

In medical terminology, anxiety is defined as “apprehension of danger accompanied by restlessness and a family of oppressions in the epigastria”. Some physiological reactions such as: (a) sweating (b) drying of the mouth (c) rapid shallow breathing and dizziness (d) increased heart beat (e) muscle tension are associated with anxiety.

The influence of anxiety in contemporary life is increasingly recognized and manifestations of current concern with anxiety phenomena are obviously related to literature, art, science and the religion as well, anxiety is found as a culture. Explanatory concept in all most of the contemporary theories of personality and it is regarded as principle causative agent for such diverse behavioral consequences as insomnia, immoral and sinful acts. While fear and convert anxiety have perhaps always been a part of man's lot, apparently not until the 20th century did anxiety emerge as an explicit pervasive problem. The cold war with its persistent threat of total distraction in an atomic age, the pressure for social change attendant upon rapid scientific and technological advancement the social enhancement and alienation of individual in an urban competitive society are a few examples of some sort of stress that serve to induce a feeling of helplessness and importance in modern man to the extent that social and cultural factors undermine personality.

No doubt that a certain amount of anxiety is needed for peak performance. But excessive anxiety may lower the performance. A number of researchers have reported that anticipation of involvement by athletes in competition leads to elevated state of anxiety levels. This manifests itself in both experience and in experienced competitions while some other researcher have shown that skilled athletes are less anxious immediately before during competition than athletes of lower skill, other students have failed to find this difference (Sharon and Diane, 1981). It is clear to most people involved in the various states of competitive sports that create varying level of anxiety within performers. What is becoming more obvious is that some performers react adversely to the competitive situation by reaching states of hyper

anxiousness which often inability to achieve optimum levels of performance (Spielberg, 1966, Martens 1977). Cratty (1973) indicates that anxiety improves motor behavior. Research makes it clear that a moderate amount of anxiety in athletes is often an aid to superior performance. Ford, for example, found no positive correlation between measures of anxiety and performance. However, he found that some competitions did better when their anxiety levels were high and that moderate level of anxiety seemed to elicit increases in performance.

In the field of sports, there are many situations which produce, anxiety –ridden behavior that has many implications for the players. Usually individual sports activities such as body building, judo, cycling, weight lifting and swimming have shown to elicit higher anxiety levels than competitive team sports activities, such as softball, football and handball. This is due to the higher evaluation, potential inherent in individual activities in which no diffusion of responsibility occurs as compared to being surrounded by teammates in a team competitive situation. Therefore, it is agreed by most of the sports scientists that besides developing the physical physiological aspect of the players i.e. power, strength, flexibility, endurance and speed as well as providing the best type of the training, until and unless the players and athletes are not mentally prepared for the contest, they cannot win in any competition, which is considered as the optimum objective of modern sports. In this way, there was found too much literature in this area but there was found lack of research work in which the researchers try to go in deep to find out the reasons of anxiety in sports persons. So, the researchers decided to conduct an exploratory research work to find out the anxiety in District and State level sports person of Haryana.

Problem: To find out the anxiety of District and State level sports person of Haryana.

Objectives:

1. To compare the anxiety of District and State level sports person of Haryana.

Hypothesis:

- 1 There would be no significant difference of anxiety among District and State level sports person of Haryana.

METHOD

Design: A two group design was adopted. The general format of the design is presented below:

	District level sports person (Body Builders)	State level sports person (Body Builders)
	N=50	N=50
Total	100	

Sample: A sample of 100 sports persons (Body Builders) were consisted, in which Group I consisted of 50 sports person of District Level. The Group II consisted of 50 sports person of State Level. The sample was drawn from the population on random basis.

Tools:

Sports Competition Anxiety Test: Sports Competition Anxiety Test developed by Rainer Martens, (1977). It is very comprehensive and attempts to probe the competitive anxiety in the competitive situation. It contains 15 items, 10 of which measures symptoms associated with anxiety. The five items that are not scored are included in the inventory to reduce the likelihood of an internal response-set bias. The standard instructions of the SCAT ask respondents to indicate how they “usually feel when competing in sports and games”.

Procedure:

After the selection of the sample, to measure competition related anxiety of the athletes Sport Competition Anxiety Test (SCAT, developed by Rainer Martens in 1977) was introduced. Then each athletes composite score (CS) was found. Then that score was analysed according to SCAT score analysis norms. All athletes were first of all provided with following SCAT questionnaire and they were asked to give their opinion strictly independent manner. After the administered of test the scoring as per manual was done. It was organized as per the groups for analyses as described in the next section.

Result and Discussion

The present study was attempted to compare the anxiety of state and district level sports person of Haryana (Body Builders). To test the hypotheses the result have been interpreted and discussed in the following section.

The state and district level sports person (Body Builders) were compared on anxiety. Both the groups were tested on anxiety with the help of anxiety questionnaire by Martens (1977). It is clear from the table 1.

Table-1 Mean score and S.D. of State and District level Sports person on anxiety.

State Level		District Level	
Mean	S.D	Mean	S.D
15.77	2.51	17.23	3.41

As shown in table 1 the mean score of state level sports person is 15.77 while the mean score of district level, is 17.23. Similarly S.D. of state level and district level sports person is 2.51 and 3.41 respectively. So, the mean score of district level sports person group is higher than that of state level sports person group on anxiety. The difference between the mean of anxiety among district and state level sports person were statistically significant or not, for this purpose t-test was applied.

Table- 2 T- value of State and District level sports person on aggression.

Group	N	Mean	S.D	t-value
State level	50	15.77	2.51	1.89*
District level	50	17.23	3.41	

Significant at $p < 0.5$

Table-2 is clear that t-value was significant ($df=98, t=1.89, p>0.5$) on anxiety on this statistical findings the first hypotheses starting that there would be no significant difference between state and district level sports person on anxiety has been not supported. Richard, Bruce, David and David (2000) showed experienced bodybuilders exhibit more exercise dependence, greater social support behavior, and experience less social physique anxiety than inexperienced bodybuilders. Schwerin, Corcoran, Fisher, Patterson, Askew, Orich and Shanks (1996) indicated that anabolic steroid using bodybuilder group had significantly lower levels of social physique anxiety than non-user groups.,

Conclusion

On the basis of their findings it can be concluded that there is significant difference between state and district level sports person on anxiety. White et al. (1991) suggested that experienced and older athletes showed lower levels of both cognitive and somatic anxiety in competitive situation. Lions, (2006) opinioned that when athletes start to experience increase heart rate, sweating, rapid breathing and dry mouth prior to competition, it all indicate signs of precompetitive anxiety.

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