

A COMPARATIVE STUDY OF STATE AND TRAIT ANXIETY AMONG PLAYERS OF INDIVIDUAL AND TEAM GAMES

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Abstract	<i>The study was aimed to find out the differences in state and trait anxiety of the players of the individual and team games. The sample for the study consisted of 200 inter-university level sportsmen (100 from individual games and 100 from team games) from different Universities and District Training Centres of Haryana State. An equal number of subjects were drawn from five games in each category. The selected subjects received the State-Trait Anxiety Inventory (STAI) for the assessment of two components of anxiety i.e., state and trait. Data were analyzed using descriptive statistics such as mean, S.D. and t-test. The level of confidence was set at 0.05. Results revealed significant differences in state as well as trait anxiety levels of the sportsmen of individual and team games, t values were found to be 3.56 and 2.96, respectively. It is concluded from the present data that the players of individual games were more anxious than the players of team games.</i>
Keywords	<i>Anxiety, Individual Games, Team Games</i>

INTRODUCTION

Many variables had been associated with performances of athletes during competitions. The most talked about variables affecting athletes during competitions (and which most athletes, especially in developing countries, have little or no control over) is anxiety. Although various aspects of anxiety had been discussed in literature, the aspect interest to this study is state-trait anxiety. Worchel and Goethals (1989) defined anxiety as the uncertainty in how to cope with stress. That is, when one feels that she or he does not have the capacity to deal with stress or that the stress is overwhelming. Components of anxiety include fear, anger, increased heart and perspiration rate trembling, and being mentally off-balance, each of which is directly involved with the autonomic nervous system creating arousal.

Trait Anxiety is known as a predisposition to perceive certain events as threatening or non-threatening across situations (Spielberger, 1972). A trait is part of the personality, which influences behavior. Trait anxiety is the normal level of personal anxiety. It is a personality factor that predisposes a person to view competition as more or less threatening (Scanlan, 1986). A relationship exists between a person's trait anxiety and a person's state anxiety. Those who score high on trait anxiety measures experience more state anxiety in highly competitive, evaluative situations (Spielberger et al., 1970).

Spielberger (1972) described state anxiety as an existing or current emotional state characterized by feelings of apprehension and tension. State anxiety can be seen as a multidimensional psychological construct. Martens et al. (1990) opined that these multidimensional facets of state anxiety can be grouped into two broad concepts: cognitive anxiety (cognitive worry) and somatic anxiety (emotional arousal). Cognitive anxiety is defined as the mental component of anxiety. It is caused by negative expectations about success or by negative self-evaluation (Craft et al., 2003). In other words, 'cognitive anxiety is the fear from anticipated consequences of failure' (Hardy and Parfitt, 1991). A form of cognitive anxiety, worry, has been shown to consistently decrease performance (Sarason, 1984). Correspondingly, Burton (1988) found anxiety to be related to performance in a negative trend in swimmers. In comparison, somatic anxiety is the physiological and affective element of anxiety that develop directly from arousal. Somatic anxiety is the physiological component of anxiety. It is caused directly by stimulation or arousal of the autonomic

systems. In other words, somatic anxiety is the component that reflects the perceptions of the psychological stress to the physiological response (Craft et al., 2003). Somatic anxiety has been shown to impair performance on tasks involving precision and accuracy (Sarason, 1984). Burton (1988) has indicated that somatic anxiety is related to performance in an inverted U relationship.

STATEMENT OF THE PROBLEM

The conceptual framework of this study, in some way, strengthens the view that sportspersons who take to the individual games like wrestling, boxing, judo, athletics, gymnastic etc., are likely to differ in their anxiety level than those who participate in the team games like hockey, handball, volleyball, basketball and/or football. It is so because there are differences in nature of these two categories of sports. With this perspective in mind, the present investigation was undertaken to verify the assumption whether or not the players of individual and the team games differ on anxiety as a state and trait. Consequently the investigation has been entitled, “A comparative study of State and Trait anxiety among players of individual and team games”.

METHODS

SAMPLE

The present study was conducted on 200 inter-university level sportsmen (100 from individual games viz. Boxing, Judo, Wrestling, Athletics and Gymnastics and 100 from team games viz. Football, Hockey, Handball, Volleyball and Basketball) from different Universities and District Training Centres of Haryana state. An equal number of subjects were taken from each of these games i.e., 20.

MEASURING INSTRUMENT

The State-Trait Anxiety Inventory (STAI) was used to assess state and trait anxiety level of the participants. Both subscales consist of twenty items used to indicate how individuals react when they are in general and competitive situations. The higher the score on these scales, the higher the level of anxiety. Internal consistencies of the scales ranged from 0.83 to 0.92 (Spielberger et al., 1970). Scores on the both STAI-A state and A-Trait scales may range from a minimum of 20 to a maximum of 80. The data were analyzed using descriptive statistics and t-test. The level of confidence was set at 0.05 probability level.

RESULTS AND DISCUSSION

Table 1. Means, SDs and t-values

S.No.	Variables	Groups	Mean	SD	t-value
1.	State Anxiety	Individual Games	44.96	5.69	3.56*
		Team Games	42.15	5.45	
2.	Trait Anxiety	Individual Games	42.86	3.96	2.96*
		Team Games	41.14	4.24	

Significant at 0.05

Table 1 contains statistical data related scores on state and trait anxiety level among players of individual and the team games. When the two groups were compared on the scores of state anxiety, the difference in their mean was found to be significant at 0.05 level of confidence (t=3.56, df=198). The players of individual games have a higher level of state anxiety than the players of team games, their mean scores are 44.96 and 42.15, respectively. Similarly, when the individual and the team game sports persons were compared on the scores of trait anxiety, the difference in the mean score was found to be significant at 0.05 level of confidence (t=2.96, df=198). The players of individual games have a higher level of trait anxiety than the players of team games, their scores are 42.86 and 41.14, respectively. The results of present study are well in support of the findings of Tutko (1971,

Griffin (1972), Simon and Martens (1977) and Singh (1996). The reason for these differences may be that in the individual games, success or failure lies solely with the individual participant. The individual stands alone when he fails and must singly accept the repercussions of losing. But in the team games individual errors usually go unnoticed because of the general activity of contest, and moreover, success and failure are commonly shared. Therefore, the players in team games have lower feeling of guilt and remorse, resultantly lower anxiety-state or trait.

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