



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 5.2  
IJAR 2016; 2(5): 375-376  
www.allresearchjournal.com  
Received: 15-03-2016  
Accepted: 16-04-2016

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## A comparative study of sports competition anxiety of rural and urban male players

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### Abstract

The present study aims at exploring the variations in the level of sports anxiety between rural and urban boys. The purpose of this study is to compare the anxiety level of rural and urban school boys. To begin the aforesaid study a batch of 30 rural and urban boys respectively of Indore division who participated at state level tournaments in various games were randomly selected. The data collection tool used in the study was the Sports Competition Anxiety Test (SCAT; Martens *et al.*, 1990) [4]. The results after carefully examining the data revealed that there was no significant difference found in the anxiety level of rural and urban boys. Although urban boys were found to be more anxious than their rural fellow beings according to mean but to conclude both batches had optimum level of anxiety therefore null hypothesis was accepted. It was concluded that sports anxiety plays very important role in each sport person's life irrespective of their standards of living or origin.

**Keywords:** Sports Competition Anxiety Test (SCAT), Anxiety, Rural, Urban.

### 1. Introduction

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing pack and forth somatic complaints and rumination. In sports psychology, anxiety refers to an unpleasant emotion which is characterized by vague but persistent feelings of apprehension and dread (Cashmore, 2002) [1].

In today's competitive world of sports everyone needs physical, mental and emotional fitness in all level of competitions for the successful participation. In the field of sports, anxiety plays a very crucial role in success. It is a common emotion along with fear, anger, sadness and happiness and it also has a very important role in relation to survival.

In the past many laureate researchers have studied physiological, psychological, skill related aspects, biomechanical aspects and other allied factors of volleyball, basketball, cricket, chess and hockey players and so on but none of them so far have analyzed anxiety of various game players in the light of area or locality.

Hence the present study was undertaken to compare anxiety of rural and urban male players of state level.

It was hypothesized that there is no significant difference in the degree of sports competition anxiety amongst the rural and urban male players.

### 2. Methodology

The purpose of the present study was to compare anxiety of rural and urban school state level male players. For the present study a batch of 30 rural and urban school state level male players respectively (age between 15-17) were randomly selected. Sports competition anxiety test (scat Martens *et al.*, 1990) [4] was used to measure sports competition anxiety. The questionnaire was distributed to the players one hour before the game. Before administering the test, the procedure and benefits of the study was briefly explained to players and coaches also. Scat by Martens *et al.*, 1990 [4] consists of 15 statements. Scores obtained for each statement was added up which represent an individual's total score on scat score. Then the scat scores were analyzed.

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For the purpose of analysis of data, descriptive statistic (mean and standard deviation) and independent t-test was applied to compare the degree of sports competition anxiety between rural and urban players. The level of significance was set at 0.05 levels ( $p < 0.05$ ).

**3. Results and Discussion**

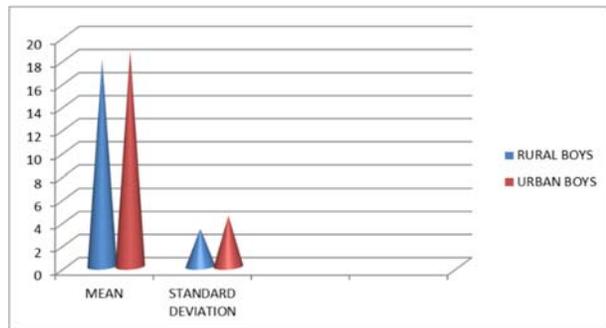
The scores were obtained by using the key as suggested by Martens *et al.*, 1990 [4]. All the individual scat score was used to judge the level of anxiety. The data was analyzed by using “t” test. The significance of mean difference was found between scores obtained on sports competition anxiety by rural and urban players have been presented in table -1.

**Table 1:** Comparison of Mean and Standard Deviation of Rural and Urban Players on Anxiety Score

Variables	N	Mean	S.D	Std. Mean Error	t-ratio
Rural	30	17.90	3.28	.59	.811
Urban	30	18.63	3.71	.67	.811

\*Significant at .05 level of significance [ $t'.05(58) = 2.000$ ]

It is evident from Table 1 that there was no significant difference between the means of rural and urban players on the scores of Sports Competition Anxiety (SCAT Score) since the obtained value of  $t'(.81)$  was less than the tabulated value of  $t'(2.00)$  which was required to be significant at 58 degree of freedom with 0.05 level of significance. Figure 1 represent the comparison of mean SCAT score for rural and urban players.



Graphical representation of mean and standard deviation score between rural and urban players on sports competition anxiety.

**4. Discussion**

The mean value (18.63) of urban players on sports competition anxiety was found to be higher than the rural players (17.90), which revealed that urban players are more prone to sports competition anxiety compared to the rural players. According to the SCAT scoring scale both were having optimum level of Anxiety. The reason behind this state of condition may be nature as well as the demand of these sports activities. According to scat scale score (17-24), individual have an average level of anxiety which is good in psychological terms. The mean of both falls under the average category of anxiety. In cities, players participate in more tournaments as compared to the rural players. Expectation of the family members and society are higher in cities and they are more concern about their future prospects in sports career. Whereas the driving force behind the rural players, playing any particular sport is either enjoyment or

sometimes pressure of their coaches. These may be some possible reasons why the urban players are more anxiety prone than the rural players.

**5. Conclusions**

The findings revealed that there was statistically no significant difference found. In regard to sports competition anxiety there is a significant difference between the means of school state level rural and urban players. It may therefore be concluded that the urban players are more prone to sports competition anxiety as compared to the rural players. This may be attributed to the fact that the rural and urban players of Indore division were school boys and facing same kind of situation in the competition.

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