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Somatic anxiety of different sports compliance

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Abstract

The purpose of the study was to assess the somatic Anxiety of different Sports Disciplines. For the purpose of the study, both male and female college level students of the age group 18 to 26 years were selected as the subjects. 30 subjects from team sports and 30 subjects from individual sports (Basketball, Athletics, Football and Table Tennis) were selected for the study as subjects. The variable for the study was somatic Anxiety. It was hypothesised that there would be significant difference in somatic sports anxiety among the different competitive sports discipline. The statistical technique used was Descriptive Statistics: Mean, Standard Deviation, Range, minimum and maximum of the raw scores. The level of significance was set at 0.05. The study concluded that somatic anxiety of four sports was found significantly different. The study revealed that football players were found to have more somatic anxiety than Athletes who were calm.

Keywords: Stress, competitiveness, performance

Introduction

Anxiety is one of the most often researched in the field of sports and exercise psychology. This widespread body of research has shaped solid evidence that pre competition anxiety and athletic performance are associated, although the exact nature of the relationship has been, and remains a controversial issue. Anxiety is a psychological and physiological state illustrated by somatic, emotional, cognitive, and behavioural components. The origin meaning of the word anxiety is 'to vex or trouble'; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness and dread. Anxiety is measured to be a normal reaction to a stressor. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes extreme, it may fall under the classification of an anxiety disorder. The intensity and reasoning behind anxiety determines whether it is considered a normal or abnormal reaction. Sports performance, during competitions, is influenced by many factors. The most important factor which manipulates sport performance, during competition, seems to be the level of incidence of competitive anxiety. It is related to apprehension and fear, and is frequently associated with failure. Sport competition is well known for placing extremely high demands on athletes. Frequently, conclusions for these contests are decided by minute differences in preparation and skill between the competitors. Sport competition has become so significant in today's society that exceptionally superior expectations by others are placed on competing athletes regardless of competitors' abilities, reasons for participation, and skill levels. These types of conditions place high stress loads on the individuals who are competing. The stress presented in competition usually brings out competitive anxiety in athletes, providing an additional element for them to manage. When anxiety is not managed or interpreted correctly, athletes lose control and performance levels decrease. Therefore, both researchers and practitioners in sport psychology are interested in furthering knowledge about competitive anxiety and its influence on athletes.

Research Methodology

For the purpose of the study, both male and female college level subjects were selected with age ranging from 18 to 26 years. Totally 60 subjects were selected 15 from each sports discipline i.e., Volleyball, Athletics, Football and Table Tennis. The study was exclusively based on prime data. The primary data was composed through structured questionnaires duly filled by the subjects.

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For analyzing and discussing about the results of the study, Descriptive Statistics: Mean, Standard Deviation, range, minimum and maximum of the raw scores and ANOVA was applied. Data was analysed, interpreted and evaluated with required statistical tools like tabulation and graphical presentation.

Results and Discussion

The analysis of data was computed on selected sixty (60) subjects of four different competitive sports namely-

Basketball, Athletics, Football and Table Tennis consisting 15 subjects each. The raw data was calculated with the statistical techniques-descriptive statistics like mean, SD, range and one way analysis of variance plus LSD wherever necessary. Furthermore, for each selected variables of the four groups of competitive sports, findings of result obtained, discussion and interpretation of the finding were given as under.

Table 1: Descriptive Statistics of Somatic Score

Variables	Mean	S.D	Maximum	Minimum	Range
Basketball	18.8	5.03	27	12	15
Athletics	16.9	3.76	24	12	12
Football	21.6	5.11	27	14	13
Table Tennis	17.3	4.55	25	10	15

As shown in the Table-1 the result of the somatic anxiety score the means value calculated as 18.8, 16.9, 21.6 and 17.3. The standard deviation calculated 5.03, 3.76, 5.11, 4.55 and the range of the somatic anxiety shown are 15, 12, 13 and 15 respectively for the selected games - Basketball, Athletics, Football and Table Tennis

Table 2: Analysis of Variance (Anova) For the Somatic Anxiety of Four Competitive Sports

Source of variation	Sum of squares	df	Mean squares	F
Between	204.6	3	68.19	3.164
Error	1207	56	21.55	
Total	1412	59		

*Significant tabulated value at $f(0.05)(2, 57) = 3.16$

Graph 1

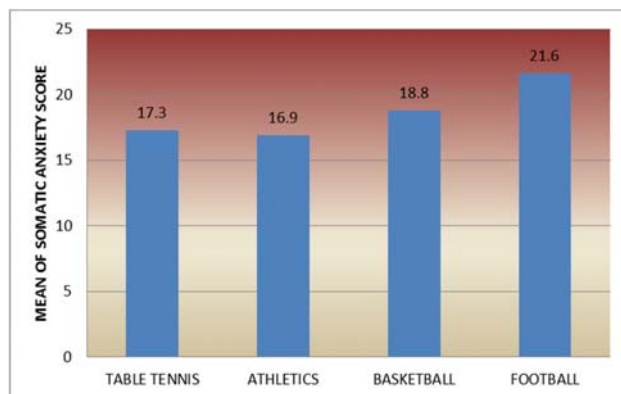


Fig 1: Graphical presentation of the Mean Value of the Somatic Anxiety of four games -Basketball, Athletics, Football and Table Tennis

Above table no 2 reveals that is significant difference exist between different sports discipline i.e., Basketball, Athletics, Football and Table Tennis in relation with Somatic Anxiety as calculated 'f' ratio 3.164 is much equal to tabulated 'f' ratio 3.16 at 0.05 level of significance.

Conclusion

On the bases of results it is the concluded that there is significant difference in somatic anxiety between different sports i.e., Basketball, Athletics, Football and Table Tennis. It is also found that Somatic Anxiety is much higher in football player in Comparison to Athletes. This difference is may be due to nature of sports as being football a team game it's higher whereas Athletics and Table tennis are individual sports.

Graph 2

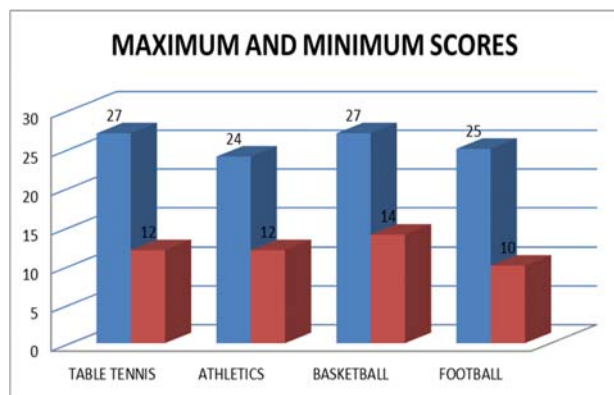


Fig 2: Graphical presentation of the Maximum and Minimum scores of the Somatic Anxiety of four games -Basketball, Athletics, Football and Table Tennis

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