International Journal of Applied Research

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Effect of conditioning program on state and trait anxiety of school going boy students

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Abstract
Thirty school going boy students, had been randomly selected for this study. All the subjects resided in own houses. They had same routine of life, diet and environmental set up and hence there was no need to apply any control over these factors. Finally, 30 subjects were included in the training study. From initial stage to final stage of conditioning all students (100%) completed the questionnaires and the entire physical test. The psychological parameters chosen for this study were State Anxiety and Trait Anxiety. Measurements involved in two phases; firstly, just before the conditioning program starts, finally; after completion of three months conditioning program. The 't' test was applied as statistical tool. In all cases 0.05 levels was fixed as significance. It was concluded from the results of the study that Conditioning of school going students caused improvement of state anxiety was highly significant and improvement of trait anxiety was also significant.

Keywords: Conditioning Program, Stateanxiety, Trait Anxiety.

Introduction

It is a common knowledge that exercise is good for one`s physical health. It has only been recent years, however, that it has become common place to read in magazines and newsletters that exercise can also value in promoting sound mental health. Although this optimistic appraisal has attracted a great deal of attention, the scientific community has been much more cautious in offering such a blanket endorsement. Consider the tentative conclusions that 'physical activity appears to relieve symptoms of depression and anxiety and improve mood' and that 'regular physical activity may reduce the risk of developing depression, although further research is needed on this topic.' Although psychological preparation is a component that has been often neglected by athletes and coaches alike, studies have shown that mental readiness was felt to be the most significant statistical link with Olympic ranking. Athletes have frequently been quoted to state how the mental aspect is the most important part of one`s performance. As Arnold Palmer, a professional golfer suggested that the game is 90% psychological. "The total time spent by the golfer actually swinging and striking the ball during those 72 holes is approximately seven minutes and 30seconds, leaving 15 hours, 52 minutes and 30 seconds of "thinking time".

Method: Measurements involved in two phases; firstly, just before the conditioning program starts, finally; after completion of three months conditioning program. STAI (Spielberger and others, 1983) [3], a self-evaluation questionnaire was taken for the test of state anxiety. Subject was asked to answer the selected questionnaire. There were twenty questions available in the questionnaire. Four options were also available for each question and for option 1, 2, 3 and 4 the score were respectively 1, 2, 3 and 4. In the questionnaire there were some direct items and some reserved items. As per marking of the students of questionnaire the score of the direct items and reserved items were calculated respectively. The state Anxiety score was calculated by using the formula- Score = (direct items score) – (reserve items score) +50. STAI (Spielberger and others, 1983) [3], a self-evaluation questionnaire was taken for the test of trait anxiety. Subject was asked to answer the selected questionnaire. There were twenty questions available in the questionnaire. Four options were also available for each question and for option 1, 2, 3 and 4 the score were respectively 1, 2, 3 and 4. In the

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questionnaire there were some direct items and some reserved items. The trait Anxiety score was calculated by using the formula- Score = (direct items score) – (reserve items score) +35

Analysis of data and Result
Pre and Post Test data of Experimental Group

Table 1: Descriptive statistics of State Anxiety of Experimental group

Group	Subject	N	Mean	SD	t
Experimental	Pre test	30	45.9	5.7	14.01
	Post test	30	40.67	4.88	

Significant "t" at 0.05 level=2.05

Table-1 reveals that mean, standard deviation of pre-test State Anxiety of experimental group, which were found to be 45.9, 5.7 and post-test value were found to be 40.67, 4.88. The value of paired sample of 't' ratio of State Anxiety, which shows that there was highly significant difference with pre-test and post-test value of State Anxiety. The calculated value of 't' was found to be 14.01 at 0.05 level of significance which was higher than the tabulated value of 't' at 0.05 level of significance. The improvement of State Anxiety also presented in Figure-1
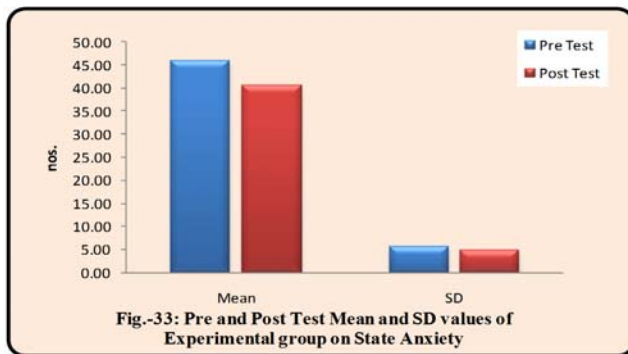

Fig- 1

The Figure No.-1 shows the mean and SD difference in pre and post-test State Anxiety of Experimental group.
So due to regular training the State Anxiety developed significantly as a result exercise training significantly influenced on State Anxiety.

Pre and Post Test data of Experimental Group

Table 2: Descriptive statistics of Trait Anxiety of Experimental group

Group	Subject	N	Mean	SD	t
Experimental	Pre test	30	48.43	4.3	8.94
	Post test	30	43.17	3.82	

Significant "t" at 0.05 level=2.05

Table-2 appears that mean, standard deviation of pre-test Trait Anxiety of experimental group, which were found to be 48.43, 4.3 and post-test value were found to be 43.17, 3.82. The value of paired sample of 't' ratio of Trait Anxiety, which shows that there was highly significant difference with pre-test and post-test value of Trait Anxiety. The calculated value of 't' was found to be 8.94 at 0.05 level of significance which was higher than the tabulated value of 't' at 0.05 level of significance.

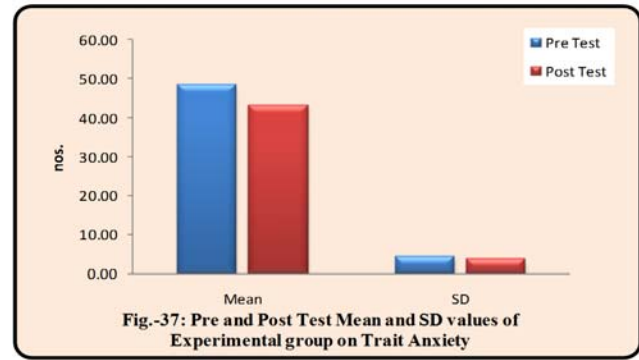The improvement of Trait Anxiety also presented in Figure-2

Fig- 2

The Figure No.-2 shows the mean and SD difference in pre and post-test Trait Anxiety of Experimental group.
So due to regular training the Trait Anxiety developed significantly as a result exercise training significantly influenced on Trait Anxiety.

Conclusions
It was concluded from the results of the study that Conditioning of school going students caused improvement of state anxiety was highly significant and improvement of trait anxiety was also significant.

References
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