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A study on the investigation of relationship between intensity and directional components of trait anxiety

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Abstract

The purpose of the study was to investigate the relationship between intensity and directional components of trait anxiety. 200 competitors from a variety of sports (Athletics, Kabaddi, Boxing, Hockey, Football, Judo, Volleyball, Wrestling) were selected as the subjects for the study. CTAI-2D was used as the criterion measure. Descriptive statistics and Pearson's "r" was employed as the statistical technique. Findings revealed small, positive and linear relationship between the cognitive and somatic intensity components, small, positive and linear relationship between the cognitive and somatic directional components and small, moderate and negative relationship between the corresponding intensity and direction components of state anxiety.

Keywords: Strobilanthes cuspidata, antioxidant, cytotoxicity, DPPH, Vero cell lines

Introduction

Purpose

To explore the association between the cognitive and somatic intensity components, between the cognitive and somatic directional components and between corresponding intensity and directional components of CTAI-2D.

Hypothesis

1. It was hypothesized that the association between the cognitive and somatic intensity components would be small, positive and linear.
2. It was hypothesized that the association between the cognitive and somatic directional components would be small, positive and linear.
3. It was hypothesized that the association between the corresponding intensity and direction components of CTAI-2D would be linear, moderate and negative.

Delimitations of the Study

1. The study was delimited to the players of RAI Sports School and Sports Authority of India.
2. The study was further delimited to the game of athletics, Kabaddi, Boxing, Hockey, Football, Judo, Volleyball and Wrestling.
3. The study was further delimited to the players participating at least in the state level championship.

Sample

For the purpose of the study 200 competitors from a variety of sports (Athletics, Kabaddi, Boxing, Hockey, Football, Judo, Volleyball, Wrestling) The study was confined to the players of RAI sports school and Sports Authority of India (i.e. the players receiving coaching in SAI centers or under the supervision of SAI coaches). The competitors selected were those players who had participated at least in the state level championships.

Variables

Intensity and directional dimensions of trait anxiety.

Criterion Measures: CTAI-2D

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Statistical

Technique: Pearson's " r " was calculated between Intensity and directional components of anxiety to examine the hypothesised relationships.

Analysis and Findings of the study**Table 1**

S. No.	Variables	Mean	Std. Deviation
1.	Cog. Int.(CTAI-2)	23.53	4.22
2.	Som Int.(CTAI-2)	23.14	4.11
3.	Cog. Dir.(CTAI-2)	-8.19	9.98
4.	Som. Dir.(CTAI-2)	-.34	9.21

Table 1 depicts the Mean and Standard Deviation and Internal Consistency of all the components of CTAI-2D. The Mean and Standard deviation values for Cog. Int. are, $M = 23.53$ and $SD = 4.22$, for Som. Int. $M = 23.14$ and $SD = 4.11$, for Cog. Dir. $M = -8.19$ and $SD = 9.98$, for Som. Dir.

$M = -.34$ and $SD = 9.21$. The mean and standard deviation of all the components of CTAI-2D were approximately same as those reported in earlier researches of (Cunningham & Ashley, 2002).

Table 2

S. No.	Variables	Cog. Int. (CTAI-2)	Som Int. (CTAI-2)	Cog. Dir. (CTAI-2)	Som. Dir. (CTAI-2)
1.	Cog. Int.(CTAI-2)	-	.369**	-.480**	-.435**
2.	Som Int.(CTAI-2)	.369**	-	-.429**	-.440**
3.	Cog. Dir.(CTAI-2)	-.480**	-.429**	-	.418**
4.	Som. Dir.(CTAI-2)	-.435**	-.440**	.418**	-

The table 2 indicates the association within the components of CTAI-2-D. It was hypothesized that the association between Cog. and Som. components of CTAI-2D would be moderate, linear and positive. The observed association between Cog. and Som. components of CTAI-2D was $r = 0.369$, which is significant at $p < 0.01$ level but comparably lower than expected but still provides support for the hypothesis made. It was hypothesized that the association between Cog. and Som. Dir. components of CTAI-2-D would be small, linear and positive. The observed association between Cog. and Som. Dir. components of CTAI-2-D was $r = 0.418$, which is significant at ($p < 0.01$), level which is somewhat higher than predicted. However, enough to provide support for the hypothesis made.

References

1. Cunningham GB, Ashley FB. Debilitative and facilitative perceptions of trait anxiety among students in a college golf class. *Perceptual and Motor Skills* 2002; 94:739-742.