

Comparative Study of Anxiety Level of National and State Level Boxers

Abstract

Anxiety is an important factor, which affects the performance in sports and games. Anxiety is considered as an obstacle to activity. A person who suffers from anxiety is not able to devote his full energy in the performance. The purpose of this study was to comparative study of anxiety level of national and state level boxers. The focus of the present study was to compare the anxiety level of National and State Level Boxers and to find difference in their anxiety Level. The sample consists of 200 subjects which were selected through purposive sampling method. Manifest anxiety scale was administered to the subjects. Statistical techniques such as Mean, S.D. and 't'-test were applied for the analysis of the data. The result showed that there is significant difference in anxiety level between National and non-National Boxers. Study shows that boxers have stress accordance to the level of competition. But the stress varies at different level. As the level of competition is high, there will be more stress. In boxers stress is related to opponent, bout and finally of result. It is true that in combats sports every individual have stress. But the degree of stress is varies for individual to individual.

Keywords: National and State Level Boxers.

Introduction

Today's ever-changing, technologically advanced, and competitive environment causes stress and anxiety in humans. Excessive and frequent anxiety can impair functioning. Anxiety can be defined as an uncomfortable emotional state in which one perceives danger, feels powerless, and experiences tension in preparing for an expected danger. It as the subjective feeling of tension, apprehension, nervousness, and worry, associated with an arousal of the autonomic nervous system. In whichever way it is defined, the central characteristic of anxiety is worry, and it is clear that anxiety has a negative effect on all aspects, such as, social, personal, and academic and sports performance. Anxiety about the result of a Board exam or the reaction of our parents to the report card; nervousness about the first date or a job interview – we all would have lived through these moments. A little bit of fear is normal; in fact, just like salt in the food, it is needed so that we remain disciplined, focused and dynamic. Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, fear, or worry. Anxiety is a generalized mood condition that occurs without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an observed threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable. Another view is that anxiety is “a future-oriented mood state in which one is ready or prepared to attempt to cope with upcoming negative events” suggesting that it is a distinction between future vs. present dangers that divides anxiety and fear. Anxiety is considered to be a normal reaction to stress. It may help a person to deal with a difficult situation, for example at work or at school, by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Statement of the Problem

“Comparative study of anxiety level of national and state level boxers”

Objectives of the Study

The main objective of the study was to compare the anxiety level of National and State Level Boxers.

Hypothesis

It was hypothesized that there will be significant difference in the anxiety level of national and State Level Boxers.

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Methodology

Sample

Purposive sampling method was used to extract the sample. The sample consisted of 200 samples i.e. 100 National and 100 State Level Boxers which were selected from Himachal Pradesh Colleges.

Tool

Manifest anxiety scale developed by Dr. Srivastava and Dr. Tiwari was used to measure the anxiety level of the Boxers. The test contain 100 statements with a set of two alternative response 'Yes' and 'No' having a weight age of 1 and 0 respectively. The total manifest score of every respondent was a sum of item checked as yes. For getting anxiety score of each individual all the positive score were added.

Presentation, Analysis of Data & Results of the Study

To compare the anxiety score of two groups Mean, S.D., were computed from the anxiety score obtained by the National and State Level Boxers. 't'-test was applied to test the significant difference between National and State Level Boxers.

Table-1

Result and Discussion Comparison of Anxiety Score of National and State Level Boxers

Subjects	N	Mean	S.D.	t-value
National Level Boxers	100	55.7	11.86	2.04*
State Level Boxers	100	49.9	12.01	

*significant at 0.05 level of confidence.

Grafical Design of the Comparative Study of Anxiety Level of National and State Level Boxers

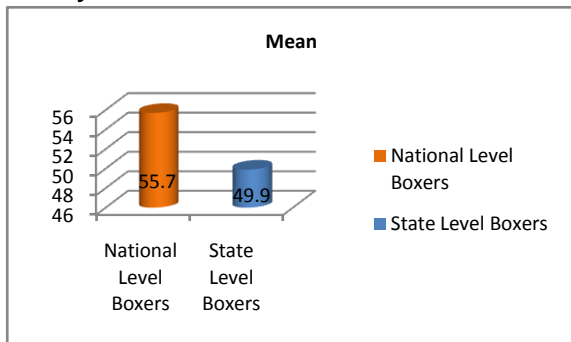


Table-1 shows that the mean anxiety score 55.7 of National Level Boxers is higher than that of mean anxiety score 49.9 of State Level Boxers. The difference between the two mean is also statistically significant at both level. Thus it confirmed that the national Boxers are more anxious than the State Level Boxers. Higher Competition level is one of the most important sources of variance of anxiety. However by giving the psychological motivation and making them aware regarding their level of competition this problem of anxiety will remove gradually or by giving them some sort of jobs and prize money this problem will be finish.

Findings

1. The study showed that the anxiety score of national boxers were greater than State Level Boxers.
2. There was significant difference in anxiety level of national and State Level Boxers.

Summary, Conclusion & Recommendations

Anxiety disorders are common, often stable

and present a risk for lifelong psychiatric disturbance. It is a cause for concern that, despite the existence of evidence-based interventions, the majority of children and young people with anxiety disorders do not access treatment. In recent years, a number of promising treatments have been developed and evaluated that offer a mechanism for increasing access to evidence-based treatment for children and young people with anxiety disorders. Anxiety is a normal, but highly subjective, human emotion. While normal anxiety serves a beneficial and adaptive purpose, anxiety can also become the cause of tremendous suffering for millions of people. Working from a biopsychosocial perspective, this article provided an overview of the origin and functional purpose of normal anxiety. The biological, psychological, and social factors that contribute to the formation and maintenance of (pathological) anxiety disorders were presented. The various anxiety disorders, theories, and associated treatments were reviewed. The treatment for anxiety disorders is based on a solid scientific foundation, grounded in research by experts from diverse fields. The research has investigated these biological, social, and psychological factors that contribute to anxiety disorders. This broad research base has led to the development of numerous, empirically-based treatments that have proven to be highly effective. As a result, thousands of courageous individuals have reclaimed their health, restored their functioning, and now enjoy richly rewarding and satisfying lives. The future remains optimistic for those who struggle with anxiety. We are confident that advancements in the treatment of anxiety disorders will continue to bring hope and relief to the people, and families, affected by these disorders.

Conclusion

The study showed that the anxiety score of national boxers were greater than State Level Boxers.

There was significant difference in anxiety level of national and State Level Boxers. Study shows that as the level of the competition increase, in the same manner level of anxiety will also increase because there are lots of stress on the toughness and result of the competition.

Recommendations

In the light of finding of present study the following recommendation can be suggested to the Physical Educator, coaches and sports trainer regarding to comparison of anxiety level on national and state level boxers.

1. The same study can be conducted on players of different game.
2. The same study can be conducted on athletes.
3. The same study can be conducted on the students compete on different level of competitions.

References

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