

EFFECT OF E-EDUCATION ON PRE-COMPETITIVE ANXIETY IN THE SCHOOL GOING CHILDREN

Ms. Rajinder kaur

Physical Education Teacher, Navodaya vidyalaya samiti

ABSTRACT

36 subjects were included in the study. The age range of the subjects was 10-13 years as they were selected randomly from different schools of Punjab. Through both the critical and allied literature pertaining to the problem under consideration the variable selected for the study was pre competitive anxiety. The selection of this variable was also based on the feasibility criteria and the questionnaire available as well as the investigator's own experience and expert suggestion in conducting the test. Through both the critical and allied literature pertaining to the problem under consideration the variable selected for the study was pre competitive anxiety. The selection of this variable was also based on the feasibility criteria and the questionnaire available as well as the investigator's own experience and expert suggestion in conducting the test. To assess the pre competitive anxiety level of the player "Sports Competitive Anxiety Test" (SCAT) questionnaire produced by Rainer Martens, as used. Pre test and Post test data was recorded on the school going children in between the E –education of 6 weeks. Tabulation was done with the help of Microsoft excel & analysis was done by SPSS (20th version). t-test was used for data analysis at level of significance 0.05. Results indicates that a significant difference was found in the pre competitive anxiety among the school going Children with effect of E-Education.

Keywords: Pre Competitive Anxiety, E-Education, School Going Children.

INTRODUCTION: The advancements of Information and multimedia technology, and the use of internet as a new way of teaching, has a made a revolutionary changes in the traditional teaching process (Wang et al. 2007; Tao et al., 2006). Using electronic media such as computer videoconferencing, audio, internet, interactive TV and satellite as medium to conduct electronic learning (e-learning), has fueled the opportunity to introduce a new learning environment and scenarios to potential benefiteres (Hung and Cho, 2008)ICT is the acquisition, processing, storage and discrimination of vocal, pictorial, textual and numerical information by a microelectronics-based combination of computing and telecommunications. It is a diverse set of technology tools and resources used to create assess ,store , transmit and manage information and communicate the desired information from one place to another .it includes computers broadcasting

technologies , digital cameras, video recorder, tape recorder, LCD projector , over head projector, CD-ROM.DVD, computer software etc. we enjoy various services like internet , cloud computing , teleconferencing , video conferencing ,fax, power point presentation , E-learning mobile learning ,blended learning ,distance learning etc. These ICTs have penetrated & permeated into our very lives that it had changed our lifestyle, the way we socialize, relate to each other, work and even learn. It has seeped into the core and become a necessity and added quality to life. ICTs have the potential to raise the quality of education. (Rindharwon, 2011)

PROCEDURE OF THE STUDY

Selection of Subjects

36 subjects were included in the study. The age range of the subjects was 10-13 years as they were selected randomly from different schools of Punjab.

Selection of Variables

Through both the critical and allied literature pertaining to the problem under consideration the variable selected for the study was pre competitive anxiety.The selection of this variable was also based on the feasibility criteria and the questionnaire available as well as the investigator's own experience and expert suggestion in conducting the test.

Criterion Measure

To assess the pre competitive anxiety level of the player “Sports Competitive Anxiety Test” (SCAT) questionnaire produced by Rainer Martens, as used.The copies of the Questionnaire were personally distributed with prior permission of principal to the all the subjects with the request that they shall give correct and accurate answers. The subjects were properly guided and assisted whenever they faced any difficulty. Proper instructions regarding the objectives of study and procedure for filling in the Questionnaire were given. The researcher personally contacted with the subjects and collected all the data. Pre test and Post test data was recorded on the school going children in between the E –education of 6 weeks.

STATISTICAL ANALYSIS

Tabulation was done with the help of Microsoft excel & analysis was done by SPSS (20th version). t-test was used for data analysis at level of significance 0.05.

RESULTS

Table 1
Paired t-statistics in the Pre Competitive Anxiety among the School going Children with effect of E-Education

Variable	Group	Mean	Std. Deviation	t-value	P value
Pre Competitive Anxiety	Pre-test	10.0400	.4159	14.648*	.000
	Post-test	7.6600	.4037		

Table 1 show that a significant difference was found in the pre competitive anxiety among the School going Children with effect of E-Education. The t-value is significant, as the p-value is (0.000) which is higher than 0.05 so the null hypothesis of equality of means of two groups (i.e. Pre and Post) reject at level of significance 0.05.

DISCUSSION OF FINDING

The purpose of the study was to examine the critical difference in the pre competitive anxiety among the School going Children with effect of E-Education. 36 subjects were included in the study. The age range of the subjects was 10-13 years as they were selected randomly from different schools of Punjab. Results reveal that a significant difference was found in the pre competitive anxiety among the School going Children with effect of E-Education. This difference was occurred due to the reason that It is a age of curiosity. Early childhood age is a growing independence stage of life span and child enters first grade in school. It is a age of curiosity. Early childhood education/primary education is a term that is used to commonly describe the formal teaching and care of young children by individuals or professionals other than their family or in settings outside the child's home. Similar Study was conducted as High significant role of multimedia in early childhood education for increased their content knowledge and understandings. The different types of multimedia are high significant to their academic performances.(Singh,2013) Young children's engagement with digital texts. Current educational practices are becoming increasingly anachronistic within a world in which knowledge, learning

and relationships are being re-defined in digital environments. As studies of children's home lives indicates, many young children engage in digital practices in the home and such experience needs to be recognized as a resource for their current and future meaning-making. New ways of thinking about the relationship between literacy, technology and learning in the early years are needed. (Burnett, 2010)

References

- Garrett, Hanery E. (2004) Statistics in Psychology and Education. Paragon International Publisher, New Delhi.
- JoelRGrossbard"Grossbard.(2006) Measurement of Multidimensional Sport Performance Anxiety in Children and Adults: The Sport Anxiety Scale-2 JSEP ,Journal of Sports And Exercise Psychology, Volume 28, Issue 4, December
- Mundsen Y., Pedersen B. H. (1999) The role of achievement goal orientations and perceived ability upon somatic and cognitive indices of sport competition trait anxiety A study of young athletes, Scandinavian Journal of Medicine & Science in Sports, SJMSS Volume 9, Issue 6, 333–343, December 1999
- Singh, M., Kadhim, M.M., Turki Jalil, A. *et al.* A systematic review of the protective effects of silymarin/silibinin against doxorubicin-induced cardiotoxicity. *Cancer Cell Int* **23**, 88 (2023).
<https://doi.org/10.1186/s12935-023-02936-4>
<https://cancerbiomedcentral.com/articles/10.1186/s12935-023-02936-4>
- Mandeep Singh Nathial, *Analysis of set shot in basketball in relation with time to perform the course and displacement of center of gravity*, American Journal of Sports Science, Vol.2 Issue.5 pp: 122-126 (2014). Retrieved from <https://www.sciencepublishinggroup.com/journal/paperinfo.aspx?journalid=155&doi=10.11648/j.ajss.20140205.13>
- Mandeep Singh (2010). *Evaluation And Improvement Of Sports Techniques Through Biomechanical Updated Analyzing Technology*, University News, Journal of Higher Education Association of Indian Universities, Association of Indian Universities, Vol:48:Issue.05;2010 Pp45-57, 2010
- Mandeep Singh Nathial, *A Study of Adjustment and Emotional Intelligence of University Coaches in India*, American Journal of Applied Psychology. Volume 3, Issue 6, November 2014 , pp. 122-126. doi: 10.11648/j.ajap.20140306.11

- Nathial, Mandeep Singh. A COMPARATIVE AND ANALYTICAL STUDY OF SELF-ESTEEM AND JOB SATISFACTION IN ATHLETES AND NON ATHLETES. *Journal of Advances in Social Science and Humanities*, 2(10).<https://doi.org/10.15520/jassh210123>
- Singh, M., Kour, R., & Kour, A.,. A collaborative diversified investigation of respective responses of sports person coaches and organizations on criminalization of doping. *International Journal of Health Sciences*,6(S3), 11295–11310. <https://doi.org/10.53730/ijhs.v6nS3.8641>
- Mandeep Singh., Assessment of Vocational Interests of Pahadi&Bakarwal School Students In Relation To Their Gender. *Int J Recent Sci Res.* 9(3), pp. 24817-24819. DOI: <http://dx.doi.org/10.24327/ijrsr.2018.0903.1731>
- Dr. Mandeep Singh, 2017. “A study of awareness of inhouse doping errors among national level players and sports administrators in J&K state of India”, *International Journal of Current Research*, 9, (01), 45226-45227. <http://www.journalcra.com/sites/default/files/issue-pdf/20036.pdf>
- Small Frank L., Smith Ronald E., Cumming Sean P. (2007) Effects of a Motivational Climate Intervention for Coaches on Changes in Young Athletes’ Achievement Goal Orientations , *Journal of Clinical Sports Psychology*, JCSP Volume 1, Issue 1, March 2007 23 – 46
- Balaguer, I., Gonzales, L., Fabra, P., Castillo, I., Merce, J. & Duda, J.L. (2012). Coaches’ interpersonal style, basic psychological needs and the well- and illbeing of young soccer players: a longitudinal analysis. *Journal of Sports Science*, 1-11.
- Jones, G. (1995). More than just a game: Research developments and issues in competitive anxiety in sport. *British Journal of Psychology*, 86, 449-478
- SINGH SIDHU, A., & SINGH, M. (2022). KINEMATICAL ANALYSIS OF HURDLE CLEARANCE TECHNIQUE IN 110M HURDLE RACE. *International Journal of Behavioral Social and Movement Sciences*, 4(2), 28–35. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/267>
- Singh, A., & Singh, D. M. (2013). PROMOTION OF RESEARCH CULTURE –ENHANCING QUALITY IN HIGHER EDUCATION. *International Journal of Behavioral Social and Movement Sciences*, 2(2), 202–208. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/152>
- SINGH, M., & SINGH SIDHU, A. (2016). A COMPARATIVE STUDY OF BODY COMPOSITION AND RELATIVE HEALTH STATUS AMONG RESIDENT AND NON-RESIDENT STUDENTS IN DIFFERENT SCHOOLS OF J&K. *International Journal of Behavioral Social and Movement Sciences*, 5(3), 08–13. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/320>
- Singh Nathial, D. M. (2012). ANALYZING THE CREDIT BASED SYSTEM IN PHYSICAL EDUCATION. *International Journal of Behavioral Social and Movement Sciences*, 1(3), 172–176. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/37>
- SHARMA, N. P., & SINGH, M. (2014). SENIOR AGE GROUP RELATIVE EXERCISES AND IMPACT ON THEIR LIFESTYLE. *International Journal of Behavioral Social and*

Movement Sciences, 3(04), 78–82. Retrieved from
<https://ijobsms.org/index.php/ijobsms/article/view/246>

CHAND PURI, P., MISHRA, P., JHAJHARIA, B., & SINGH, M. (2014). COORDINATIVE ABILITIES OF VOLLEYBALL IN DIFFERENT AGE GROUPS: A COMPARATIVE STUDY. *International Journal of Behavioral Social and Movement Sciences*, 3(3), 56–68. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/228>

Woodman, T. & Hardy, L. (2001). Stress and anxiety. In R. Singer, H. A. Hausenblas, & C. M. Janelle (Eds.), *Handbook of research on sport psychology* (pp. 290-318). New York: Wiley