

COMPARATIVE STUDY OF LEVEL OF ANXIETY OF FEMALE BASKETBALL PLAYERS AT DIFFERENT LEVELS OF PARTICIPATION

*DR.JOSHPREET SINGH

** DR.HARINDER SINGH KANG

*Assistant Professor, Guru Nanak Khalsa College, Yamuna Nagar

** Principal, Guru Nanak Khalsa College, Yamuna Nagar

ABSTRACT

Sports Psychology is a study of how psychology affects sports, achievement, exercise, exercise and physical activity. Sports psychologists work with athletes and professional trainers to improve performance and increase motivation. The main thrust of the modern sports is on winning, not just participating and playing. Physical Health and fitness or joy and fun are no longer the purpose or even the target. The dismissal performance of Indian players and athletes in Inter All India Inter University events has been largely attributed to the lack of will to win. It is the factor that makes great competitors. Therefore, the investigator has decided to study the Anxiety of the Female Basketball and Netball Players participating at All India Inter University Level. Total 100 Female Basketball and Netball Players were selected as subject. The age group of the Female Basketball Players was 17 to 25 years. The present study consists of 100 Female Basketball and Netball Players. There is a difference in Anxiety between the female Basketball and Netball players participating in All India University level.

Keywords: Comparison, Anxiety, Basketball Players, Netball Players.

INTRODUCTION: Human life is a complex of physical, intellectual, emotional and social developmental patterns and sports, and physical activities are integral parts of these patterns. We must have some understanding of why some people do not and why some people are more competitive than others, and why some people must be taught and coached on the basis of their individual needs, desires, interests and attitudes, traits such as self-confidence, self-assurance, self-enhancement, self-esteem, self-regard and self-respect all evolve out of a

person's self-concept. In general, self-confidence has been found to be highly conservative and conventional.

Sports Psychology is a study of how psychology affects sports, achievement, exercise, exercise and physical activity. Sports psychologists work with athletes and professional trainers to improve performance and increase motivation. Other experts use exercises and sports to improve their lives and their well-being throughout their lives. Professional Psychologists always help athletes compete with the strongest pressure from the competition and overcome focus and motivation issues. They also work with athletes to improve their work and recover from injury. Sports psychologists not only work with elite and professional athletes. They also help people too play sports and learn to adhere to the training program.

METHODOLOGY:

SAMPLE

To undertake this present study, total 100 Female Basketball and Netball players participating at All India Inter University level were selected as subject.

TOOLS USED

The investigator has used Anxiety Questionnaire constructed by Martin to collect the data.

COLLECTION OF THE DATA

The data was collected from the Female Basketball and Netball Players those who had participated in the All India University Female Basketball Players Championships. The investigator assembled the Female Basketball and Netball Players and then distributed the questionnaire to the Female Basketball Players before filling up the questionnaire. Necessary instructions were given and questions were explained to the Female Basketball and Netball Players after giving the instructions Female Basketball and Netball Players were

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200

asked to fill up all the questions of the questionnaire. After filling the questionnaire, they were collected by the investigator from the Female Basketball and Netball Players.

STATISTICAL TECHNIQUES

The data obtained by the Anxiety questionnaire from the Female Basketball and Netball Players were analyzed. To compare psychological measurements of Female Basketball and Netball players 't' test was used as devised by Garrett (1981). The statistical parameters and test computed by using electronic computer. The computer programmer first developed Tested and verified and then applied to the present data. The 't' test values were however computed with the help of the electronic calculator.

ANALYSIS OF DATA

After collecting the raw scores from the questionnaires of Anxiety the raw scored are then used to find the Mean and S.D. of the Anxiety scores of Female Basketball and Netball Players participating at All India Inter University level. After that t-value is calculated in order to find out sufficient of the Female Basketball and Netball Players in anxiety.

RESULTS OF STUDY:

Table 1 and Figure 1 show the importance of the average difference between women's basketball and netball. The average anxiety of female basketball players is 16.52, and the average anxiety of female netball players is 25.87. Anxiety in both female basketball and netball players is 2.77, which shows that there is more anxiety among female netball players than the female basketball players. This shows that there is a difference in anxiety between female basketball players and netball players, which is important at a level of confidence 0.001 with a degree of freedom of 98

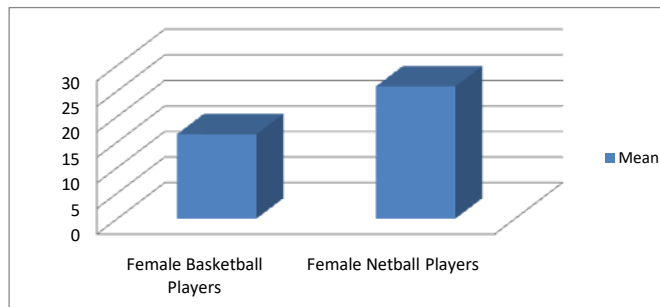
TABLE- 1
ANXIETY OF FEMALE BASKETBALL AND NETBALL PLAYERS

Game	N	Mean	SD	t
Female Basketball Players	50	16.52	1.42	2.77*
Female Netball Players	50	25.87	1.76	

*Significant at 0.01 level df = 98

FIGURE NO. 1

MEAN SCORES OF ANXIETY OF FEMALE BASKETBALL AND NETBALL PLAYERS



COMPARISON OF ANXIETY BETWEEN ALL INDIA INTER UNIVEERSITYAND INTER COLLEGE BASKETBALL PLAYERS

't' was applied to test the significance difference between All India Inter University and Inter College Basketball Players 't' is presented in Table 1.1 and figure 1

There is a difference in anxiety between female basketball and netballs players All India Inter University and Inter College Basketball Players. The mean of anxiety of female Basketball Players is 16.52, with sd 1.42 while the mean of anxiety of Female netball players is 25.87 with sd 1.76. The 't' of Anxiety of female Basketball and netball Players is 2.77 which is significant at .01 level.

DISCUSSION OF RESULTS:

1. There is more anxiety in female netball players as compare to female basketball players.

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