

A COMPARATIVE STUDY OF TEST ANXIETY AMONG SPORTSMEN AND NON-SPORTSMEN OF CH. DEVI LAL UNIVERSITY, SIRSA

¹ Jaipal ² Ashok Kumar Sharma

¹ PET, Jawahar Navodaya Vidyalaya-Butana, Sonapat, Haryana, India

² Assistant Professor, Department of Physical Education, CDLU, Sirsa, India

ABSTRACT

The present study was undertaken to compare the test anxiety levels between sportsmen and non-sportsmen of C. D. L. University at college level. For this purpose one hundred students (50 sportsmen and 50 non-sportsmen) studying in different colleges affiliated to C. D. L. University, Haryana were randomly selected to act as subjects. Test Anxiety Inventory developed by Sud and Sud for collection of data regarding test anxiety. Mean and Standard Deviation used as statistical techniques to draw mean of total scores of each variable between subjects and t-test was also used to find out significance difference. In the result significant difference was found regarding test anxiety between sportsmen and non-sportsmen.

Key Words: *Test Anxiety, Sportsmen and Non-Sportsmen.*

INTRODUCTION:

Test anxiety is one of the major non-cognitive variables which affect academic achievements and sports performance both. Individual with high level of test anxiety become tense, nervous, emotionally apprehensive which hampers their performance. An anxiety defined by Frued (1949) as “a specific unpleasurable quality, efferent or discharge phenomenon and perception of these”. The term Test Anxiety relates to the anxiety in relation to the quality of performance in a test situation. Test anxiety may be inferred as a reaction-bound stress phenomenon on the one hand, and situation-bound stress reaction on the other. It has been continuously noted that test anxiety affects learning and academic achievements of students. Lynn (1957) and Cox (1964) have reported significantly negative correlation between test anxiety and achievement. Test anxiety has been associated with negative thoughts. The social experiences of players also affected their

academic performance. Test anxiety is actually a type of performance anxiety — a feeling someone might have in a situation where performance really counts or when the pressure's on to do well. For example, a person might experience performance anxiety when he or she is about to try out for the school play, sing a solo on stage, get into position at the pitcher's mound, step onto the platform in a diving meet, or go into an important interview.

Like other situations in which a person might feel performance anxiety, test anxiety can bring on "butterflies," a stomach-ache, or a tension headache. Some people might feel shaky, sweaty, or feel their heart beating quickly as they wait for the test to be given out. A student with really strong test anxiety may even feel like he or she might pass out or throw up.

Test anxiety is not the same as doing poorly on a certain test because your mind is on something else. Most people know that having other things on their minds — such as a break-up or the death of someone close — can also interfere with their concentration and prevent them from doing their best on a test.

MATERIAL AND METHODS:

Sample: For the present study, one hundred students from different colleges of Ch. Devi Lal University were randomly drawn to act as subjects. Out of one hundred students, there were fifty sportsmen (inter-university level) and fifty non-sportsmen studying in college.

Variables: Test Anxiety treated as variables for study.

Tools used: In the present investigation Test Anxiety questionnaire was used as tools for gathering data. Test Anxiety Inventory developed by Sud and Sud (1997) for collection of data regarding test anxiety.

Statistical Techniques: The data analyzed and compared with the help of statistical procedure in which arithmetic mean, standard deviation (S.D.) and t-test used to compare the data.

RESULTS AND DISCUSSION:

Mean, standard deviation (S.D.) and t-values of variables of sportsmen and non-sportsmen have been depicted in table-1.

Table -1

Test Anxiety among Sportsmen and Non-Sportsmen of Ch. Devi Lal University Sirsa.

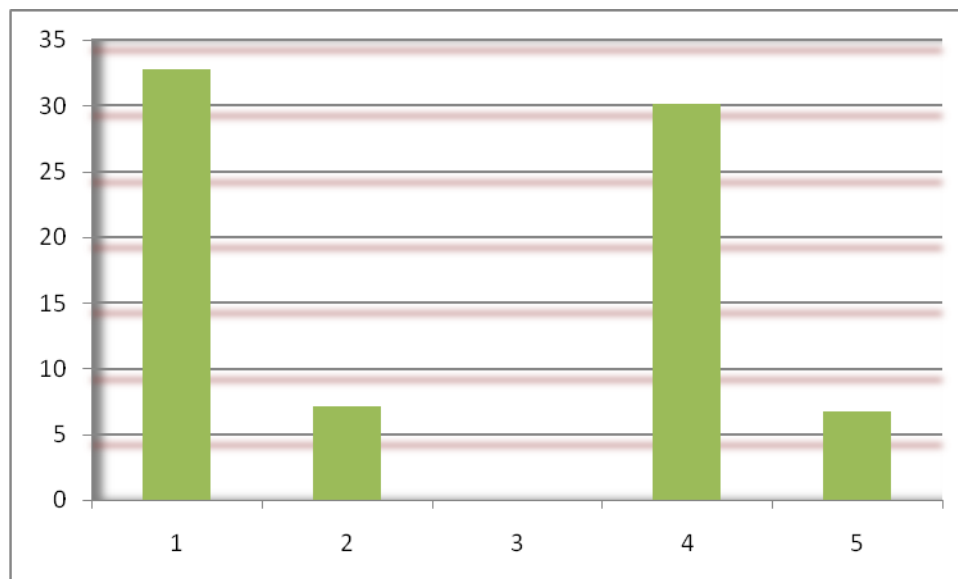
Sr. No.	Variables	Non-Sportsmen		Sportsmen		MD	t-value
		Mean	S.D.	Mean	S.D.		
1.	Test Anxiety	32.77	7.13	30.10	6.68	2.67	2.98

Table-1 shows that mean values of scores for non-sportsmen and sportsmen regarding test anxiety found 32.77 and 30.10 respectively and standard deviation was 7.13 and 6.68 for non-sportsmen and sportsmen respectively and mean difference was 2.67. Table-1 also shows that t-values was 2.98 which is significant at 0.05 level of significance, ($p > .05$). It shows there is significant difference regarding test Anxiety between non-sportsmen and sportsmen.

On the whole, students who participate in intercollegiate sports have difficulty in forming well made educational plans as aspirations. Sports participation itself can become an additional stressor that traditional college student do not experience but it is also proved that participation in sports can serve as buffer to stressor (Kimball & Freysinger, 2003).

Graph-1

Test Anxiety among Sportsmen and Non-Sportsmen of Ch. Devi Lal University Sirsa.



CONCLUSION:

It is concluded that there is significant difference regarding Test Anxiety between sportsmen and non-sportsmen of Ch. Devi Lal University. It shows that Test Anxiety level is higher in non-sportsmen than sportsmen of Ch. Devi Lal University. And sportsmen have more courage than sedentary students. They can bear both load sports as well as education.

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