

The Influence of Sex Sports Participation on Anxiety of Sportsperson and Non Sportsperson

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Abstract—Sports situation provide the opportunity to test and assess abilities of emotion, personality. Intelligence, capacity of sportsperson, Sports person most of the time spending with their co-actor and that result in cultivating and producing positive and negative qualities among the participants, stress level of competition and emotion makes sportsperson feel more competent and enough dare to challenging situation, people not involving in sports and physical activities they would deprived by challenging situation, stress managing opportunity, emotional control and thrilling movement of the task, sports activities. Professional sport until recently was being dominated by old school of thought that evaluation of an athlete's potential was based almost entirely on his or her demonstration of physical talent. The psychological aspects in combination with other qualities have also been accepted, without prejudice, as influential in performance of sport. In the age of computerization in sport, the correlation between psychology and sport needs no further emphasis. But the heterogeneous, divergent and multidimensional aspects of sports have promoted it to a state of sports science; where different dimensions, factors and aspects of sports are studied from different perspectives and viewpoints.

Index Terms— Anxiety ,sex and sportsperson and sportson.

I. INTRODUCTION

Personality is considered a strong predictor of sport performance. For example, research has shown that personality moderates the type of sport in which an athlete participates. Furthermore, athletes are suggested to be more autonomous and more objective than those who do not participate in sport, and researchers have found that non-athletes tend to be less self-confident and more introverted than athletes. Additionally, research has yielded differences between the levels of anxiety experienced by athletes as opposed to non-athletes. Although there is much individual variation among athletes, those who participate in sport are generally less anxious and more self-confident than those who are not involved with sport, indicating that anxiety is an important facet of personality that can have meaningful effects on competitive performance. Participation of sports leads to bring various changes in the dimensions of the personality, sports environment have different kinds of activities in their nature. Sports situation provide the opportunity to test and assess abilities of emotion, personality.

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people not involving in sports and physical activities they would be deprived by challenging situation, stress managing opportunity, emotional control and thrilling movement of the task, sports activities. In this modern era of competition, the psychological preparation of sportsman is as much important or teaching the different skills of a game on the scientific lines.

A. Sportsperson and Anxiety

State anxiety is a temporary, ever-changing emotional state of subjective, consciously perceived feelings of apprehension and tension, associated with activation of the autonomic nervous system. Trait anxiety: trait anxiety is a behavioral disposition to perceive as threatening circumstances that are objectively not dangerous and to then respond with disposition at state anxiety. Highly trait anxious people usually have more state anxiety in highly competitive, evaluative situations than do people with lower trait anxiety. Anxiety is a negative emotional state characterized by nervousness, worry and apprehension and associated with activation or arousal of the body. Thus, anxiety has a thought component (e.g., worry and apprehension) called cognitive an.

II. METHODOLOGY

The methodology adopted in the present study related with selection of subjects, selection of variable, and selection of test.

A. Selection of subjects

The purpose of the study was to find out "THE INFLUENCE OF SEX SPORTS PARTICIPATION ON ANXIETY OF SPORTSPERSON AND NON SPORTSPERSON STUDENTS". To achieve this purpose 50 female students studying in K.S.W.U. Vijayapura Karnataka were selected as subjects.

B. Measures

Anxiety status scale

Spielberg 1966: state anxiety is a temporary, ever-changing emotional state of subjective, consciously perceived feelings of apprehension and tension, associated with activation of the autonomic nervous system. Trait anxiety: trait anxiety is a behavioral disposition to perceive as threatening circumstances that are objectively not dangerous and to then respond with disposition at state anxiety. Highly trait anxious people usually have more state anxiety in highly competitive, evaluative situations than do people with lower trait anxiety.

Reading anxiety: consists of four related abilities or competencies. The first of these is reading people (that is, identifying how you and those around you are feeling and being able to see how people are really feeling even when they may be putting on an outward show) and others are using anxiety, understanding anxiety and managing anxiety. This cluster of abilities also covers the ability to express anxiety appropriately for the situation. A competent manager knows what people feel, will talk about feelings, and can show how they feel.

C. Using anxiety

This cluster of anxiety competencies is about using feeling and anxiety to guide your thoughts and behavior. It means getting in the mood and decision making. The ability to use anxiety can help you identify different scenarios and give you a different and enhanced perspective on issues in work and family life. It will help you see the world in different ways and appreciate other people's points of view. A skillful manager can feel what others are feeling and focus on that which is important when anxiety is strong.

D. Method

A random sample of 100 sportsperson and non sports person of Karnataka state women's university and Rain Channamma university, Belgaum were selected for the present study as sample from the background physical education and sports student, and other postgraduate student who are studying in the university 50 male and female and taking care of representing sportsperson from both both sex group, sportsperson age range between 21 to 25 (average=23), and scale was administered on the sample sub group, and collected questionnaire were scored with the help of manual, after data was calculated through statistical tools.

E. Measures anxiety scale

The anxiety scale developed by schutte prof,Thimaganamma was used to measure emotional anxiety the scale contains 41 items with a 5 points likert type scaleit gives an overall el score as well as scores for three subscales optimism mood regulation utilizations of anxiety and appraisal of emotion.

III. HYPOTHESIS

1. There would be significant difference in their anxiety behavior of sports person comparing their counterpart.
2. There is no difference in their XI between sportsperson and non sportsperson

Discussion and Analyzes of results: The scholar carried the research to see the influence of sports participation condition on anxiety behavior of sportsperson and non sportsperson ,because sports participation plays important role in developing the personality of a person it provides various opportunity to expose and have qualitative and scientific training and vast experience of the sports tournament ,hence anxiety I scale had administered on the sportsperson and non sports of women’s university and Karnataka university ,dharawda, and hypothesizes obtained data was calculated and hypothesis was tested, the results is as following.

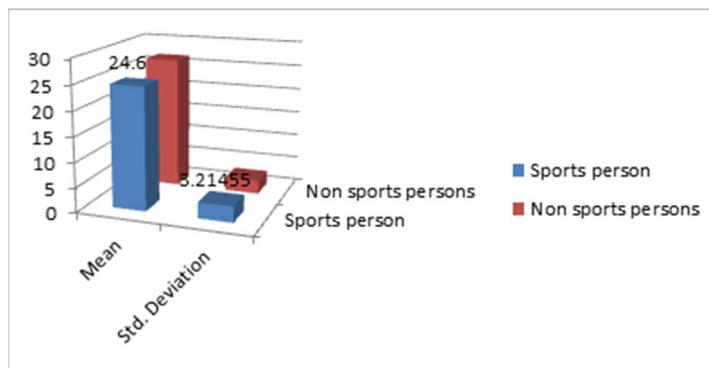
TABLE I. SHOWING THE MEAN, SD AND ‘T’ VALUE OF ANXIETY BEHAVIOR OF SPORTSPERSON AND NON SPORTSPERSON

Group	Mean	Std. Deviation	t-value	Remarks
Sports person	24.6000	3.21455	4.620	Sig
Non sports persons	26.6400	2.76707		

On the dimension of anxiety the sportsperson and Non Sports Person have scored the mean scores of 24.60 and 26.64 respectively. The ‘t’ value of 4.620 which is significant at 0.01 level suggest the fact that there is a significant difference of anxiety between these two groups. The Non sportsperson of have scored significant high mean scores whereas the sportsperson. This means that the non sportsperson are more anxiety when compared to sportsperson. Therefore, the hypothesis that there is a significant difference of anxiety between sportsperson and non sportsperson is confirmed. This is because, the Sports Person status provides an opportunity to have a better standard of living, good education, greater mass media exposure, and good training which helps them to have a moderate level of anxiety than low socioeconomic people.

The framed hypothesis was that there would be significant difference in their social intelligence of sportsperson and non sportsperson, This difference was rationalized that participation in sports activities cultivates and develops social skills and maturity, that expose also leads to involvement in group activities and games, sports participation provides rich experience to participants and results to develops social skills and social intelligence behavior, Sports helps the ability to get along well with others, and to get them to cooperate with other players, it develops awareness of situations and the sports dynamics situation helps in master over, knowledge of interaction styles and strategies that can help a person achieve his or her objectives in dealing with others. It also involves a certain amount of self-insight and a consciousness of one’s own perceptions and reaction patterns.

The graph showing means score of Anxiety Behavior of sportsperson and non sports persons.



But whereas non sports participants were deprived by the exposé to sports dynamic situation and sharing their responsibility and knowledge to face and overcome from critical situation and get mastery over social interaction ability skills and social intelligence.

IV. CONCLUSION

The regular physical activities programme should be the part of the college and university programme to see and develop harmonious development of the body and mind and cultivates the social and psychological values among the sportsperson.

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