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## **Comparative study of sports competitive anxiety between male sports person and para male sports person**

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### **Abstract**

The aim of the present study was to compare the sports competitive anxiety between male sports person and Para male sports person. Total hundred (n=100) player was selected for study as sample. The samples were further divided into groups of 50 each. The first group consisted of male sports person and the second group of Para male sports person. The data was collected by using simple random sampling technique of male sports person and Para male sports person, and ages of the subjects were 18 to 28 year. In order to assess the sports competitive anxiety of male sports person and Para male sports person by R.K. Yadav. The data was collected tabulated and subject to statistical analysis. Descriptive analysis was done by computing means, standard deviations and t-test. The result revealed that there is significant difference found between male sports person and male Para sports person.

**Keywords:** sports competitive anxiety, sports person and Para sports person

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### **Introduction**

Now-a-days games become a part and parcel of life. Millions of fans follow different sports event all over the world with an enthusiasm bordering on devotion. Many people involve themselves in sports and games for happiness, pleasure health and fitness increased participation in games has resulted in competition, which has become an important element of modern life.

Modern sports are becoming more competitive and athletes are facing more pressure than before because of the money and other stakes involved. The motto of the games has changed. Now nobody thinks only to participate, the main objective is to win the competition. Only winner gets the due importance and other benefits like money, name, respect etc. Due to this the pressure on the athletes are also rising in comparison to the past. Athletes are aware of the benefits and losses which they are going to have due to good or bad results. Even the carrier of an athlete can come to end if they perform bad. So psychological pressure of performing were always present in huge quantity on the athletes throughout the carrier. The athletes and coaches gives special preference to psychological aspect of sports performance because these pressure will be with them throughout during training as well as competition period and it has been scientifically documented that without a good psychological preparation an athlete cannot get the desired success at any level.

During the early twentieth century, few farsighted individuals recognized the importance of psychological factors in sport and initiated sport psychology research. Although sport psychology had not yet emerged as a distinct discipline, the pioneering work of these early sport psychologists have raised numerous issues and paved the way for much of our current work and research (Gill, 1986)

Para sports are those sports where people with various type of

Physical or intellectual disability compete. The term "Para sports" came out of the two words paraplegic and sports. Though the sport has since included athletes with various kind of disabilities other than paraplegia, the term persists as a catch-all. Other terms which are also used for these competitions are adapted sports, adaptive sports, disability sports, and disabled sports. The term Paralympic sports is also used for Para sports, though technically this only refers to sports contested at the Paralympic Games.

Various countries started including these athletes with various disabilities in the late 1980s and early 1990s. Some of the events were included in the major sports competitions such as the Commonwealth Games and the Olympic Games. In the year 1984 exhibition events were included in the Olympic Games for Para athletes. Whereas in the year 1990 Commonwealth Games an event for Para athletes were included and in the year 2002 at Manchester, they were included as full members of their national teams, making these the first fully inclusive international multi-sport Commonwealth Games.

Anxiety is one of the greatest problems of modern society. Cultural conflicts, economic and industrialization add to the problem of man, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger of suffering is a prominent feature. It generally arises because of fear for something unknown which creates tension and disturbance. (William P. Morgen, 1985). Anxiety appears to be a general fear of foreboding a personality trait marked by a lower threshold to stressful event" (According to Cratty1983)

"Anxiety is a negative emotion characterized by feeling of apprehension and tension" (According to Dave Shaw 2005). "The anxiety transitions under conditions are marked by low, moderate and high level of anxiety" (According to Crafty, 1989)

## Methodology

### Selection of Subjects

For this study researcher selected 100 sports person. (50 sports person and 50 Para sports person) and age ranged between 18 to 28 years selected as randomly.

### Selection of variables

For the present study the researcher selected sports competitive anxiety variables.

### Criterion Measures

In order to assess sports competitive anxiety sports person and Para sports person by R.K. Yadav.

### Administration of Questionnaire

Respondents will be given a questionnaire with necessary instructions. Necessary instructions will be passed on the subject before providing the questionnaire.

### Statistical Techniques

The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means, standard deviations and independent 't' test were applied to analyse the data.

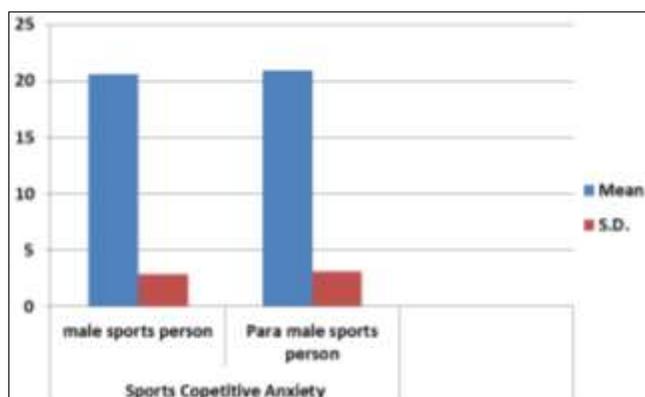
### Results and Discussion

The result of the study reveals that there is significant difference found between the male sports person and male Para sports person.

**Table 1:** Mean and standard Deviation of Sports Competitive Anxiety between male sports person and Para male sports person

Groups of Sports Person	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Male sports person	50	20.60	2.89968	.41008	19.7759	21.4241
Para Male sports person	50	20.92	3.13532	.44340	20.0290	21.8110

The above table reveals that the mean scores of male Sports Person, Para Sports Person were 20.60 and 20.92 respectively, whereas the standard deviation scores of male Sports Person and Para male Sports Person were 2.89, and 3.13 respectively.



**Fig 1:** Graphical Representation of Sports Competitive Anxiety between male sports person and Para male sports person

### Conclusion

The results of the study reveal that there is significant difference found between male sports person and male Para sports person.

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