



## **ANALYSIS OF PSYCHOLOGICAL TRAITS AMONG MALE AND FEMALE PLAYERS OF HYDERABAD**

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### **Abstract**

The present study was conducted to investigate the possible differences of anxiety level among male and female players. The sample consisted of 100 (50 male, 50 female) state and national level players between 19 to 25 years of age. The research tool used for the study was ‘Sports Competitive Anxiety Test (SCAT) Questionnaire’ developed by Martens, Vealey, and Burton (1990) to measure the anxiety level of the players who participate in the competitive sport. The result indicated that the anxiety level of male and female players under study was average in the SCAT score. However, statistically no significant difference in anxiety levels between male and female players was observed. Key words: anxiety, male and female players

### **Introduction**

Sports psychology is a science in which the principles of psychology are applied in a sport or exercise setting. These principles are often applied to enhance performance. However the true sports psychologist is intended for much more than performance enhancement and sees sports as a vehicle of human enrichment. The sports psychologist is interested in helping every sports participant reach his or her potential as an athlete. If helping a young athlete develop self control and confidence results in superior athletic performance, so be it. Stated more simply, sports and exercise psychology is the study of the effect of psychological and emotional factors



on sport and exercise performance, and the effect of sports and exercise involvement on psychological and emotional factors.

Anxiety is one of the psychological parameters which can be said to be a constant companion of sports. Most athletes, amateur or professional, feel some form of anxiety prior to any competition most times the main source of anxiety may be fear of not winning. Once event anxiety can be seen as a sort of block for peak performance for athletes.

According to Akinade (2001) anxiety is seen as “exaggerated state of apprehension, uneasiness, distress or fear of an imminent danger that initiates a set of behavior such as some defense mechanism. It is characterized by increased heart rate, sweating palms, shivering and other reactions to threat”.

The present research attempts to determine the level of competitive sports anxiety between the male and female players of Government college of physical education, Hyderabad.

### **Methodology**

**Selection of Subjects:** For this study 100 respondents selected from Government College of physical education, Domalguda, Hyderabad. They have participated at state and national level in various games and sports. 50 male subjects and 50 female subjects.

**Selection of variables:** The instrument used in obtaining data of each player’s anxiety level was the questionnaire of sports competition anxiety test (SCAT) developed by Rainer Martens (1990). The SCAT consists of 15 questions. The questions were in the form of statements that the subject used to describe themselves.

**Research design:** Before administering the test, the procedure of the questionnaire and the purpose of the test were briefly explained to all the subjects for better understanding and to increase the motivation level. SCAT had fifteen items out of which five were spurious questions which were added to the questionnaire to diminish response bias towards actual test items; these



five questions were not scored. The subjects were instructed to respond to each item according to how they generally felt at the time of competition.

Every player had three possible responses that is A) really B) sometimes C) often the 10 test items which were taken for scoring purposes were 2, 3, 5, 6, 8, 9, 11, 12, 14, 15 the remaining items which were not scored out were 1, 4, 7, 10, 13. Scores obtained for each statement was added up which represent an individual's total score on sports competition anxiety test (SCAT score) then the SCAT score was analyzed

**Scoring:** The score for the response to each question according to the situation is 1, 2, and 3 the sum of each question is the SCAT score.

Norm of SCAT score:

Less than 17: a low level of anxiety.

17 to 24: an average level of anxiety.

More than 24: a high level of anxiety.

**Statistical analysis:** For the purpose of Analysis of data descriptive statistics Mean, Standard Deviation and Chi square was applied to evaluate the relationship of competition anxiety on male and female players. The level of significance was set at 0.05. Findings and Results the mean score of anxiety level of male and female players under study are given in Table I.

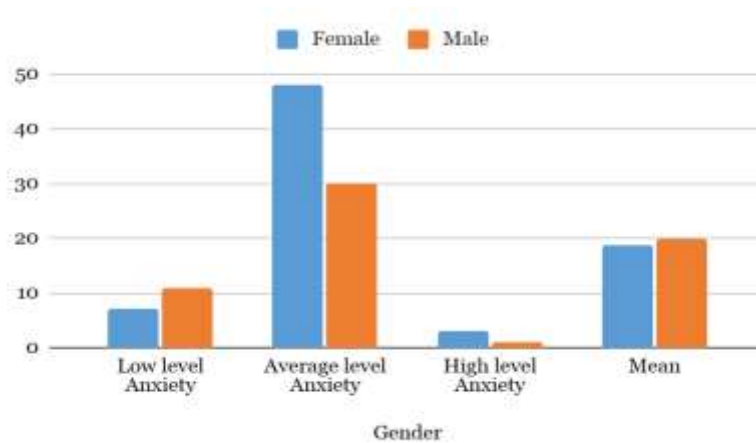
**Table I: Comparison of Anxiety among Male and Female Players.**

Gender	Low level Anxiety	Average level Anxiety	High level Anxiety	Mean
Female	7	48	3	18.66
Male	11	30	1	19.98

Above table shows the mean values of Anxiety levels on state and national level players of male and female players. Among two groups the female players had a low level of anxiety that is below 17 and the male group had an average level of anxiety in the range between 17 to 24.



**Graph No.1 Comparison of level of Anxiety between male and female players.**



Above graph shows the anxiety level of male and female players. The blue color bar indicates the female and orange color bar indicates the male players. Above graph shows that the low level anxiety is high in male players, average and high level anxiety level is higher in female players. Overall Mean value shows that the Anxiety level is high in male players comparatively to female players.

**Table No.II Statistical results of anxiety among Male and Female players.**

GROUP	$X^2$	p
MALE	0.998	0.5
FEMALE	0.999	0.48

Above statistical results table shows the chi square results of male and female players. The relationship of anxiety between male and female players of female  $X^2 = 0.999$   $p = 0.48$  and male  $X^2 = 0.998$   $p = 0.5$  where no significant difference was found.

**Conclusions:**

Anxiety has been a central concept for sports psychology and has received a huge amount of investigation because of influence on performance. It is generally defined as negative emotion characterized by feelings of apprehension and tension. Hence, the results of this study stated that there was no significant difference found among female and male players. The more proficiency and match experience always enhance the performance of athletes' with balanced psychological well being.

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