



## Review of Literature



### “A STUDY OF ANXIETY BEHAVIOR BETWEEN PARTICIPANTS AND NON PARTICIPANTS IN PHYSICAL ACTIVITIES AND SPORTS.”

Dr. Rajshekhar D. Benaakahalli<sup>1</sup> and Dr. Vishwanath M. Nadakatti<sup>2</sup>

<sup>1</sup>SSL Physical Education Director , Govt Firest Grade Women College Vijayapura .

<sup>2</sup>Guest Asst Director of Physical Education , Akkamahadevi Women's University Vijayapura.

#### ABSTRACT

**T**his study aimed to assess the influence of sports participation variables on academic anxiety behavior among of sportsperson. To achieve the objectives of the study, an academic anxiety scale was constructed by Dr.A.K.Singh and Dr.A.Sen Gupta was



administered on randomly selected sample, total 100 sample were selected that group has consisting of sports participants and non participants students sportsperson, the collected data was tested by applying' test and mean score of male and female is 34.60 and 35.60 respectively and collected't

value is -1.142 greater than table value at 0.5 level significant, hence. Study reveals that there is significant influence of sports participation on academic anxiety behavior than their counterpart. Finally, the results showed that experience of sports participation made significant influence on determine the academic anxiety behavior.

**KEYWORDS** :Academic anxiety behavior, sports participation .

#### INTRODUCTION

It is a fact that a nation's progress depends upon its students' academic achievements and development. That's why every nation emphasizes students' academic achievements. The academic achievements of the students are badly affected due to increase in anxiety in the society. There is no denying to the fact that anxiety has increased in the society it not only affects education but also students' personalities which linger throughout their lives. Today, anxiety is a common phenomenon of everyday's life. It plays a crucial role in human life because all of us are the victims of anxiety in different

ways.

Historically, research into determinants of sport and physical activity participation has tended to adopt quantitative methods, which undertake cross-sectional surveys of pre-determined questions on individual's knowledge, attitudes and beliefs about sport and physical activity. For example, the HSE [13] asks adults about activity in five domains: activity at work, activity at home (e.g. housework, gardening, do it yourself maintenance (DIY)), walks of  $\geq 15$  min and sports and exercise activities. Large studies such as these can successfully assess the direction and strength of trends in participation but are unable to explain how children and adults adopt, maintain or cease to participate in sport and physical activity throughout their lives.

Thomas and Nelson [20] describe qualitative methods as the 'new kid on the block' in sport and physical activity research and a small body of qualitative research on sport and physical activity in the United Kingdom is known to exist. This paper aims to systematically examine published and unpublished qualitative research studies which have examined UK children's and adults' reasons for participation and non-participation in sport and physical activity.

### **Problem:**

The participation in physical activities and sports makes a lot of contribution to the development of mental health of students, a hence, the researcher is selected the topic entitled "A Study of Anxiety Behavior between Participants and Non Participants in Physical Activities and Sports"

### **Psychological Variables:**

1. Practices and non practices in physical activities and sports are Independents Variables.
2. Anxiety variables are Dependents variables.

### **Hypothesis:**

- 1.Three would be significant difference in their academic anxiety behavior of participants and their counterpart.

### **Objectives:**

- 1.To assess the influence of participation in sports and physical on their anxiety behavior of Degree College students.

### **METHODOLOGY:**

The present investigation pertaining to "A Study of Anxiety Behavior between Participants and Non Participants in Physical Activities and Sports" is in the framework of ex-post-facto research. The particulars of samples tools, collection of data and statistical techniques are given as under; Sample are selected from State level players representing from different state of India.

Sample: The total sample consists of 100 belonging to sportsperson Participants and non sportsperson Participants selected for the present study using random purposive techniques The age levels ranging from 18-23 were selected randomly the sample design is given below

**Sample size:**

Samples	Sports Participants	Non Sports participants	Total
Male	25	25	50
Female	25	25	50
Total	100		

Data was collected administering stand razed scale of academic anxiety constructed by Dr.A.K.Singh and Dr.A.Sen Gupta.

**Tools:** Academic anxiety of students was assessed in the pre-test by using the anxiety scale devised by Dr.A.K.Singh and Dr.A.Sen Gupta.

**Statistical Analysis:** The t-test was used to assess the significant differences of anxiety between Participation and non participation in sports activates.

**RESULTS AND DISCUSSIONS**

On order for man to succeed in life, god provided him with two means, Education and physical activity, not separately one for the soul and the Other for the body but for the two together with these two means, men can attain perfection (Plato, fourth century BC) Physical activities is associated with a range of health benefits and its absence can have harmful effects on health and well being.

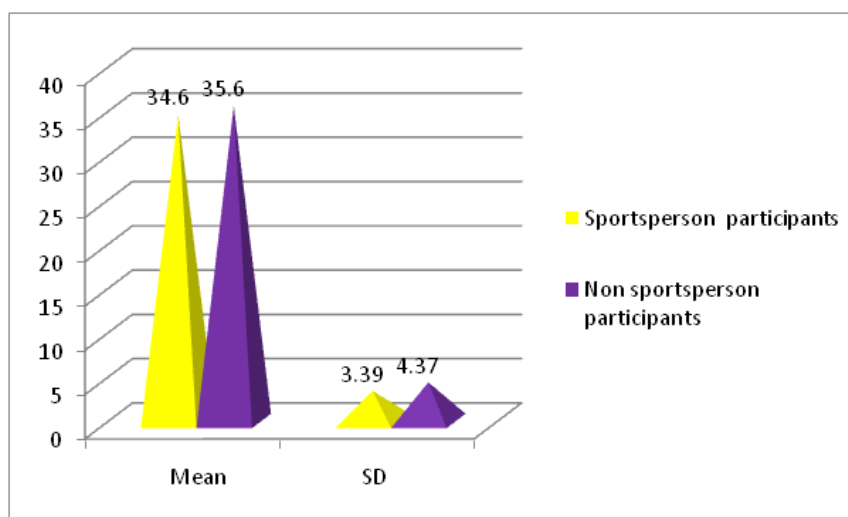
Participation of sports leads to bring various changes in the dimensions of the personality, sports environment have different kinds of activities in their nature.

The table showing anxiety behavior of sportsperson and non sportsperson of graduate students

Sample group	Mean	SD	t-value
Sportsperson participants	34.60	3.39	-1.742
Non sportsperson participants	35.60	4.37	

Table-1 reveals that mean, SD and 't' scores of Anxiety behavior of Sportsperson participants and Non sportsperson participants. The mean scores of sportsperson participants and Non sportsperson participants are 34.60 and 35.60 respectively. The obtained t' value for these two group game sports persons is -1.742 which is significant. Therefore, the hypothesis that there is a significant difference in the Anxiety behavior of the sportsperson participants and non sportsperson participants is accepted. This is because, irrespective of sportsperson participants and non sportsperson participants in the sports field every sportsmen should have Anxiety behavior to win the competition.

**Graph Shows anxiety behavior of sportsperson and non sportsperson of graduate students**



Every competitor develops the sport spirit. The non sportsperson participants also have equal exposure to the sport competitions, good training, high will to win, higher level of self-confidence and these factors could have influenced them to adopt the higher level of anxiety. Moreover, the fear and frustrations associated with defeat, situational stimulus factors and nature of the competition might have contributed in stimulating the high Anxiety behavior in non sportsperson participants on par with the sportsperson participants. In conclusion, facilities extended to non sportsperson are made use properly. Hence, there is no difference in their Anxiety and the above-formulated hypothesis is rejected.

**CONCLUSION :**

The Study carried out by researcher reveals that Anxiety behavior will not be manifested by Sportsperson participants and Non sportsperson participants samples chosen for this study Non sportsperson and sports background, these factor made them to cultivate the sustainable ability and managing skills over the emotion among the sportsperson and similarity in the nature of Anxiety behavior might be due to nature of sports situation leads and elicit similar kind of Anxiety behavior among the Sportsperson participants and Non sportsperson participants variable does not plays any detrimental role in Anxiety nature of behavior.

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