

IDEES –International Multidisciplinary Research Journal**(Peer Reviewed)****Research Paper****On****A STUDY OF SPORTS ANXIETY IN FEMALE PLAYERS JUDO
COMPETITION****By****Dr. Jayesh V. Patel****Shri Tejendraprasadji B. Ed. College, Charadava****Ta.: Halvad, Dist.: Morbi****Abstract :-**

The objective of the present research was to study sport anxiety of female players participated in intercollegiate Judo competition in Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar. Total 60 female players participated in intercollegiate Judo competition in Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar in 2016-17 were selected, in which 20 players each from Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar were included randomly in the sample of the present study. Sinha Compressive Anxiety Test (Questionnaire) was conducted to know sport anxiety of female players as criterion measurement. After collecting data, analysis of variance (ANOVA) 'F' ratio was applied on scores and significance was tested at 0.05 levels, in which significant difference was found at 0.05 levels.

Introduction:

Anxiety and frustration are different psychological aspects. The scientists have accepted that physical exercise does not only reduce the stress but also it is an important need to keep the body sound and healthy. From ancient times, human body used to do exercise due

to hunting. Vital capacity is needed in today's exciting time as stress is faced by each person. Sigmund Freud squeezed out all his thoughts and said that man cannot be happy at all. There have been many passionate thinkers before and after Sigmund Freud, but what Sigmund Freud has talked about seems so relevant even today. If we observe the life of people around us, we feel that people do life activities for life contentment but it results in unhappiness. Anxiety influences more on our physical growth. Anxiety is like a funeral pyre. Mental stress affects directly or indirectly on each part or organ of our body. Education and experience have effect on emotions of anxiety. The intensity of anxiety decreases with achieving adjustment with situation and experiences. When a player participates in any competition first time, he experiences much anxiety about that competition but when he starts to participate in such many competitions, the anxiety produced in the first effort decreases gradually.

Objective of the Study:

The objective of the present research was to study sport anxiety of female players participated in intercollegiate Judo competition in academic year 2016-17 in Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar.

Measurement Criterion :

Sinha Compressive Anxiety Test (Questionnaire) was conducted to know sport anxiety of female players participated in intercollegiate Judo competition as criterion measurement in the present study.

Research Design :

Total 60 female players participated in intercollegiate Judo competition in Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar in 2016-17 were selected, in which 20 players each from Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar were included randomly in the sample of the present study. Scores of anxiety were attained from selected female players by using Sinha Compressive Anxiety Test (Questionnaire) and data was analyzed.

Statistical Process

To examine significant difference, analysis of variance (ANOVA) 'F' ratio was applied on scores obtained by female players of Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar and significance was tested at 0.05 levels.

Results of the Study :

In the following table, Saurashtra University group, BhaktaKaviNarsinh Mehta University, Junagadh group and Maharaja Krishnakumarsinhji University, Bhavnagar group are indicated as group A, B and C respectively. The detail is mentioned in the following table.

Table : 1

Mean, SS, DF, MS and 'F' Value of Scores of Performance of Female Players of Judo on Sport Anxiety Test

Group	Subjects	Mean	Analysis of Variance				
			SS	DF	MS	'F'	
A	20	18.8	A	251.43	2	125.72	3.16*
B	20	23.45					
C	20	22.75	W	10933.9	57	191.82	

* Significance at 0.05 levels 'F' = 0.05 = (2, 57) = 3.16

It is observed from Table – 1 that total subjects selected from Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar were 60, in which 20 players each from Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar were included. Mean scores of players of Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar on the test were 18.8, 23.45 and 22.75 and sum of classes were 251.43 and 10933.9 respectively, whereas degrees of freedom were 2 and 57 and mean variation

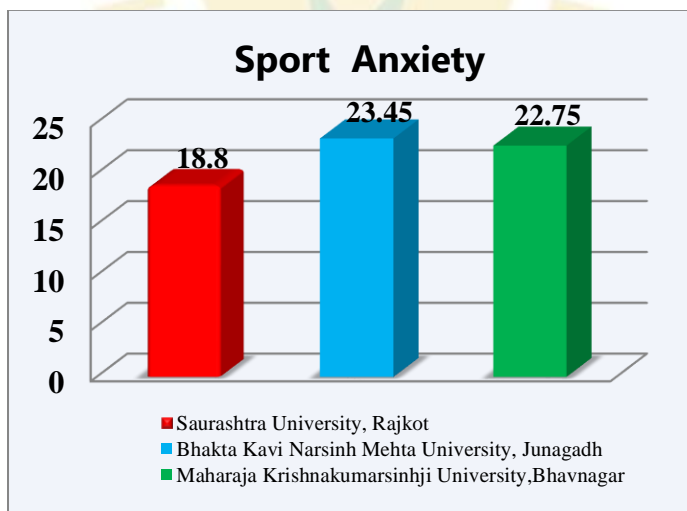
were 125.72 and 191.82 respectively. the 'F' value was found 3.16, which indicates significant difference at 0.05 levels. Mean significance is indicated in Graph: 1.

Discussion of Investigation :

Significance difference was found in anxiety between groups of female players participated in intercollegiate competitions of Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar. Groups of Saurashtra University, Rajkot, BhaktaKaviNarsinh Mehta University, Junagadh and Maharaja Krishnakumarsinhji University, Bhavnagar were not found equal in reference to sports anxiety. Higher level of sport anxiety was found in players of BhaktaKaviNarsinh Mehta University, Junagadh, whereas lowest sport anxiety level was found in players of Saurashtra University.

Graph: 1

Mean of Performance of Players of Judo on Sport Anxiety Test



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