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A COMPARATIVE STUDY OF COMPETITION ANXIETY AMONG RURAL AND URBAN CRICKET PLAYERS OF EAST, UTTAR PRADESH^{p.p:36-40}



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ABSTRACT

The objective of the study was to know the competition anxiety between rural and urban players participating in inter-college competitions. 44 subjects were selected on the bases of random sampling method for the present study i.e. (22) subjects were taken from rural and (22) subjects were taken from urban areas inter-college boy's cricket players of concerned university of Uttar Pradesh State. The standardized questionnaire of competitive anxiety constructed by Martens was used for the data collection. Mean, S.D. & M.D statistical methods were applied on the collected data. Conclusion: There was found significant difference in stress level between Rural and Urban areas of boy's cricket players.

Keywords: Competition Anxiety, Rural, Urban & Cricket Players.

INTRODUCTION

Psychology is the scientific study of the mind and behavior, according to the American Psychological Association. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes. Psychology is really a very new science, with most advances happening over the past 150 years or so. Anxiety, selected for the study, is one of the psychological factors. It differs from arousal in that it encompasses both, some degree of activation and an unpleasant emotional state. Thus, anxiety is the term used to describe the combination of intensity of behavior and direction of an impact or emotion. The direction of characteristics of anxiety is negative in that it describes subjective that are unpleasant. Gurpreet Makker et al. (2012) studied Relationship between mental skills and level of Anxiety between the Successful and Unsuccessful

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cricket team (men) participated in Delhi Inter College Cricket Tournament. The first two teams were considered as successful team and last two as unsuccessful team. 16 players from each college team (total 4 teams) were taken as the subjects of the study. Mental Skill questionnaire by Russell Associates and Sports Competitive Anxiety test (SCAT) were 47 assessed mental skill ability and anxiety respectively. Findings concluded that there is a significant relationship between mental skill and level of anxiety in successful teams. Zias et al. (2018) examined the levels of anxiety, threat perception, and the coping strategies used by Portuguese athletes, To assess differences between athletes of different sexes, ages and sports, 550 male and female athletes aged between 15 to 35 years, represented from several individual and team sports and filled the Portuguese versions of the Sport Anxiety Scale and of the Brief COPE, as well as the Cognitive Appraisal Scale in Sport Competition and Threat Perception. They found all athletes experienced anxiety and threat perception, and used varied coping strategies, with a preference for adaptative strategies. They concluded Younger athletes seemed to use less efficacious coping strategies, and athletes from individual sports reported higher levels of anxiety, threat perception and venting of emotions; athletes from team sports reported a greater use of humor and substances.

OBJECTIVE OF THE STUDY


The objective of the study was to know the competition anxiety between rural and urban players participating in inter-college competitions.


DESIGN OF THE STUDY

44 subjects were selected on the bases of random sampling method for the present study i.e. (22) subjects were taken from rural and (22) subjects were taken from urban areas inter-college boy's cricket players of concerned university of Uttar Pradesh State.


Tools:

The investigator use standard Questionnaire of competitive anxiety constructed by Martens. Sports competition anxiety the subject was measured by sports competition anxiety questionnaire (SCAT) developed by Rainer Martens (1977) it is a three point Likert type scale having 15 items. It reliability has been reported as 0.85. To test the

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hypothesis the level of significance at 0.05 level of significance was considered adequate for the purpose of this study.

RESULTS & DISCUSSIONS

The data collected were analyzed statistically by Mean, SD, MD, and ‘t’ ratio to find out markedly significant difference, if any between two experimental groups on the psychological parameters considered for the study. The level of significant was set 0.05.

Table No: I

Table showing the mean scores of competition anxiety level among rural and urban


Groups	Mean	SD	MD	Df	O.T.	T.T.
Rural	19.83	2.48	0.23	38	0.73	2.021
Urban	19.60	1.99				

Level of Significant= 0.05.

Table no, I reveals that there is significant difference between means of Rural and Urban Areas Boys inter-college Cricket players Group as mean of rural Cricket Players is 19.83 is Greater than mean of urban Cricket players is 19.60 and there mean difference is 0.23. To check the significant difference between Rural and Urban Boys inter-college Cricket players. The data was again analyzed by applying ‘t’ test. Before applying ‘t’ test, standard deviation was calculated between Rural Cricket Players whose S.D. is 2.48 and Urban Cricket players whose S.D. is 1.99. There was found significant difference in stress level between Rural and Urban areas of boy’s cricket players. because value of calculated ‘t’= 0.73 which is greater than tabulated ‘t’ = 2.021 at 0.05 level of significance. Hence the hypothesis is rejecting.



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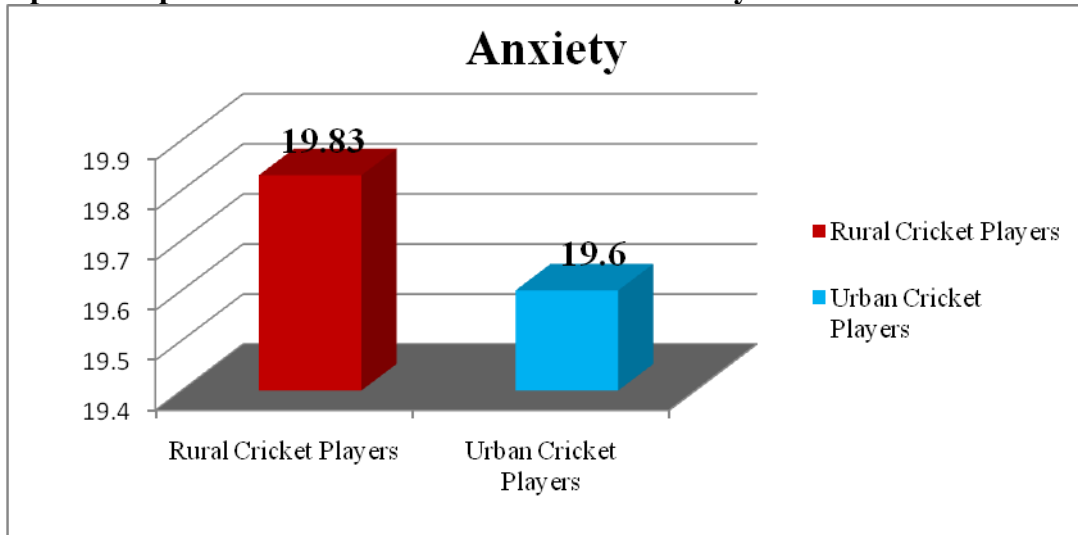
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Graph: I

Graphical Representation of Mean Difference of Anxiety of Rural and Urban Areas



DISCUSSION ON FINDINGS


The present study the subjects have shown average level of anxiety (rural areas =19.83, and urban areas = 19.60. This result may be corroborated with the findings of Singh, Kumar & Tiwari (2009) who compared the anxiety level of rural and urban areas. Hence, there was found significant difference in stress level between Rural and Urban areas of boy’s cricket players of east Uttar Pradesh State.

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