

State Anxiety between University and National Level Field Hockey Players: A Comparative Study

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Abstract: Anxiety is an important factor, which affects the performance in sports and games. Anxiety is considered as an obstacle to activity. A person who suffers from anxiety is not able to devote his full energy in the performance. The purpose of this study was to compare the level of state anxiety between university and national level field hockey players of Uttar Pradesh, India. For the purpose of this investigation 40 male subjects (20 university and 20 national level players) were recruited as subjects of the study. Their age ranged from 17 to 25 years. To find out the level of anxiety of university and national level players, the state anxiety test developed by Martens (1977) was administered on the subjects. The 't' test was employed to analyze the data. Results have revealed that there was no significant difference found between university and national level field hockey players in regard to state anxiety at 0.05 level of confidence.

Keywords: Field Hockey, National and State Anxiety, University

I. Introduction

In modern competitive sports, Anxiety in sports man has affected their performance as the physical load during the training of sportsman of international competition is also intensified. The hockey players like other athletes are anxiety prone while participating in competitive sports (Singh 1982). Competitive state-anxiety usually follows a pattern of subjective feelings of tension and inadequacy, combined with heightened arousal of the autonomic nervous system, (e.g. Hackfort & Schwenkmezger, 1989) The intensity and duration of the anxious state alternates according to; the amount of stressful stimuli the athlete encounters, and the period of subjective threat created by the stimuli (Hackfort & Schwenkmezger, 1989). Anxiety plays a paramount role in sports. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be a positive motivating force or it may interfere with successful performance in sports events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports, because in the competitive sports, participants are expected to win at all cost thus and great demands are made upon them to succeed.

In modern competitive sports, hockey has become one of the most popular games in the world and of all the major games. It is the only one that has remained entirely amateur, a status, which is preserved by all those who play or support it. It is also one of the oldest games. Hockey is essentially a team-game and has developed into a fast and highly skillful one.

Subjects

The present study consists of 40 male field hockey players (20 University and 20 national level) of Uttar Pradesh, India who participated in Inter-University and national hockey championships.

Tools

For measuring the state anxiety of the subjects, questionnaire developed by Martens (1977) was used. It is a likert type five points scale having a maximum score of 36 and a minimum score of 09. The higher scores show a high and lower score shows low level of state anxiety.

Procedure

The questionnaire was administered on the subjects during the North Zone Inter-University hockey tournament held at Jammu, India in December, 2009 and all India invitation hockey tournament at Basti, U.P. India in February 2010.

II. Data Analysis

The collected data were put to statistical treatment computing 't' to find out the differences if any, between the experimental groups on the level of state anxiety. The result has been presented in the following table:

III. Results

Table 1: Showing the mean difference between University and national level field hockey players of state anxiety

State Anxiety	Number	Mean	Standard Deviation	't' Value
University level Hockey Players	20	59.75	9.62	0.14
National Level Hockey Players	20	64.55	10.69	

*Significant at 0.05 level of Significance with 38 df.

Tabulated 't' = 2.02

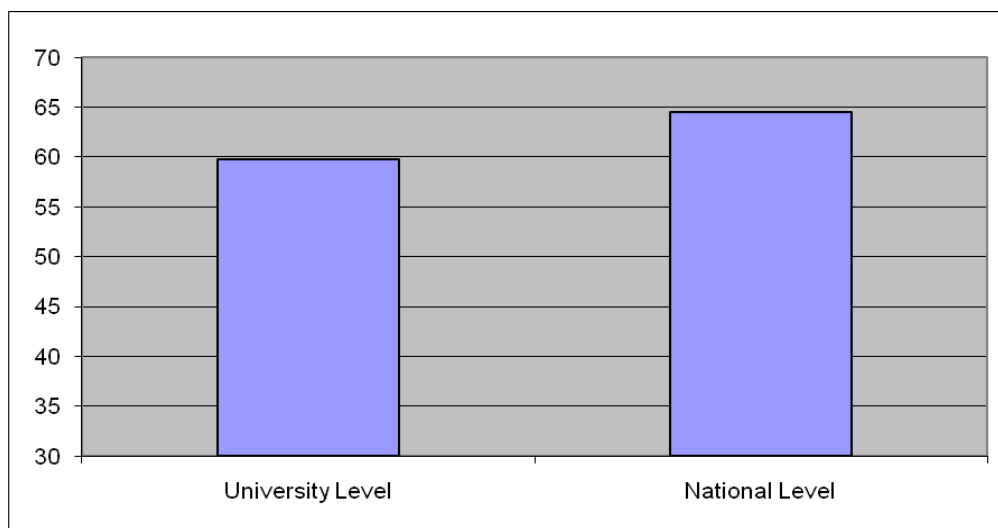


Figure 1: Illustration of State Anxiety between University and national level field hockey players

It may be observed from the given table 1 that there was an insignificant difference found between University and national level field hockey players on state anxiety as the calculated 't' value (0.14) is lower than tabulated 't' value (2.02) at 0.05 level of confidence.

IV. Discussion

From the results of the study it has been evident that no significant difference was found between north zone Inter-University and national level field hockey players on their level of state anxiety.

It appears that when the players attain excellence and become mature, their level of anxiety also lowered down at certain level. Whenever, such mature players perform, their anxiety level usually remains the same as appeared in cases of Inter-University and national level hockey players. These results have been conformed by Singh, Kumar & Tiwari, (2009) who compared sports competition anxiety of male and female north zone intervarsity badminton players and found no significant difference between the experimental groups. Similarly in another study Panda, Kaul, & Mittal (2004) observed insignificant difference in national level male and female athletes on trait anxiety.

V. Conclusions

On the basis of the results obtained from the present empirical investigation, it may be concluded that the Inter-University and national level field hockey players did not differ on their level of state anxiety. Furthermore it may also be inferred that both Inter-University and national level hockey players have a similar level of anxiety during the competition.

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