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COMPARATIVE STUDY OF LEVEL OF ANXIETY OF MALE BASKETBALL PLAYERS AT DIFFERENT LEVELS OF PARTICIPATION

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Abstract:

Sports Psychology is a study of how psychology affects sports, achievement, exercise, exercise and physical activity. Sports psychologists work with athletes and professional trainers to improve performance and increase motivation. The main thrust of the modern sports is on winning, not just participating and playing. Physical Health and fitness or joy and fun are no longer the purpose or even the target. The dismissal performance of Indian players and athletes in InterAll India Inter Universityevents has been largely attributed to the lack of will to win. It is the factor that makes great competitors. There are instances of men lacking physical qualification of great Basketball Players still they have won. Therefore, the investigator has decided to study the Anxietyof the male Basketball Players participating at different levels. Total 300 Male Basketball Players were selected as subject as different levels of participation. The level of participation of the Male Basketball Players were Inter College (100), North Zone (100) and All India University (100). The age group of the Male Basketball Players was 17 to 25 years. The present study consists of 300 male Male Basketball Players of different Inter Colleges of Haryana which includes the Male Basketball Players of Inter Colleges of KU, Kurukshetra, Ch. Devi Lal University, Sirsa, MD University, Rohtak, Ch. Ranbir Singh University, Jind and various university of India. There is a difference in Anxietybetween All India University and North Zone level Basketball. There is a difference in Anxietybetween All India University and Inter College level Basketball. There is a difference in Anxietybetween North Zone and Inter College level Basketball.

Keywords: Comparison, Anxiety, Basketball Players



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Introduction:

Human life is a complex of physical, intellectual, emotional and social developmental patterns and sports, and physical activities are integral parts of these patterns. We must have some understanding of why some people do not and why some people are more competitive than others, and why some people must be taught and coached on the basis of their individual needs, desires, interests and attitudes, traits such as self-confidence, self-assurance, self-enhancement, self-esteem, self-regard and self-respect all evolve out of a person's self-concept. In general, self-confidence has been found to be highly conservative and conventional.

Sports Psychology is a study of how psychology affects sports, achievement, exercise, exercise and physical activity. Sports psychologists work with athletes and professional trainers to improve performance and increase motivation. Other experts use exercises and sports to improve their lives and their well-being throughout their lives. Professional Psychologists always help athletes compete with the strongest pressure from the competition and overcome focus and motivation issues. They also work with athletes to improve their work and recover from injury. Sports psychologists not only work with elite and professional athletes. They also help people to play sports and learn to adhere to the training program.

METHODOLOGY

SAMPLE

To undertake this present study, total 300 Male Basketball Players were selected as subject as different levels of participation. The level of participation of the Male Basketball Players were Inter College (100), North Zone (100) and All India University (100). The age group of the Male Basketball Players was 17 to 25 years. The present study consists of 300 male Male Basketball Players of different Inter Colleges of Haryana which includes the Male Basketball Players of Inter Colleges of KU, Kurukshetra, Ch. Devi Lal University, Sirsa, MD University, Rohtak, Ch. Ranbir Singh University, Jind and various university of India.

TOOLS USED

The investigator has used Anxiety Questionnaire constructed by Martin to collect the data.

COLLECTION OF THE DATA

The data was collected from the Male Basketball Players those who had participated in the Inter College, Haryana North Zone Inter University held at Jamia Hamdard University, Delhi, All India University Male Basketball Players Championships held at SRM University, Chennai in the year 2018. The investigator assembled the Male Basketball Players and then distributed the questionnaire to the Male Basketball Players before filling up the questionnaire. Necessary instructions were given and questions were explained to the Male Basketball Players after giving the instructions Male Basketball Players were asked to fill up



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all the questions of the questionnaire. After filling the questionnaire, they were collected by the investigator from the Male Basketball Players.

STATISTICAL TECHNIQUES

The data obtained by the Anxiety questionnaire from the Male Basketball Players were analyzed. To compare psychological measurements of Male Basketball Players' t test was used as devised by Garrett (1981)

The statistical parameters and test computed by using electronic computer. The computer programmer first developed Tested and verified and then applied to the present data. The 't' test values were however computed with the help of the electronic calculator.

ANALYSIS OF DATA

After collecting the raw scores from the questionnaires of Anxiety the raw scores are then used to find the Mean and S.D. of the Anxiety scores of Male Basketball Players with reference to level of participation. After that t-value is calculated in order to find out sufficient of the Male Basketball Players in will to win.

COMPARISON OF ANXIETY BETWEEN ALL INDIA INTER UNIVERSITY AND INTER COLLEGE BASKETBALL PLAYERS

't' was applied to test the significance difference between All India Inter University and Inter College Basketball Players 't' is presented in Table 1.1 and figure 1

There is a difference in anxiety between All India Inter University and Inter College Basketball Players. The mean of anxiety of All India Inter University level Basketball Players is 11.23, while the mean of anxiety of North Zone Basketball Players is 16.53. The 't' of Anxiety of both the Basketball Players (All India Inter University and North Zone) is 2.85 which is significant at .01 level.

Hence, the hypothesis is accepted which shows that there exists difference of anxiety between All India Inter University and North Zone Basketball Players.

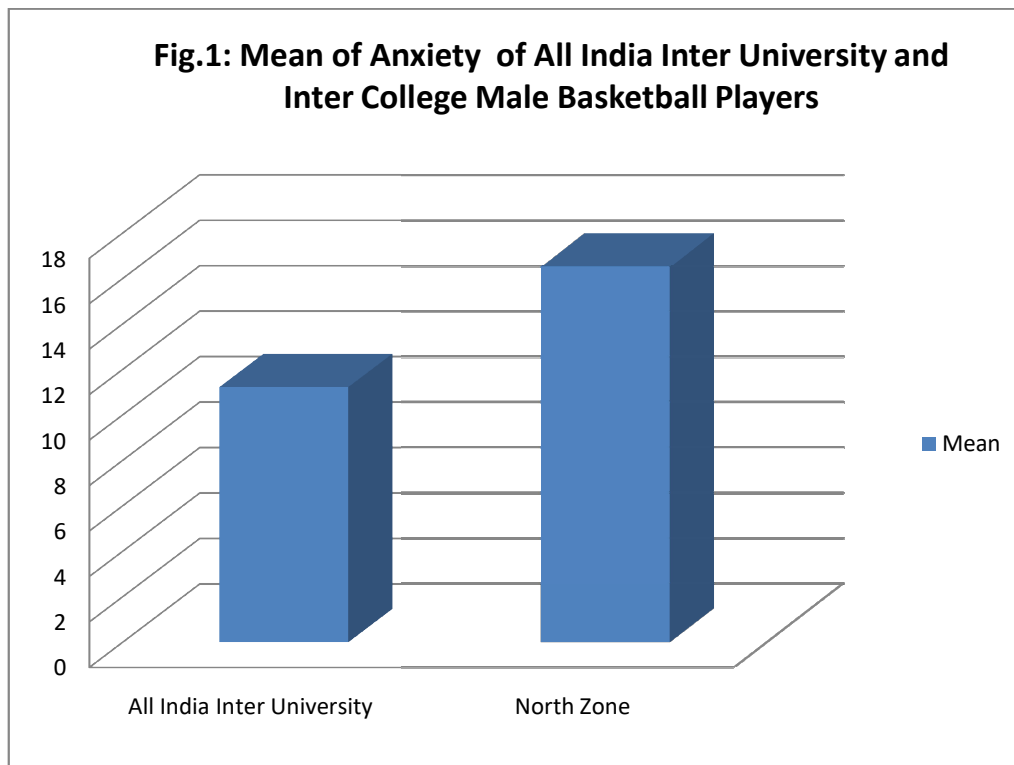


TABLE- 1.1

COMPARISON OF ANXIETY BETWEEN ALL INDIA INTER UNIVERSITY BASKETBALL PLAYERS AND NORTH ZONE BASKETBALL PLAYERS

| Level of Participation | N | Mean | SD | t |
|----------------------------|-----|-------|------|-------|
| All India Inter University | 100 | 11.23 | 1.01 | 7.24* |
| Inter College | 100 | 16.53 | 1.68 | |

*Significant at 0.01 level



1.2 COMPARISON OF ANXIETY BETWEEN ALL INDIA INTER UNIVERSITY AND INTER COLLEGE LEVEL BASKETBALL PLAYERS



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't' was applied to test the significance difference between All India Inter University and Inter College Basketball Players 't' is presented in Table 1.2 and figure 2.

There is a difference in anxiety between All India Inter University and Inter College level Basketball Players. The mean of anxiety of All India Inter University level Basketball Players is 11.23, while the mean of anxiety of Inter College level Basketball Players is 25.96. The 't' of anxiety of both the Basketball Players (All India Inter University and Inter College) is 8.13 which is significant at .01 level.

Hence, the hypothesis is accepted which shows that there exists difference of anxiety between All India Inter University and Inter College level Basketball Players.

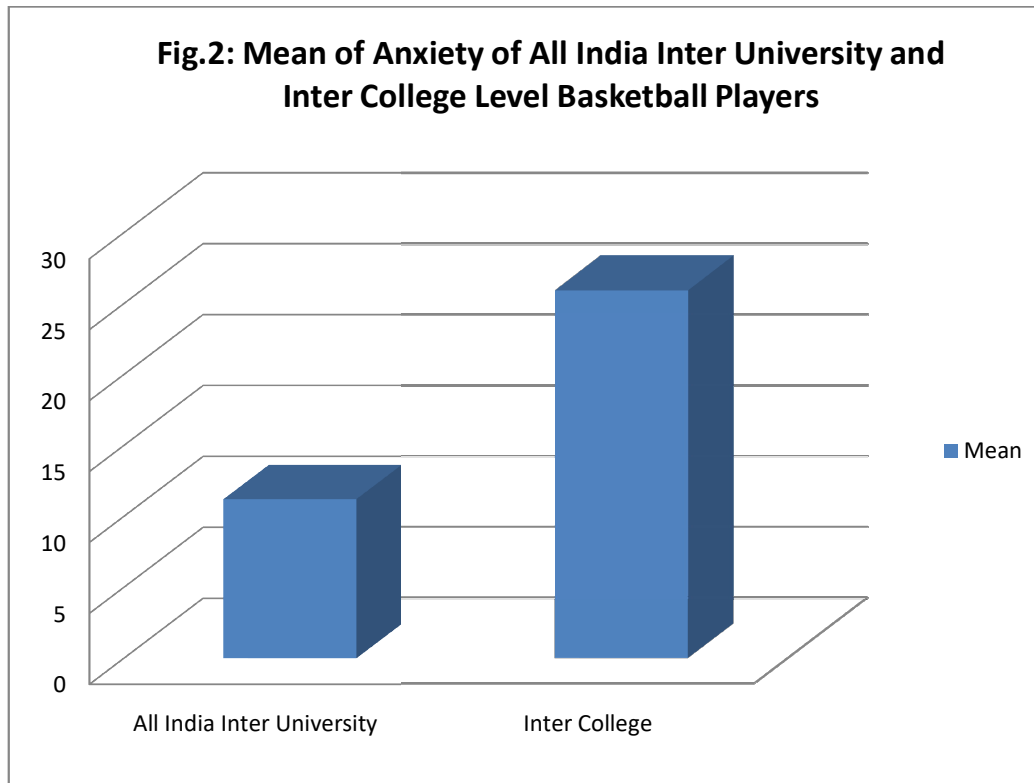


TABLE- 1.2

COMPARISON OF ANXIETY BETWEEN ALL INDIA INTER UNIVERSITY AND INTER COLLEGE LEVEL BASKETBALL PLAYERS

| Level of Participation | N | Mean | SD | t |
|----------------------------|-----|-------|------|-------|
| All India Inter University | 100 | 11.23 | 1.15 | 8.13* |
| Inter College | 100 | 25.96 | 1.76 | |

*Significant at 0.01 level



1.3 COMPARISON OF ANXIETY BETWEEN NORTH ZONE AND INTER COLLEGE LEVEL BASKETBALL PLAYERS

‘t’ was applied to test the significance difference between North Zone and Inter College Level Basketball Players ‘t’ is presented in Table 1.3 and figure 3.

There is a difference in anxiety between North Zone and Inter College Basketball Players. The mean of anxiety of North Zone Basketball Players is 16.53, while the mean of



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anxiety of Inter College Level Basketball Players is 25.96. The 't' of Anxiety of both the Basketball Players (North Zone and Inter College) is 2.78 which is significant at .01 level.

Hence, the hypothesis is accepted which shows that there exists difference of anxiety between North Zone and Inter College level Basketball Players.

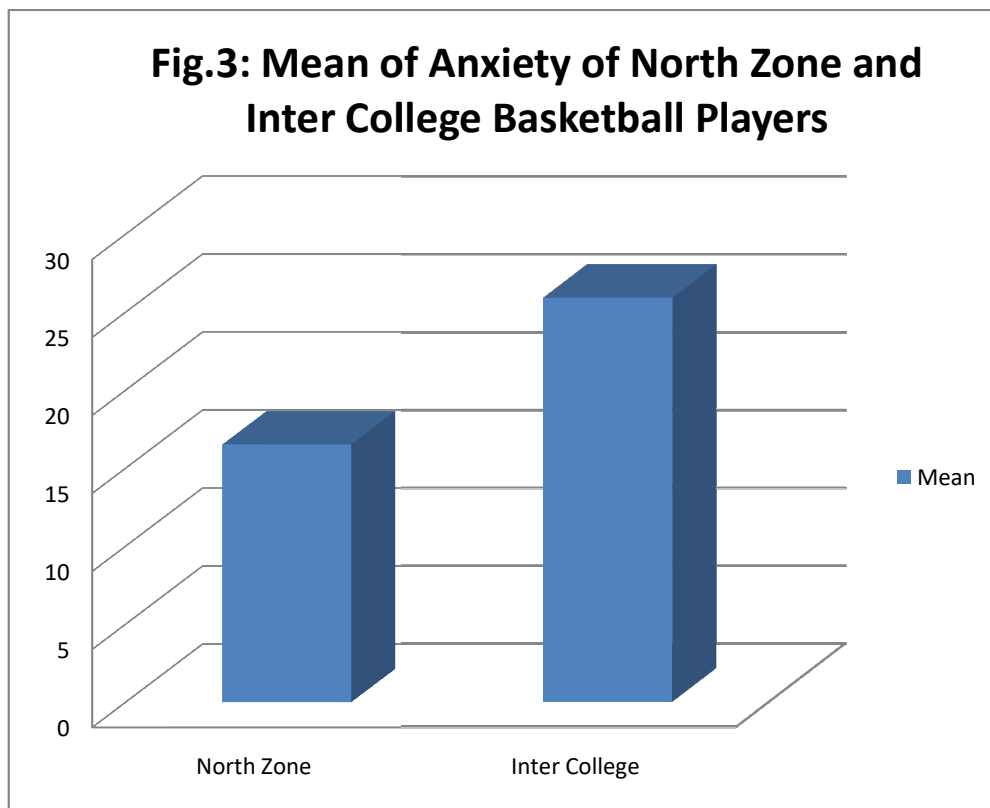


TABLE- 1.3

COMPARISON OF ANXIETY BETWEEN NORTH ZONE AND INTER COLLEGE BASKETBALL PLAYERS

| Level of Participation | N | Mean | SD | t |
|------------------------|-----|-------|------|-------|
| North Zone | 100 | 16.53 | 1.42 | 2.78* |
| Inter College | 100 | 25.96 | 1.76 | |

*Significant at 0.01 level



DISCUSSION OF RESULTS

1. **All India University level Male Basketball Players are better in Anxiety than North Zone level.** There is a difference in Anxiety between All India University and North Zone level Basketball. The mean of Anxiety of All India University level Male



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Basketball Players is 11.23, while the mean of Anxiety of North Zone level Male Basketball Players is 16.53. The 't' of Anxiety of both the Basketball (All India University and North Zone) is 7.24 which is significant at .01 level.

2. **All India University level Male Basketball Players are better in Anxiety than Inter College level.** There is a difference in Anxiety between All India University and Inter College level Basketball. The mean of Anxiety of All India University level Male Basketball Players is 11.23, while the mean of Anxiety of Inter College level Male Basketball Players is 25.96. The 't' of Anxiety of both the Basketball (All India University and Inter College) is 8.13 which is significant at .01 level.
3. **North Zone level Male Basketball Players are better in Anxiety than Inter College level.** There is a difference in Anxiety between North Zone and Inter College level Basketball. The mean of Anxiety of North Zone level Male Basketball Players is 16.53, while the mean of Anxiety of Inter College level Male Basketball Players is 25.96. The 't' of Anxiety of both the Basketball (North Zone and Inter College) is 2.75 which is significant at .01 level.



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