

## AN ASSESSMENT OF COGNITIVE ANXIETY OF DIFFERENT SPORTS DISCIPLINES

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### ABSTRACT

The purpose of the study was assessment of Cognitive Anxiety of different Sports Disciplines. For the purpose of the study, both male and female college level students of the age group 18 to 28 years of Delhi University were selected as the subjects for the study. 30 subjects from team sports and 30 subjects from individual sports (Kho-Kho, Athletics, Football and Judo) were selected for the study as subjects. The variable for the study was Cognitive Anxiety and sub variables were: i- Freedom from worries and ii- concentration ability. It was hypothesized that there was no significant difference in cognitive anxiety among the different competitive sports discipline. The statistical technique used was Descriptive Statistics: Mean, Standard Deviation, Range, minimum and maximum of the raw scores. ANOVA was applied with the help of SPSS Software. The level of significance will be set at 0.05. The study concluded that Athletes and Kho-Kho Players have more worries in their respective sports as compared to the football and judo players who were found slightly less worried about their sports. It was further concluded that Judo players have high concentration level then Athletes and Kho-Kho players.

**Keywords:** Kho-Kho, Football, Judo and Athletics.

### INTRODUCTION

Physical activity and sports may be biologic in origin, yet they are sociologic in function an effect. Sports are seen in two context; sports as means of well-being and sports as Competition and it's the latter which has generated so much interest, concerned Research in various quarters. A sport is an over expanding avenue of human life. From very simple beginning it has evolved a highly organized activity of human society. From ancient to modern times, sports in its various forms, has played a vital role in the life of mankind. Sports performance is determined by a combination of physiological factors, technical skill, tactical insight and state of mind. All four factors are critical to peak performance. One could argue however that the last of these is the executive function, as it is the mind which determines whether or not what you have trained in over the past few years, is brought out on the day – at that moment when it matters most Anxiety can be considered the emotional impact or cognitive dimension of arousal. Landers (1980) Landers and Boutcher (1986) suggested that unpleasant emotional reactions may accompany arousal of the autonomic nervous system and this mal adaptive emotional condition has to be labeled anxiety. Anxiety has been viewed as feeling of nervousness and tension associated with activation or arousal of the organism. Athletes' experience of anxiety is important because it can potentially have a profound impact on performance. This situation is not unique to elite competition, because both youth and sub-elite competitors have consistently reported the adverse effects of anxiety on

performance (Bird & Horn, 1990; Jones & Hardy, 1990; Meyers & Schleser, 1980). Furthermore, high levels of competitive anxiety have been identified as one of the prime motives for youth dropout from sport (Gould, Feltz, Horn, & Weiss, 1982; Klint & Weiss, 1986). In response to this situation, researchers and applied practitioners' have devoted considerable attention to the construct of anxiety. Early distinctions were based on measures designed to identify athletes' general tendency to be anxious, and their immediate anxiety states (Spielberger, 1966). This distinction predicts that people's trait anxiety, or acquired behavioral disposition to experience a range of situations as distressing, should result in disproportionately intense state anxiety reactions (Spielberger, 1966).

## METHODOLOGY

For the purpose of the study, both male and female college level subjects will be selected with age ranging from 18 to 28 years. Subjects will be 30 subjects each from team sports and individual sports from the Kho-Kho, Athletics, football and judo.

### Selection of Variables

#### Cognitive Anxiety

- Freedom from worries
- Concentration ability

### Data collection

The study entirely based on primary data. The primary data was collected through structured questionnaires duly filled by the subjects.

### Statistical Techniques

For analyzing and discussing about the results of the study, Descriptive Statistics: Mean, Standard Deviation, range, minimum and maximum of the raw scores and ANOVA was applied. Data was analysed, interpreted and evaluated with required statistical tools like tabulation and graphical presentation.

### Results and Discussion

The analysis of data was computed on selected sixty (60) subjects of four different competitive sports namely- Kho-kho, athletics, football and judo consisting 15 subjects each. The raw data was calculated with the statistical techniques- descriptive statistics like mean, SD, range and one way analysis of variance plus LSD wherever necessary. Furthermore, for each selected variables of the four groups of competitive sports, findings of result obtained, discussion and interpretation of the finding were given as under.

TABLE NO.1  
DESCRIPTIVE STATISTICS OF WORRY ANXIETY SCORE

S. No.	Variables	Mean	S.D.	Range =Maxi.-Min.
1	Kho-Kho worry	14.8000	2.59670	12.00-23.00=-11
2	Athletics Worry	13.7353	4.3337	7.00-21.00=-14
3.	Judo worry	16.6667	3.77334	11.00-24.00=-13
4.	Football worry	15.4667	3.09069	10,00-21,00=-11

As shown in the Table-1 the result of the worry score the mean value calculated as 14.800, 13.7353, 16.6667, 15.4667 and total 18.8167 respectively. The standard deviation calculated 2.59670, 4.3337,

3.77334, 3.77334 and 3.09069 respectively and the range of the worry shown-11,-14, -13,-11 and 16.9 respectively for selected games- Athletic , judo kho-kho and football.

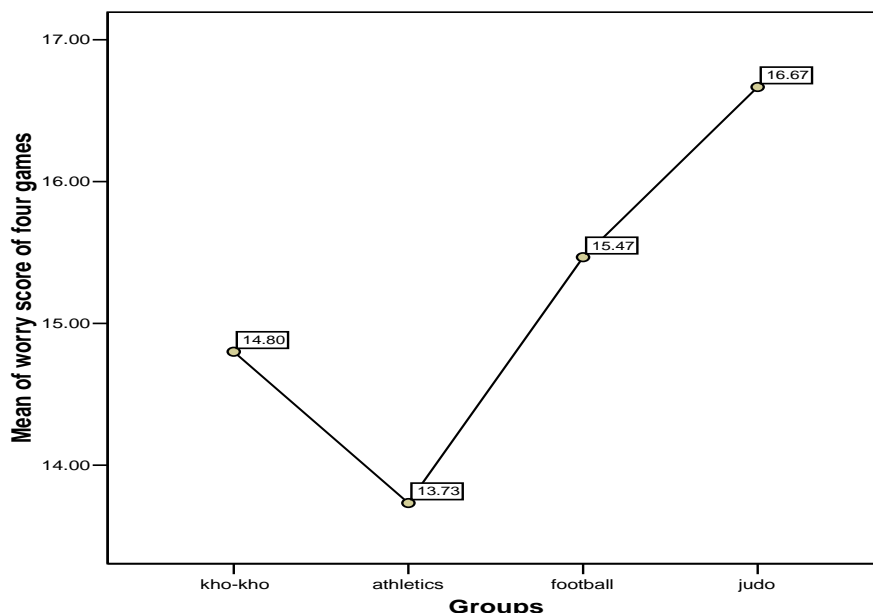


TABLE NO.2  
DESCRIPTIVE STATISTICS OF CONCENTRATION ANXIETY SCORE

S. No.	Variables	Mean	S.D.	Range =Maxi.-Min.
1.	Kho-Kho Concentration	9.8000	2.1119	7.00-15.00=-8
2.	Athletic Concentration	9.7333	3.6147	3.00-15.00=-12
3.	Football Concentration	11.2000	4.5071	5.00-23.00=-18
4.	Judo Concentration	12.5333	2.53170	8.00-18.00=-10

As shown in the table-2 the result of the concentration anxiety score the means value calculated as 9.8000, 9.7333 11.2000, 12.5333 and total 10.8167 respectively. The standard deviation calculated 2.1119, 3.6147, 4.5071, 2.53170 and 3.44197 respectively and the range of the r concentration anxiety shown 8, 12, 18, 10 and 20 respectively for selected games athletic, judo, kho-kho and football.

TABLE NO.3  
ANALYSIS OF VARIANCE (ANOVA) FOR THE WORRY ANXIETY OF FOUR COMPETITIVE SPORTS

Variance in Groups	Sum of squares	df	Mean Square	'F' Value	Significance
Between Groups	67.933	3	22.644	1.837	.151
Within Groups	690.400	56	12.329	1.837	

\*Significant tabulated value at 0.05 (df = 2/57) = 3.16

\*\*Significant tabulated value at 0.01 (df = 2/57) = 5.01

TABLE NO. 4  
ANALYSIS OF VARIANCE (ANOVA) FOR THE KHO-KHO CONCENTRATION ANXIETY  
OF FOUR COMPETITIVE SPORTS

Variance in Groups	Sum of squares	df	Mean Square	'F' Value	Significance
Between groups	79.517	3	26,506	2.396	.078
Within the groups	619.467	56	11.062		
Total	698.983	59			

### CONCLUSIONS

No significant difference was found in the sub variable; freedom from worries of cognitive anxiety. Athletics and Kho-Kho players were found highly worried about their sports than football and judo players. There was significant difference found in concentration ability of different sports disciplines. judo players were found to have better concentration ability than kho-kho players and Athletes.

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