

## STUDY OF SENSATION SEEKING AND STATE ANXIETY BETWEEN STUDENTS OF MANAGEMENT AND PHYSICAL EDUCATION

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### ABSTRACT

The objective of this study was to compare the sensation seeking and anxiety state between student of management and physical education. Another purpose of the study was to compare the sensation seeking and anxiety state between student of management and physical education. The subject for the study were the student selected from Institute of Management Study and Department of Physical Education, Chaudhary Charan Singh University (Campus), Meerut (U.P.) The total numbers of subjects for this study were 80 student (40 student were from Institute of Management Study, while another 40 subjects were from Department of Physical Education). The selected variables to be compared were sensation seeking and anxiety state. To measure Sensation Seeking and Anxiety State Test (SSAST) by Neary and Zuckerman (1976) was used. To find out significant difference between Institute of Management Study and Department of Physical Education student, t-test was employed. The level of significance was set at .05 levels. The result of sensation seeking data revealed that the calculated t-value (3.620) was higher than the required value (2.00) at 0.05 levels. So we can say that significant difference was found between the student of Institute of Management Study and Department of Physical Education. Also the result of anxiety state data revealed that the calculated t-value (.594) was lower than the required value (2.00) at 0.05 levels. So we can say that insignificant difference was found between the student of Institute of Management Study and Department of Physical Education. From the results of this study it is found that significant difference was found between the mean scores of Institute of Management Study and Department of Physical Education students in relation to sensation seeking level. No significant difference was found between the mean scores of Institute of Management Study and Department of Physical Education students in relation to anxiety state level.

**Keywords:** Sensation Seeking, Anxiety State, Management Student and physical education Student.

### INTRODUCTION

Human behavior is a population of behavior exhibited by humans and influenced by culture, values, and ethics. The capacity of mental, physical, emotional and social activities experienced during five stages of human beings life prenatal, infancy, childhood, adolescence, and adulthood includes behavior as directed by culture and society. Psychology has played a vital role to solve the problem of human beings. The basic problem of psychologists is tremendous increase in human behavioral problems. These problems are specific as well as applied for why students are becoming drug addicts, how their academic achievements are affected. The definition about the development of psychology has come to its existence by following very zigzag journey the definition had evaluated through the various stages out lined below: 'Science of soul', 'science of mind', 'science of consciousness', 'science of behavior', at the beginning of twentieth century many new hypothesis are offered in the sphere of psychology and as a result psychology was directed towards behavior. According to behaviorists psychology is a science of behavior. Psychology is stated as study of human behavior as it has touched every aspect of human life, a society progressed complexities are also increased in same manner. There are different variables in psychology which affects the performance of an individual in all spheres of his living like in sports or academic and so on. Some of the variables of psychology named Anxiety, Aggression, stress, Fear, Sensation and Arousal, etc. are certainly important to drive on individual for his performance. The study of sensation seeking and anxiety could also be a vital tool to examine the performance of the students in academic. Sensation seeking is a much interesting personality trait that has its effect on several aspects of our lives. It effects on several aspects of our lives, it affects what activities we prefer, what sports are occupations we choose. Personality traits are underlying characteristics of an individual that are relatively stable overtime and explain regularities in peoples. When thinking about people we know well, we will naturally have noticed how we differ, and our everyday language is full of ways of describing and comparing people. People may be outgoing or unsociable, shy or confident, friendly or rude, and so on. People instinctively observe that persons react differently to the same situations, and these differences are caused by natural variations in personality traits. Many studies involving sensation seeking have been conducted across a variety of anti social risk\_ taking behaviours, such as drug use and unsafe sexual practices, as well as more socially acceptable forms of risk taking behaviours (Zerevski et al., 1998).

Anxiety also called worry is a psychological and physiological state characterized by somatic emotional, cognitive, and behavioral components. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. This paper

examines the relationship between anxiety and performance from a cognitive-behavioral perspective. Previous research in the field has suggested that the majority of consultations conducted by sport psychologists are related to anxiety. Included is a discussion on the theoretical underpinnings of anxiety and how it relates to performance. Research conducted on the relationship between anxiety and performance is also discussed. A review of the cognitive-behavioral treatments that have been used for anxiety reduction and performance enhancement within the field of athletics is included. Suggestions for future research and practical considerations are listed in the conclusion.

**Methodology**

The subject for the study were the student selected from Institute of Management Study and Department of Physical Education, Chaudhary Charan Singh University (Campus), Meerut (U.P.) The total numbers of subjects for this study were 80 student (40 student were from Institute of Management Study, while another 40 subjects were from Department of Physical Education). The selected variables to be compared were sensation seeking and anxiety state. To measure Sensation Seeking and Anxiety State Test (SSAST) by Neary and Zuckerman (1976) was used. To find out significant difference between Institute of Management Study and Department of Physical Education students, t-test was employed. The level of significance was set at .05 levels.

**RESULTS OF THE STUDY**

TABLE-1  
MEANS COMPARISON OF SENSATION SEEKING BETWEEN INSTITUTE OF MANAGEMENT STUDY AND DEPARTMENT OF PHYSICAL EDUCATION STUDENTS

	Students		't' ratio
	Institute of Management Study	Department of Physical Education	
Mean	42.025	47.075	3.620*
S.D	4.015	7.856	

\*Significant at .05 level t-value required to be significant at 78 df =2.00

It is evident from table-1 that significant difference was found between the mean scores of Institute of Management Study and Department of Physical Education students in relation to sensation seeking as the t-value was found 3.620 which was higher value than the required value at 0.05 level of significance.

The scores are also illustrated in the figure-1  
Figure-1

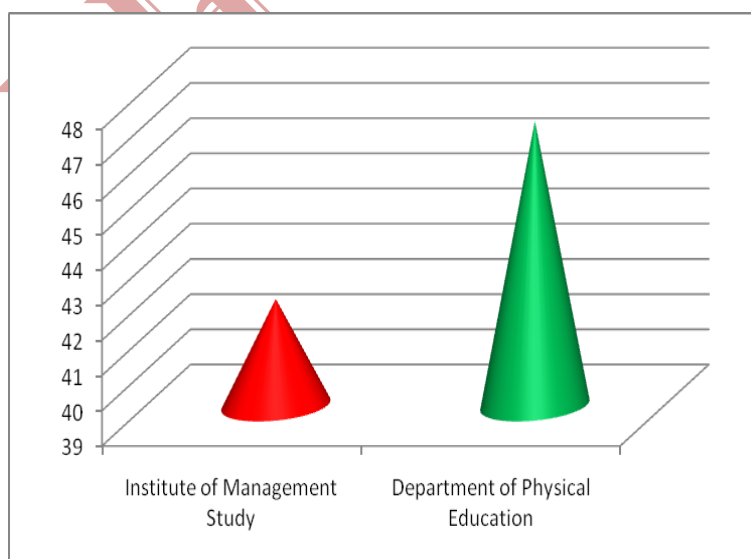


TABLE-2  
T-RATIO OF THE MEANS OF ANXIETY STATE BETWEEN INSTITUTE OF MANAGEMENT STUDY AND DEPARTMENT OF PHYSICAL EDUCATION STUDENTS

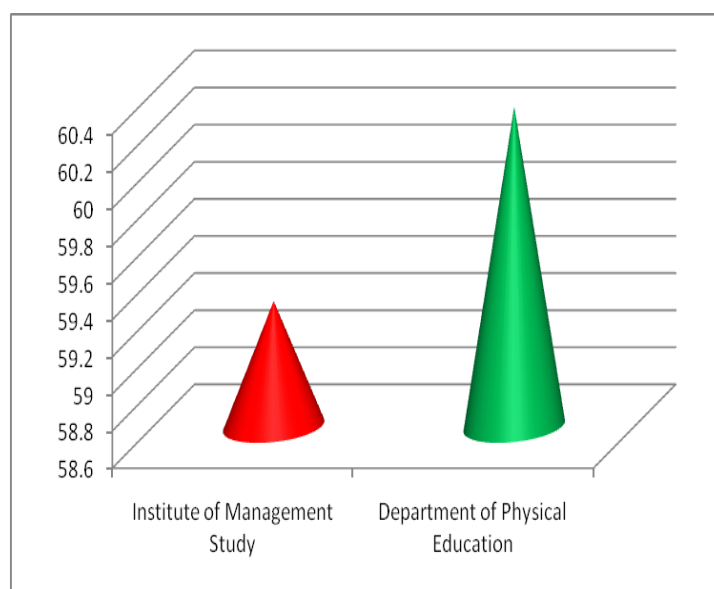
Students			't' ratio
	Institute of Management Study	Department of Physical Education	
Mean	59.275	60.325	0.594*
S.D	8.785	6.904	

\*Significant at .05 level t-value required to be significant at 78 df =2.00

It is evident from table-2 that insignificant difference was found between the mean scores of Institute of Management Study and Department of Physical Education students in relation to anxiety state as the t-value was found .594 which was lower value than the required value at .05 level of significance.

The scores are also illustrated in the figure-2

Figure-2



### DISCUSSION OF THE RESULT

The result of the study was two folded as the sensation seeking and anxiety state data were computed for two different objectives. The first objective of the study was to find out significant difference sensation seeking between student of management and physical education. Physical education student seemed to have higher level of sensation seeking than that of the management student. The result is in the direction of Diehm, R. and Armatas, C. (2004) studies, which has revealed that there is a significant difference Surfing: an avenue for socially acceptable risk-taking, satisfying needs for sensation seeking and experience seeking. The second objective of the study was to compare the anxiety state between student of management and physical education. Though these exist insignificant difference between student of management and physical education. The result is in the direction of Ali Jaowad, Rahaman Abdul, Khan Tanveer Mohmaad (2010) Acomparative study of sports completion anxiety between male and female weight lifters of Manipur.

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