Comparison the level of anxiety between under graduate and post graduate students

Dr. Yuwraj Shrivastava [1], Suhail Yaqoob Bhat [2], Showkat ahmad Chat [3]

[1] Asst. Professor Dr. C.V.R. University Kota Bilaspur (C.G.)
[2] PHD Research Scholar Dr. C.V.R. University Kota Bilaspur (C.G.)
[3] PHD Research Scholar Dr. C.V.R. University Kota Bilaspur (C.G.)
suhail2573@gmail.com

Abstract: High levels of anxiety may be detrimental to performance it is important to identify situations that are likely to cause high levels of anxiety. The purpose of this study was to determine if anxiety level differs between post graduate and under graduate students. 100 students were selected as samples from Post graduate (n=50) and under graduate (n=50) to check the anxiety level of the subjects Sport Competition Anxiety Test (SCAT) was used. The results of the SCAT were first sorted by anxiety category (low, average, and high). Within the parameters of this study, post graduate students show high level of anxiety and under graduate students show average level of anxiety.

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Key words: Anxiety; sports competition anxiety test; high level anxiety

Introduction:

Anxiety refers to a sort of nervous and fear emotion which is formed by frustration of self-esteem and self-confidence, or increasing of the sense of failure and guilty, anxiety is resulted by the threat by not achieving goals or to overcome obstacles (Akbar et al., 2011). Anxiety can have a negative effect on the performance of a performer. No matter how much talented or skillful one athlete has, he will never perform better if he or she lives in fear before any competition. Challenge in any sports participation produce anxiety. It is depend upon the athlete how he or she handles the anxiety.

Anxiety may be a positive or negative it may interfere with successful performance in sports competition. Anxiety varies with a number of different conditions. It may be greater in higher competitive sports than in relatively non competitive sports, because in the competitive sports, the competition is tough and needs high demand to achieve the success.

Review of related literature: Despoina Tsopani (2011) examined the competitive state anxiety and self-confidence of rhythmic gymnasts participating in the Greek national competition. 86 participants, ages 11 and 12 years, completed the Competitive State Anxiety Inventory–2, 1 hr. before competition. The athletes, classified by performance (high and low performance) and participation in the finals (finalists and non finalists), responded to the three subscales: Cognitive Anxiety, Somatic Anxiety, and Self-confidence. Analyses indicated differences in Self-confidence between high versus low performance groups and finalists versus non finalists. No significant differences were found on Cognitive and Somatic Anxiety. In a regression analysis, Self-confidence was the only significant predictor of performance for this sample. Implications refer to the development of strategies to enhance self-confidence in order to improve the gymnast's performance during competition.

Biswabandhu Nayek and Dr. Kallol Chatterjee (2013) Studied out pre-competition anxiety between national and state level women athletes. Due to the fact that during competition athletes' mental state greatly affects their stamina explosion, which finally influence the result of final competition. Anxiety in sports is considered as an important issue for many athletes. It refers to a sort of nervous and fear emotion formed by frustration of self-esteem and self- confidence, or increasing of the sense of failure and guilty, which is resulted by the threat from being unable to achieve goals or to overcome obstacles at the right time. For the purpose of the study the subjects were selected randomly from 63rd State Athletic Championships of West Bengal to measure the pre-competition anxiety by a questionnaire Sport Competition Anxiety Test (SCAT) developed by Rainer Marten. 25 national level and 25 state level women athletes selected randomly from the said Athletic Championships. To find out pre-competition anxiety between national level and state level women athletes't' test was applied. The result showed that there was significant difference on pre-competition anxiety between national level and state level women athletes. The national level women athletes had less pre-competition anxiety than the state level women athletes.

Zilan BAZANCİR and Muharrem (2018) planned to evaluate the effect of different pre-competition anxiety types and self-confidence on performance in bouldering climbers. Forty-one bouldering climber (18 women, 23 men) at ages 18-31 years were included in the study. After receiving the demographic information of the athletes, the pre-competition anxiety scores was assessed by the Competitive State Anxiety Scale (CSAI) and State Trait Anxiety Scale (STAI). CSAI's three sub-parameters were cognitive anxiety, somatic anxiety and self-confidence. Two different parameters were evaluated with STAI, state anxiety and trait anxiety. Performance scores of the athletes after the competition were recorded. When the relationship between different pre-competition anxiety types and performance was examined, there was negative moderate correlation between state anxiety and performance (p: 0.000, r: -590). While there was no significant difference between male and female athletes in terms of pre-competition anxiety levels ($p>0.05$), there was a significant difference between them in terms of performance scores ($p<0.05$ It was determined that the STAI and CSAI scales each had correlation within own parameters. The level of state anxiety before the competition in bouldering climbers could relate negatively sportive performance. Although the male and female athletes have similar level of pre- competition anxiety, the performance of female athletes was found to be lower.

Methodology

Samples

100 samples 50 under graduate and 50 post-graduate students were randomly selected for this study with age group of 18 to 22 with mean age of 20 and 20 to 24 with mean age of 22 respectively.

Tools

To assess the anxiety level of the students sport competition anxiety test (SCAT) were used.

Scoring

The anxiety questionnaire (SCAT) was given before one the competition and they were asked to mark the appropriate responses. In bouldering the total score of the athletes is usually used as the best measure of individual performance.

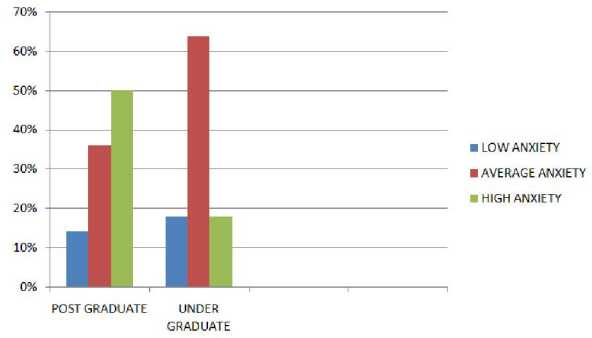
Result and discussion

The statistical analysis of data on two age group collected on 100 students (UG and PG) (18 to 22 with mean age of 20 and 20 to 24 with mean age of 22 respectively). To assess the anxiety the sport competition test (SCAT) were used and the scoring were computed and data portioning to this have been presented in table 1

S NO.	SCAT Classification	Responses of **under Graduate** students	Number of **(UG)** students	Responses of **Post Graduate** students	Number of **(PG)** students
1	Low Anxiety	18%	9	14%	7
2	Avg. Anxiety	64%	32	36%	18
3	High Anxiety	18%	9	50%	25
Total		100%	50	100%	50

The result of the table shows that 18% of the under graduate students shows low level of anxiety, 64 % shows average level of anxiety and 18 % shows high anxiety level

The result also shows that 14 % of the post graduate students shows low level of anxiety, 36 % students shows average level of anxiety and 50% of post graduate students show high level of anxiety.



Conclusion

It is concluded that 50% of the Post Graduate students (PG) show high level of anxiety and only 18% of undergraduate student shows high level of anxiety.

It is also concluded that 36% of post graduate students (PG) shows average level of anxiety and 64% of under graduate (UG) students show average level of anxiety.

And It is also concluded that 14% of post graduate students (PG) shows low level of anxiety and 18% of under graduate (UG) students shows low level of anxiety.

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