A COMPARATIVE STUDY ON ANXIETY AND SELF-CONFIDENCE BETWEEN ATHLETES AND NON -ATHLETES OF BHARATHIAR UNIVERSITY ARTS AND SCIENCE COLLEGE MALE STUDENTS.

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Abstract

Poor performances are explained with a more anxiety and lack of self-confidence as well as good performances based on strong self-confidence and less anxiety. The role of anxiety in sport has been a topic of great interest to coaches, athletes, and researchers for many years. The objective of this study was "To examine anxiety and self-confidence dimensions between athletes and non-athletes students of Bharathiar University arts and Science College in Coimbatore". For this 100 students 50 students from athletes and 50 students from non- athletes ranging from 18 to 20 years. "Anxiety Questionnaire" a standardized sports psychological inventory designed by (William WK Zung 1971) "Self-confidence Questionnaire" a standardized sports psychological inventory designed by https://psychologia.co/self-esteem-test/ was used for data collection. The collected data was analyzed using Independent sample test. The results of the study showed that there was a significant difference in anxiety and self-confidence between athletes and non-athletes students at 0.05 level of confidence.

Keywords: Anxiety, Self-confidence, Athlete, Non-Athlete

Introduction

Sport psychology is deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness, control, concentration, confidence, rituals, attribution training, and periodization. Sports psychologists provide two major types of services: performance enhancement as a competitive strategy and counselling for a variety of issues affecting the athlete (Singer, 1986). Participation in sport and exercise has positive impacts on quality of life. For example, collegiate sport participation provides opportunities for social interactions (King, Taylor, & Haskell, 1993; Penedo & Dahn, 2005). Self-confidence (SC) is one of the most cited factors thought to affect athletic performance. Self-confidence is said to play a

critical role in athletes 'success; in contrast, lack of Self-confidence seems to be closely associated with athletic failure. Thus, confidence is an important factor that distinguishes successful athletes from unsuccessful ones in terms of both their mental states as well as their performances (Vealey, 1986).

Sport Confidence theory measures two factors: trait sports confidence and state sports confidence. Trait sports confidence is innate and described as a natural disposition. Like all personality traits it is relatively stable. Trait confidence is different from specific confidence as it relates to a generalised belief of an individual about the extent to which their ability will bring success across a wide range of sports. For this reason trait confidence is also global. State sports confidence can be developed through learning and tends to be unstable and changeable. State confidence relates to an individual's belief about the extent to which their ability will bring success at one particular moment. For this reason, state confidence is also specific to a situation (Hall 2001).

Anxiety is a state of mind in which the individual respond with discomfort to some event that has occurred or is doing to occur. The person's worry about events, their occurrences and consequence, in general are the sources of anxiety. However, anxiety can be either somatic or cognitive in nature. Anxiety 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 (Akbar et al., 2011). Common symptoms of somatic anxiety include experiencing butterflies, sweating, heavy breathing or an elevated heart rate. Common symptoms of cognitive anxiety include negative thoughts, feelings of apprehension or nervousness. Dealing with anxiety-related symptoms could be difficult because what works for one person may not work with another. Anxiety can have a devastating effect on the performance of an athlete. No matter how much talent or skill one may have, he will never perform at his or her best if he or she lives in fear before every event.

Objectives of the Study

To asses and compare the level of Anxiety and Self-confidence of athletes and non-athletes of Bharathiar University Arts and Science College male students.

Method

Purpose of the study is to compare the anxiety and self-confidence of athletes and non-athletes students of Bharathiar university arts and science college, Coimbatore. The sample for the present study consists of 50 Male athletes and 50 male non-athletes between the age group of 18-20 Years. Athletes represented a wide variety of team and individual sports including Kabaddi, Kho-Kho, Basketball, Cross country, Soccer, Track & field, and Volleyball. Non-Athletes represented from commerce and management department who are not

participated in any school and college sports. Non-Athletes who are not participated in any school and college sports.

Tools used for data collection

Anxiety Questionnaire a standardized sports psychological inventory designed by (William WK Zung 1971). "Self-confidence Questionnaire" a standardized sports psychological inventory designed by https://psychologia.co/self-esteem-test/ was used for data collection. The subjects had to respond. The score for the questionnaire was prepared to know the anxiety and self-confidence of athletes and non-athletes students. There were five options in questionnaire and students had to tick on any one option provided the each question.

Results and Discussion

Sports psychologists have long believed that high levels of cognitive anxiety during competition are harmful, worsening performance and even leading to dropout (Weinberg & Gould, 2011; Raglin & Hanin, 2000).. The above mentioned table and figure indicated that there was significant difference on Anxiety and Self-confidence between athletes and non-athletes students of Bharathiar University Arts and Science College Coimbatore. It may be attributed to the fact that the students of athletes and non-athletes having different sports and academic activities in the college. The researcher himself is a player and is being participating in sports at different levels. During his sports career the researcher being a player faced plenty of difficulties like stress, arousal and anxiety with reference to sports environment. Some intervention research indicates that increased participation in physical activity leads to enhanced learning and better grades (Hollar *et al*., 2010; Shephard *et al*., 1994). Health related physical education programme may be favourable effect on students' academic achievement (James, F. Salis. 1995). The study found that Female non-athlete has higher academic achievement as compare to Female athlete because non-athletes are getting more time for study.

Table4.1 Descriptive Statistic of Anxiety between Athletes and Non-Athletes students

Variables	Group	N	Mean	Std. deviation	Std.error mean	't'
Anxiety	Athletes	50	39.36	2.89	0.41	
	Non-Athletes	50	42.64	2.69	0.38	5.87

The above table 4.1 reveals that the calculated t- value of 5.87 is higher than tabulated t-value of 1.98 which is statistically significant at 0.05 level of confidence. Thus, the first hypothesis stated that "there would be a significant difference on Anxiety between athletes and non-athletes students. Hence first hypothesis was accepted.
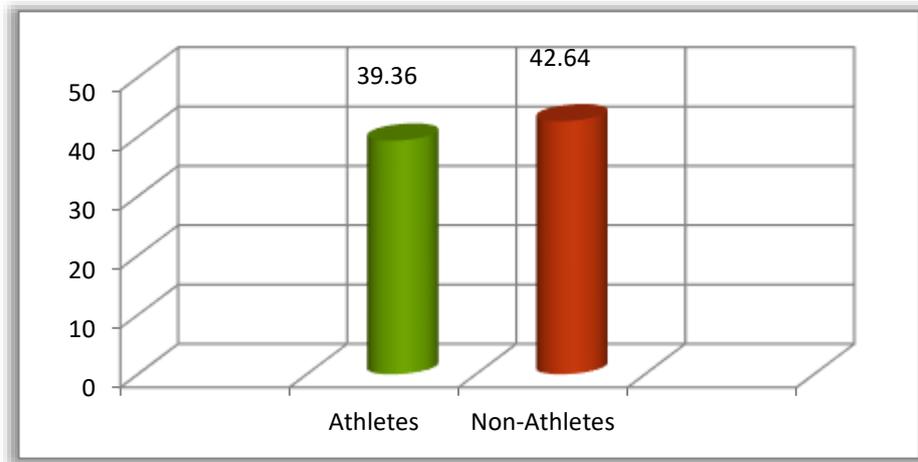

Figure 1: showing comparison of means of Anxiety between Athletes and Non-athletes Students

Table4.2 Descriptive Statistic of Self-confidence between Athletes and non-athletes students

Variables	Group	N	Mean	Std. deviation	Std.error mean	't'
Self-confidence	Athletes	50	85.62	5.55	0.78	7.08
	Non-Athletes	50	77.74	5.58	0.79	

The above table 4.2 reveals that the calculated t- value of 7.08 is higher than tabulated t-value of 1.98 which is statistically significant at 0.05 level of confidence. Thus, the second hypothesis was stated that "there would be a significant difference on self-confidence between athletes and non-athletes students. Hence second hypothesis was accepted.
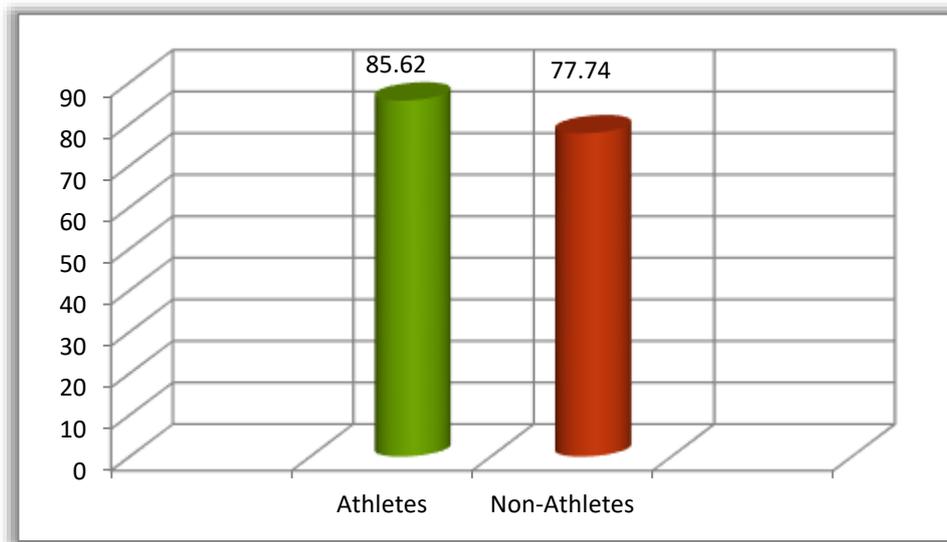
Figure 2: showing comparison of means and standard deviation of self-confidence between athletes and non-athletes students

Conclusion

Based on the result of the study it was concluded that Athletes are having less anxiety and more self confidence than Non-Athletes. Hence it is recommended that Psychological training and sports must be included to the all students including non athletes for development of self confidence and reduce anxiety. Self confidence and anxiety is the main psychological variables for key to success in sports and games as well as for education.

Recommendation

1. This type of Study is useful to the Coaches and Physical Education Teachers to train the Students as per the requirements of the Psychological variables for the performance in sports.
2. Conducting a similar study, by adding other psychological factors such as goal setting, Achievement motivation, concentration and imagery.
3. Doing a similar study on Individual and Team Games.
4. Comparing anxiety and self confidence between elite and non-elite athletes indifferent regions.
5. Conducting a similar study among female sports persons

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