

A Critical Analysis of Anxiety and Stress Levels between Inter Collegiate Men Football and Hockey Players

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Abstract: *The purpose of the study was to analysis the differences on anxiety and stress between the intercollegiate men football and hockey players. To achieve the purpose of the study the investigator randomly selected 100 players (i.e. 50 players in football and 50 players in hockey) from Osmania University inter collegiate men football and hockey tournament. The collected data were analyzed by using the independent 't' test, to interpret the results. The level of confidence was fixed at 0.05 level. It was concluded that there was no significant difference found on anxiety and stress time between inter collegiate men football and hockey players of Osmania University.*

Key Words: *Anxiety, Stress, Football, Hockey and t-test.*

1. INTRODUCTION:

Stress in sport, success and social functioning were established as crucial (Jones & Hardy, 1990). Increased anxiety and burn-out are signs of failure to deal with sports pressures, lowered self-esteem and performance problems. Athletes' feelings are very strong during the game and can in some situations become anxious (Cisler et al., 2010; Ford et al., 2017; Kaplánová, 2019c; Rice et al., 2019). Anxiety and a premonition of danger is an unsettling psychological condition. It normally attaches to an unnatural, unneeded, spread or vague entity (Martens et al., 1990; Rice et al., 2019). The source of stress may be active or implicit conflicts according to psychoanalysts (Connolly, 2018). In certain athletes confrontation seems to be more important and therefore more stressful than others (Kaplánová, 2019a, b,c)). Moreover, not all stressful situations experienced by an athlete are true and stressful. This is the result of a process which is also very much connected to the dynamics of the human mind (Sapolský, 2012; Kaplánová & Gregor, 2018). Anxieties can be split into actual and future stressors based on the nature of hazard. Whereas actual stressor threatens and affects a person's quality of life, possible stressors are linked to his capacity to imagine stressors in such a way that they cause the same physiological reaction as genuine stressors (Godoy et al., 2018).

2. METHODOLOGY :

The purpose of the study was to analysis of anxiety and stress between inter collegiate men football and hockey players of Osmania University, Hyderabad, Telangana. To achieve the purpose of the study, 100 inter collegiate players were selected as subject randomly from football and hockey game. The subjects were selected from the intercollegiate men volleyball and hockey players who participated in the intercollegiate tournament of Osmania University. The age of the subjects was ranged from 18 to 22 years. The research scholar selected the psychomotor (Anxiety and Stress) variables for the study. The investigator collected data on Anxiety and Stress through Questioner test for all the subject for the both football and hockey players and the obtained data were analyzed statistically by using independent 't'-test to find out the significant difference between the football and hockey players on the selected variables. The result was tested at 0.05 level of confidence.

Trait Anxiety

Trait Anxiety questionnaire prepared by Speilberger (1970) was used. The questionnaire consists of 20 statements about subjects of each item, the subject has to select and tick in one of the four columns following 'almost never', 'sometimes', 'often' and 'almost always'. The scores for each item were assigned based upon the items 1, 6, 7, 10, 13, 16 and 19 are Almost never-4, sometimes-3, often-2 and almost always-1. Rest of the items scoring is to be done in the opposite way.

Stress:

Everly and Girdano's Stress questionnaire was used to measure the stress level of the subject. Standardized questionnaire of Everly and Girdano's was used to measure the stress of the subjects. There were 14 statements relating

to various situations of life. There were four levels of responses almost, always, seldom true and never true. The subjects were made to mark a tick in the column which every response the person felt was true his nature.

The inventory was scored with the help of a scoring key given below. The scores obtained for each statement was added and treated as individual scores. The range of score was 14 to 56. The lesser the score the lower the psychological stress.

Response & Score: Almost always true – 4, usually true – 3, seldom true – 2, Never true – 1.

3. ANALYSIS OF DATA:

**TABLE-I
 COMPUTATION OF ‘t’ RATIO ON ANXIETY BETWEEN INTER COLLEGIATE MEN FOOTBALL AND HOCKEY PLAYERS**

PLAYERS	M	SD	σ DM	DM	t-ratio
FOOTBALL PLAYERS	46.42	7.40	1.66	3.28	1.97
HOCKEY PLAYERS	43.14	9.12			

* Significant at 0.05 levels.

Table I reveals that the mean of anxiety for inter collegiate men football players was 46.42 with the standard deviation of 7.40 and hockey players was 43.14 with the standard deviation of 9.12. The obtained ‘t’ ratio 1.97 was found to be lesser than the required table value of 1.98 at 0.05 level of confidence for 98 degrees of freedom. This indicates that there was no significant difference on anxiety between the Inter collegiate men football and hockey players.

**FIGURE-I
 LINE DIAGRAM SHOWING THE ANXIETY INDEX BETWEEN INTER COLLEGIATE MEN FOOTBALL AND HOCKEY PLAYERS**

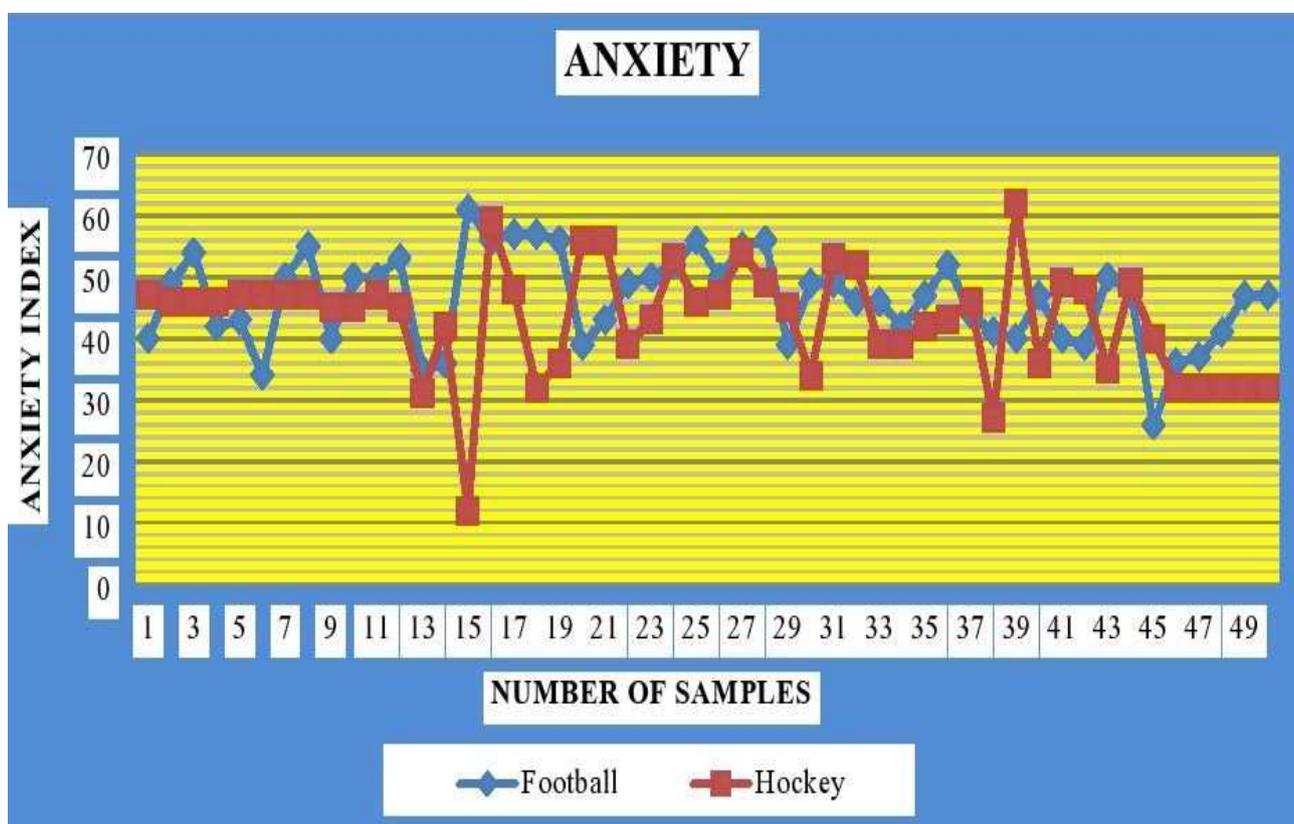


FIGURE-II
BAR DIAGRAM SHOWING THE MEAN DIFFERENCE BETWEEN INTER COLLEGIATE MEN FOOTBALL AND HOCKEY PLAYERS ON ANXIETY

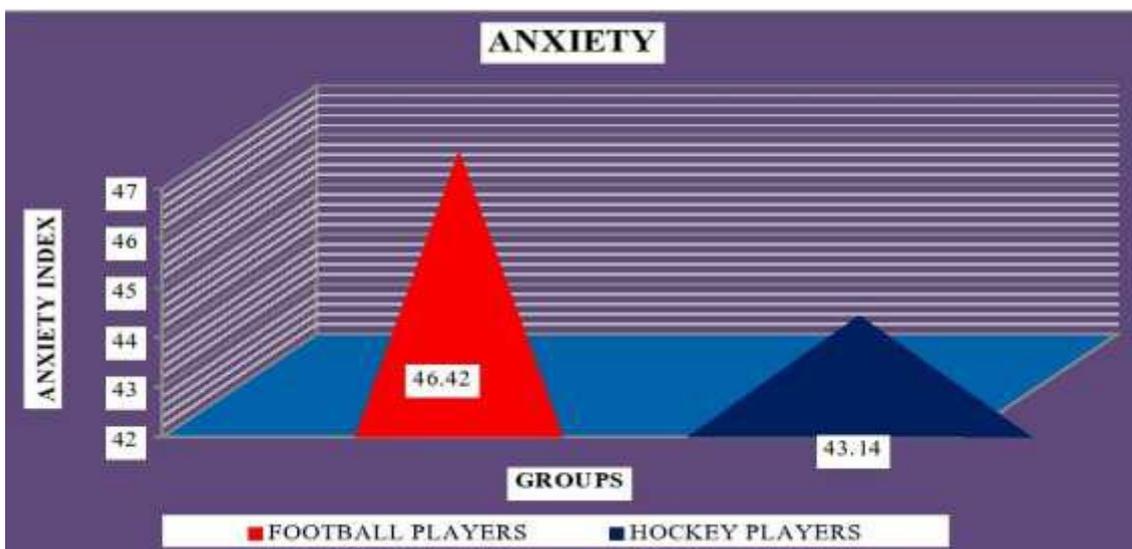


TABLE-II
COMPUTATION OF 't' RATIO ON STRESS BETWEEN INTER COLLEGIATE MEN FOOTBALL AND HOCKEY PLAYERS

PLAYERS	M	SD	σ DM	DM	t-ratio
FOOTBALL PLAYERS	45.88	4.31	0.92	1.24	1.35
HOCKEY PLAYERS	44.64	4.86			

* Significant at 0.05 levels.

Table II reveals that the mean of stress for inter collegiate men football players was 45.88 with the standard deviation of 4.31 and hockey players was 44.64 with the standard deviation of 4.86. The obtained 't' ratio 1.35 was found to be lesser than the required table value of 1.98 at 0.05 level of confidence for 98 degrees of freedom. This indicates that there was no significant difference on stress between the Inter collegiate men football and hockey players.

FIGURE-III
LINE DIAGRAM SHOWING THE STRESS INDEX BETWEEN INTER COLLEGIATE MEN FOOTBALL AND HOCKEY PLAYERS

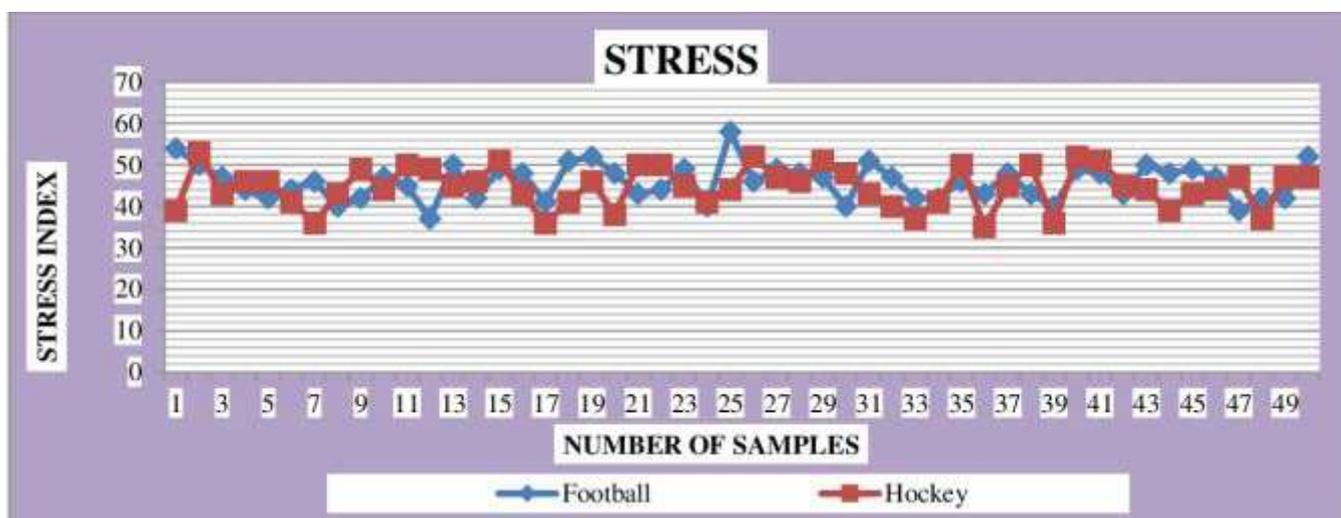
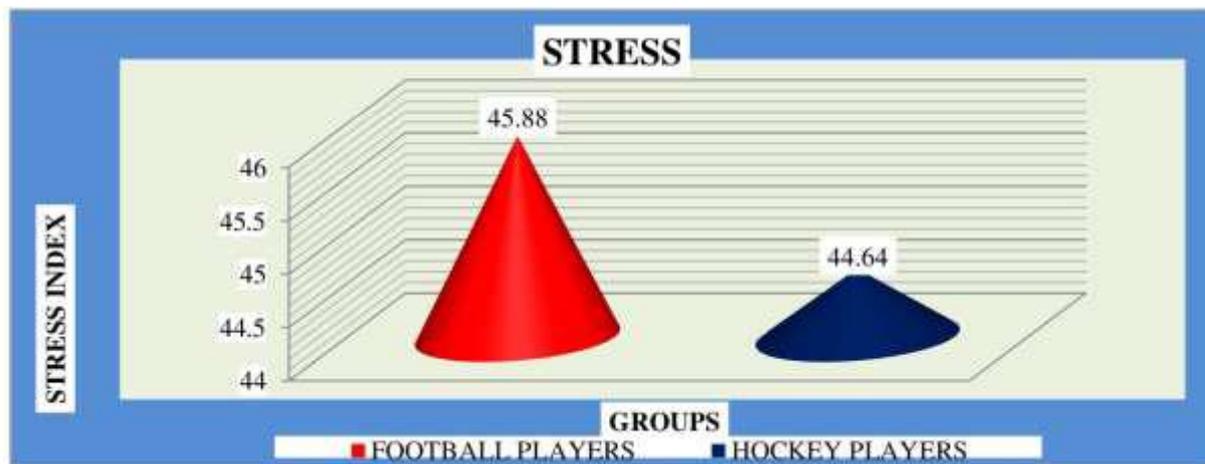


FIGURE-IV
BAR DIAGRAM SHOWING THE MEAN DIFFERENCE BETWEEN INTER COLLEGIATE MEN
FOOTBALL AND HOCKEY PLAYERS ON STRESS



4. DISCUSSION AND CONCLUSIONS:

- The results of the study reveals that, there was insignificant difference found on anxiety between the Inter collegiate men football and hockey players and also when comparing the mean values of anxiety for inter collegiate football and hockey players, but inter collegiate football players were slightly better than hockey players.
- The results of the study reveals that, there was insignificant difference found on stress between the Inter collegiate men football and hockey players and also when comparing the mean values of stress for inter collegiate football and hockey players but inter collegiate football players were slightly better than hockey players.

Based on the results of the study it was concluded that there was no significant difference found on anxiety and stress between the Inter collegiate football and hockey players of Osmania University.

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