



A Study on Anxiety Depression and Coping Strategies between West Bengal and Karnataka All India Inter University Male Athletes

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Abstract:

Objective: The present study was aimed to investigate the sports competition anxiety, general anxiety (state anxiety and trait anxiety), depression and coping strategies among All India Inter University male athletes.

Methods: For the purpose of the study the investigators collected data from the 79th All India Inter University athletics championship held at Mangalore University by applying four different questionnaires. Twenty Six (N=26) male athletes were selected and divided into two groups (13 from West Bengal and 13 from Karnataka). Data were collected through Random sampling method by applying Sport Competition Anxiety Test (SCAT) developed by Rainer Martens in (1977), General Anxiety were measured through State-Trait Anxiety Inventory by Charles D. Spielberger (1977). Coping strategies were measured through Coping Strategy Scale developed by Srivastava, A. K. (2001). Depression was measured through a questionnaire developed & standardized by Mishra O. P. et al. published by Agra Psychological cell Agra (U.P.).

Statistics: Mean and Standard Deviation of each variable were calculated. For comparison of the variables between the groups of subject statistical t-test was applied.

Result: Results revealed that the Bengali athletes were significantly higher in sports competition anxiety and General Trait Anxiety than the athletes of Karnataka. On the other hand no significant difference was found in Depression, Coping Strategies and General State Anxiety between the male athletes of West Bengal and Karnataka.

Conclusion: In terms of sports competition anxiety and General Trait Anxiety the athletes of Karnataka found better than their West Bengal counter parts. But there is no such difference found in Depression, Coping Strategies and General State Anxiety between them.

Keywords: Sports Competitive Anxiety (SCAT), General Anxiety, Coping Strategies, and Depression

1. INTRODUCTION

In the games and sports, psychological and physiological factors play an important role in determining the performance level (Grange & Kerr, 2010; Schilling & Hyashi, 2001). It has been recognized for many years that psychological factors, in particular anxiety, Depression and Coping strategies play an important role in competition. (Lizuka, 2005) observed as a result of his study that many factors, such as expectations, perfectionism, fear of failure, lack of confidence include feelings of anxiety in athletes. Those athletes, who experience high levels of anxiety, may fall sick, muscle tension, show aggressive behaviours face sleeping problems, low self- confidence and drop out of sport (Cox, 2010; Weinberg & Gould, 2010; Abel & Larkin, 1990). There is sufficient evidence from retrospective studies to suggest that that a number of psychological skill may contribute to peak performance.

According to Kumar et al - an individual feels mentally disturbed, he is said to be an anxiety mood. As for as anxiety in the field of physical education and sports activities are concerned, it is said that anxiety is most common in competitive sports environment. According to Robinson et all- anxiety and sports are deeply related with each other. He further stated that anxiety is not always bad but it can help the players in focusing and alerting in performing their actions. While participating in various sports activities, it observed that the participants get anxious.

Depression: According to National Institute of Health (ICMR 2007). Genetics and external stresses are common causes of depression. Regardless of how physically fit an athlete is, genetics or chemical imbalance may influence the development of depression. Individual and personal sports create a high pressure environment that focuses on winning and achieving progress. Setbacks, whether because of a loss or an injury, may challenge an athlete, esteem and feelings of self worth and contribute to the development of depression.

Coping strategies: coping involves a personal response on the part of the athlete to address the stress response. The athlete feels anxious in competitive situation and traits to use personal coping resources to reduce anxiety. When an athlete uses a stress management technique or any other cognitive or behavioural intervention; this is form of coping.

1.1. Purpose of the study

- To find out the difference between West Bengal and Karnataka all India male athletes in case of sports competition anxiety and general anxiety.
- To find out the difference between West Bengal and Karnataka all India male athletes in case depression.
- To find out the difference between West Bengal and Karnataka all India male athletes in case coping strategies.

2. METHODS & MATERIALS

2.1. Selection of the Subjects

A total of twenty six (N=26) male all India Inter University athletes from the 79th All India Inter University Athletics Championship held at Mangalore University are selected from West Bengal (13 subjects) and Karnataka (13subjects) state in simple random sampling method for the present study. The age range of the subjects was 18 to 25.

2.2. Tools used for the Study

- Sports competition anxiety questionnaire by Marten 1977.
- General Anxiety was measured through State-Trait Anxiety Inventory by Charles D. Spielberger (1977).
- Depression test Developed & standardized by Prof. O. P. Mishra, Dr. V. B. Verma and Santosh Kumar, published by Agra Psychological cell Agra (U.P.). In this test consists of 32 items and 5 point scale and can be used on 18 years and above age group.
- Coping strategies questionnaire by A. K. Srivastava (2001).

2.3. Procedure for Data Collection

Proper rapport was established with the subjects and over view of the study was given to them. Later sports competition anxiety test questionnaire, general anxiety test questionnaire, depression questionnaire and coping strategies questionnaire was given to each subject and were asked to read the instructions given carefully. Thus after 60 minutes subjects hand over the questionnaire to investigator and were thanked by him therefore the data was collected in proper way.

2.4. Statistical Methods

Mean and Standard Deviation of each variable were calculated. For comparison of the variables between the groups statistical t-test was applied.

3. RESULTS AND DISCUSSIONS

The obtained results of the present study are as follows:

Table1. Significance of Mean Differences of Sports Completion Anxiety between West Bengal and Karnataka Athletes

Variable	Group	N	Mean	S.D.	M.D.	S.ED	t value	Significant or not
Sports competition anxiety	West Bengal	13	22.33	2.12	2.18	0.96	2.27*	significant
	Karnataka	13	20.15	2.73				

Significant at 0.05 level, $df = 24$. (Table value of t at 0.05 level = 2.06 for df 24)

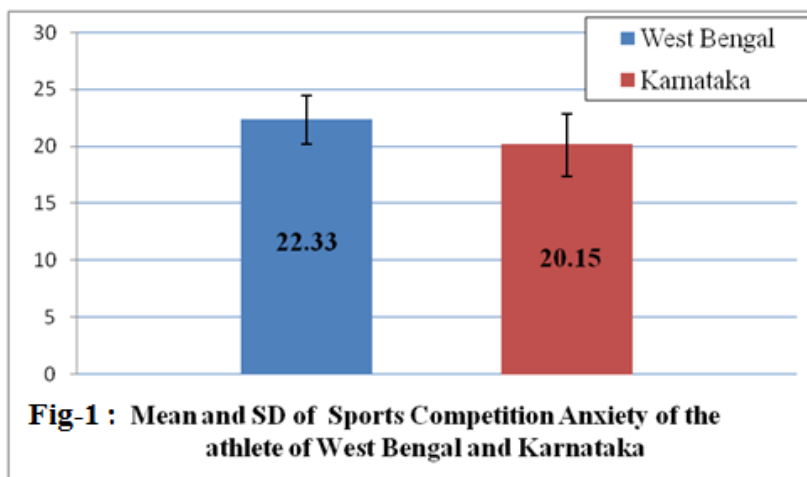


Fig-1 : Mean and SD of Sports Competition Anxiety of the athlete of West Bengal and Karnataka

It is evident from table – 1 that mean value of all India athletes in West Bengal and all India athletes in Karnataka on the sports competition anxiety which were recorded 22.33 and 20.15 respectively . To find out the significant difference of the means ‘t’ test was calculated and found to be 2.27 .the t value is statistically significant , because calculated t- value 2.27 was less than tabulated t- value (2.06). The mean and SD value of Sports Competition Anxiety have been shown in Fig-1.

Table2. Significance of Mean Differences of General Anxiety (State) between West Bengal and Karnataka Athletes

Variable	Group	N	Mean	S.D.	M.D.	S.ED	t value	Significant or not
General Anxiety (State) Y1	Karnataka	13	45.38	7.37	0.54	2.29	0.23	Not significant
	West Bengal	13	44.85	3.76				

Not Significant at 0.05 level, df =24. (Table value of t at 0.05 level = 2.06 for df 24)

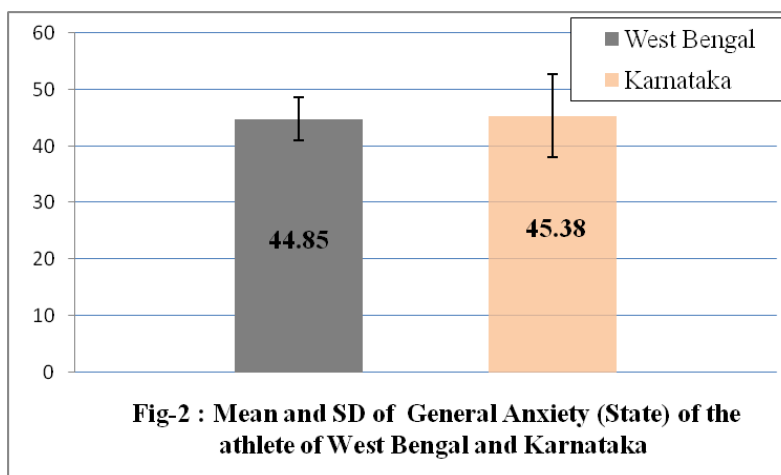


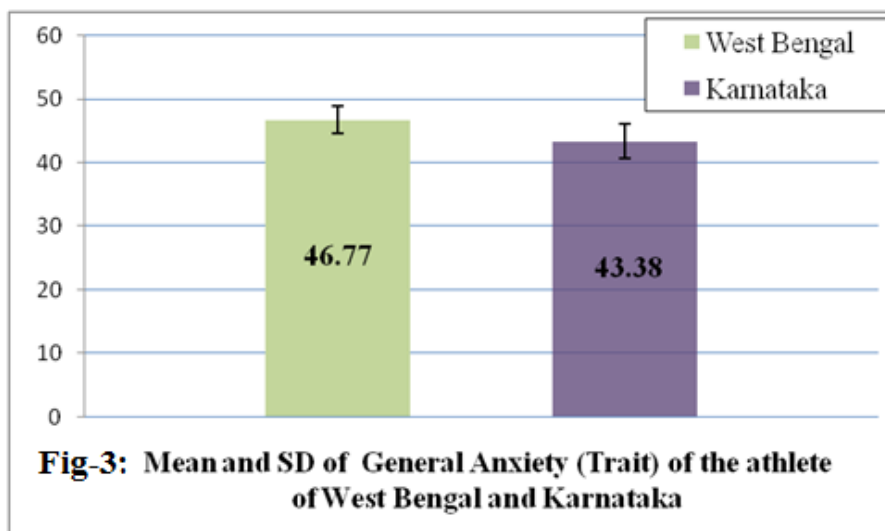
Fig-2 : Mean and SD of General Anxiety (State) of the athlete of West Bengal and Karnataka

It is evident from table – 2 that mean value of all India athletes in West Bengal and all India athletes in Karnataka on the state anxiety which were recorded 45.38 and 44.85 respectively. To find out the significant difference of the means t test was calculated and found to be 0.23. The t value is not statistically significant, because calculated t – value 0.23 was less than tabulated t – value (2.06). The mean and SD value of General Anxiety (State) have been shown in Fig-2.

Table3. Significance of Mean Differences of General Anxiety (Trait) between West Bengal and Karnataka Athletes

Variable	Group	N	Mean	S.D.	M.D.	S.ED	t value	Significant or not
General Anxiety (Trait) Y2	West Bengal	13	46.77	2.35	3.38	1.63	2.07*	significant
	Karnataka	13	43.38	5.39				

Significant at 0.05 level, df =24. (Table value of t at 0.05 level = 2.06 for df 24)

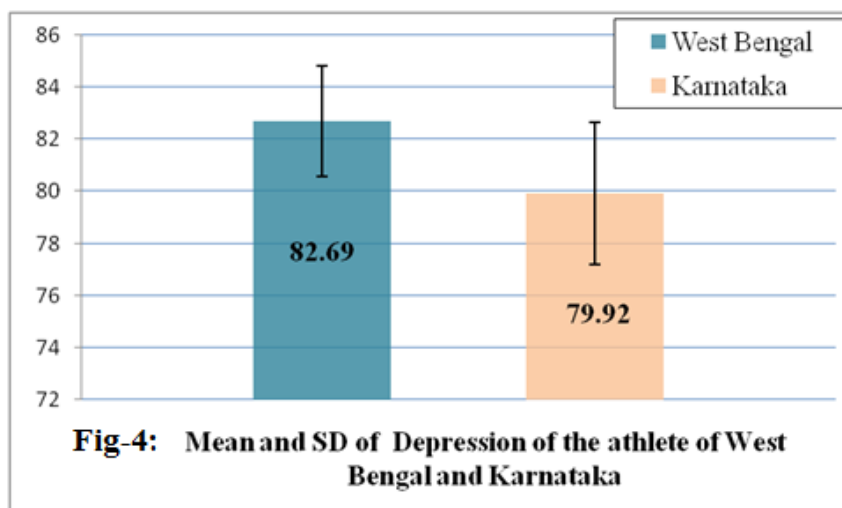


It is evident from table – 3 that mean value of all India athletes in West Bengal and all India athletes in Karnataka on trait anxiety which were recorded 46.77 and 43.38 respectively. To find out the significant difference of means t test was calculated and found to be 2.1 .the t value is not statistically significant .because calculated t- value 2, 1 was less than tabulated t- value (2.06). The mean and SD value of General Anxiety (Trait) have been shown in Fig-3.

Table4. Significance of Mean Differences of Depression between West Bengal and Karnataka Athletes

Variable	Group	N	Mean	S.D.	M.D.	S.ED	t value	Significant or not
Depression	West Bengal	13	82.69	12.43	2.77	5.66	0.49	Not significant
	Karnataka	13	79.92	16.21				

Not Significant at 0.05 level, $df = 24$. (Table value of t at 0.05 level = 2.06 for $df 24$)

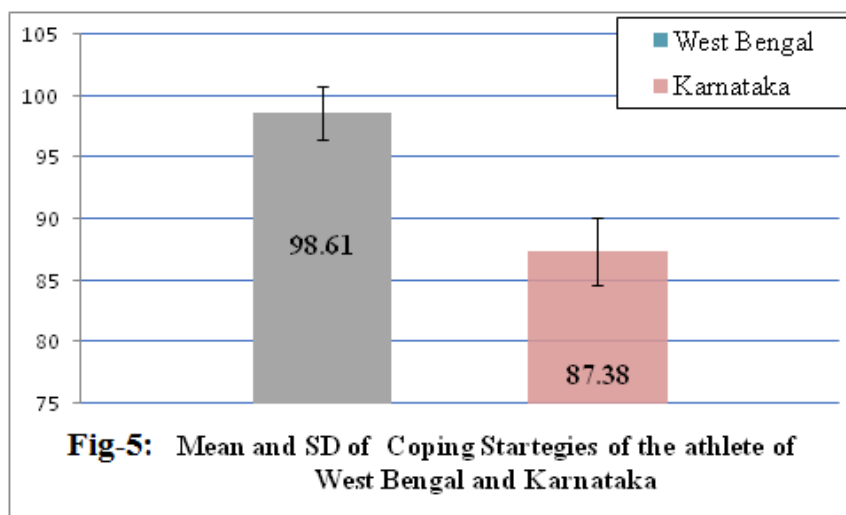


It is evident from table – 4 that mean value of all India athletes in West Bengal and all India athletics player in Karnataka on depression which were recorded 82.69 and 79.92 respectively. To find out the significant difference of means t test was calculated and found to be 0.49. The t value is not statistically significant, because calculated t – value 0.49 was less than tabulated t -value (2.06). The mean and SD value of depression have been shown in Fig-4.

Table5. Significance of Mean Differences of Coping Strategies between West Bengal and Karnataka Athletes

Variable	Group	N	Mean	S.D.	M.D.	S.ED	t value	Significant or not
Coping strategies	West Bengal	13	98.61	12.03	11.23	6.27	1.79	Not significant
	Karnataka	13	87.38	19.16				

Not Significant at 0.05 level, $df = 24$. (Table value of t at 0.05 level = 2.06 for $df 24$)



It is evident from table - 5 that mean value of all India athletes in West Bengal and all India athletes in Karnataka on coping strategies which were recorded 98.61 and 87.38 respectively. To find out the significant difference of means t test was calculated and found to be 1.79. The t-value is not statistically significant because calculated t – value 1.79 was less than tabulated t – value (2.88). The mean and SD value of coping strategies have been shown in Fig-5.

Anxiety, depression and coping strategies play a paramount role in sports. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be a positive motivating force or it may interfere with successful performance in sports events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non competitive sports, because in the competitive sports, participants are expected to win a great demands are made up on them to succeed. Douglas et al (2006) stated that the major sources of depression include: fear of failure, thinking too much on what people may say about the performance, and lack of confidence.

The results of present study demonstrated that significant difference was found between mean scores of sports competition anxiety between Sports Completion Anxiety between West Bengal and Karnataka Athletes.

The results of present study demonstrated that significant difference was also found between mean scores of General anxiety (trait) between West Bengal and Karnataka Athletes.

But in case of General anxiety (state), Coping Strategies and Depression no significant difference were found between the male athletes of West Bengal and Karnataka. For all these cases obtained t-value was insignificant at 0.05 level of confidence. It indicates that there was no significant difference between the mean scores of male players and male players in respect to sports competitive anxiety, general anxiety and coping strategies for both the groups.

4. CONCLUSION

- West Bengal all India male athletes are found significantly higher in case of sports competition anxiety than Karnataka all India male athletes.
- West Bengal all India male athletes are found significantly higher in case of general trait anxiety (Y2) than Karnataka all India male athletes.
- No difference was found between West Bengal and Karnataka all India male athletes in case general state anxiety (Y1).
- No difference was found between West Bengal and Karnataka all India male athletes in case depression.
- No difference was found between West Bengal and Karnataka all India male athletes in terms of coping strategies.

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