

Selected Psychological Variables among Degree College students on Cricket and Volleyball Players of Gulbarga Districts

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Abstract

The purpose of the study was to investigate the “comparative analysis of selected psychological variables among degree level students on Cricket and Volley ball players of Gulbarga district”. Hundred subjects of each in cricket and volleyball players from affiliated college of Gulbarga District was selected at random between 18-25 years. Self-Evaluation Questionnaire was used to measure cognitive anxiety, somatic anxiety, and self- confidence this questionnaire consists of 30 questions of 3 components, namely cognitive anxiety, somatic anxiety and self- confidence. The data was statistically analyzed by using One-way analysis of variance to find out the difference between psychological variables. it was concluded that there was significant difference in cognitive anxiety among degree student level of Gulbarga district cricket and volleyball players. It was observed that cricket players has more cognitive anxiety as compared to volleyball players have more somatic anxiety as compared to cricket players. volley players has more self-confidence as compared to cognitive anxiety and somatic anxiety and was concluded that there was significant difference in cognitive anxiety, somatic anxiety, and self-confidence among the degree college student.

Keywords *Somatic anxiety, Cognitive anxiety , Self- confidence.*

Introduction

Competition is a social process that takes place when prizes are given to people on the basis of comparison of their performance with others participants in the same event (Coakley, 1994). this creates a pre-competitive anxiety which in sports refers to an unpleasant emotion; characterized by imprecise but persistent feeling of uneasiness and fear before competition. It is very important to know the level of anxiety especially the cognitive anxiety in order to take all necessary steps to reduce it. Once an athlete experience high level of cognitive anxiety there will be a quick or catastrophic decrease in performance.

Cognitive anxiety is characterized by concerns and worries about performance, inability to concentrate, and disrupted attention (Krane, 1994). Somatic anxiety consists of an individual's perceptions, which are characterized by indications such as sweaty palms, butterflies, and shakiness. The present study aims to compare the effect of physiological factors on Cricket and Volleyball player's.

Materials and Methods

The study was carried out and hundred subjects in each cricket and volleyball players from the degree colleges student of Gulbarga district were selected as subjects of age group 18-25 years were taken randomly. Rainer Martens, Robin S. Vealey, Damon burton (1983) Illiusion Selfevaluation Questionnaire, was used to measure cognitive anxiety, somatic anxiety, and self-confidence. This questionnaire consists of 30 questions for each 3 components follows.

Results and Discussion

The data collected from the subjects were treated statically, One-way analysis of variance was used to find out the difference between psychological variables among university level of cricket, handball and volleyball players.

TABLE-1: Computation of analysis variance of cognitive anxiety among degree college of Gulbarga District cricket and volleyball players

Mean value for	Source of variance		Sum of square	Df	Mean square	Obtained f-value
Cricket Players	Volley ball Players	Between the group	1083.50	2	1021.77	35.13`
23.56	22.82	With in a group	5537.80	2	2970.08	

Significance at 0.05 levels

F ratio at 0.05 level of confidence for the (DF) 2 and 297 is =2.85

Table-1. Shows that the obtained mean values on cognitive anxiety of cricket players was 23.56 players volley ball players was 22.82 the analysis of variance (ANOVA) of the mean proved that there was a significant difference in cognitive anxiety between the players as the obtained F-value 35.13 was greater than the required table value of 2.85 to be significant at 0.05 level of confidence.

TABLE-2: Computation of analysis variance of cognitive anxiety among Degree College of Gulbarga District cricket and volleyball players

Mean value for		Source of variance	Sum of square	Df	Mean square	Obtained f-value
Cricket Players	Volley ball Players	Between the group	1591.28	2	795.64	40.23
24.01	20.70	Within the group	4730.35	2	19.29	

Significance at 0.05 level

F- Ratio at 0.05 level of confidence for the (DF) 2 and 297 is =2.85

Table -2 Shows that the obtained mean values on somatic anxiety of cricket players was 24.01 and volleyball players was 20.70, the analysis of variance (ANOVA) of the mean proved that there was a significant difference in somatic anxiety between the players as the obtained F-value 40.23 was greater than the required table value of 2.85 to be significant at 0.05 level of confidence

TABLE-3: Computation of analysis variance self-confidence among Degree College of Gulbarga District cricket and volleyball players

Mean value for		Source of variance	Sum of square	df	Mean square	Obtained f-value
		Sum of square				
Cricket Players	Volley ball Players	Between the group	3253.50	2	1626.75	93.95
29.30	22.55	Within the group	5142.50	297	17.31	

Significance at 0.05 level

F- Ratio at 0.05 level of confidence for the (DF) 2 and 297 is =2.85

Table -3: Shows that the obtained mean values on self-confidence of cricket players was 29.30 and volleyball players was 22.55, the analysis of variance (ANOVA) of the mean proved that there was a significant difference in self-confidence between the players as the obtained F-value 93.95 was greater than the required table value of 2.85 to be significant at 0.05 level of confidence.

TABLE-4: Computation of analysis variance cognitive anxiety, somatic anxiety and self-confidence among Degree College of Gulbarga District cricket players.

Mean value for			Source of variance	Sum of square	Df	Mean square	Obtained f-value
Cricket Players cognitive anxiety	cricket Players somatic anxiety	cricket Players self-confidence	Between the group	693.98	2	346.99	16.97
29.19	26.02	29.30	Within the group	5726.35	297	19.28	

Significance at 0.05 level

F- ratio at 0.05 level of confidence for the (DF) 2 and 297 is =2.85 Table -4 Shows that the obtained mean values on cognitive anxiety, of cricket players was 29.19 somatic anxiety of cricket players was 26.02 and self-confidence of cricket players was 29.30 the analysis of variance (ANOVA) of the mean proved that there was a significant difference in self-confidence between the players as the obtained F-value 16.97 was greater than the required table value of 2.85 to be significant at 0.05 level of confidence.

TABLE-5: Computation of analysis variance cognitive anxiety, somatic anxiety and self-confidence among degree collage Gulbarga district of volleyball players.

Mean value for			Source of variance	Sum of square	Df	Mean square	Obtained f-value
Volley ball Players cognitive anxiety	Volley ball Players somatic anxiety	Volley ball Players self-confidence	Between the group	9.40	2	27.70	1.20
22.55	21.60	20.55	Within the group	6040.39	297	22.70	

Significance at 0.05 level

F- Ratio at 0.05 level of confidence for the (DF) 2 and 297 is =2.85

Table -5 Shows that the obtained mean values on cognitive anxiety, of volleyball players was 22.55 somatic anxiety of volleyball players was 21.60 and self-confidence of volleyball players was 20.55 the analysis of variance (ANOVA) of the mean proved that there was a significant difference in self-confidence between the players as the obtained F-value 1.20 was less than the required table

value of 3.88 to be significant at 0.05 level of confidence. The obtained mean value of cognitive anxiety, somatic anxiety and self-confidence among degree college students of Gulbarga.

Conclusion

1. It was concluded that cricket players had more cognitive anxiety as compared to circket and Volleyball players. There was a significant difference observed in somatic anxiety and self-confidence among degree college student level men.
2. It was concluded that volleyball and cricket players has more self-confidence when compared to cognitive anxiety and somatic anxiety respectively. Were as in Volleyball players cognitive anxiety was found more.

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