



A Comparative Study of Anxiety among University Students

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ABSTRACT

The aim of this study was to assess and compare cognitive anxiety, somatic anxiety and self-confidence among university students. Sixty university students (N=60) who were studying in School of Education, were selected randomly with age ranging between 22-30 years. The selected subjects were divided into two groups, sports (n=30) and non-sports (n=30) depending on playing sports or not playing sports. The data was collected by using the CSAI-2 developed by Martens, Vealey and Burton (1990). The data was analyzed by using descriptive statistics and independent t-test. The results of the present study revealed that there was a significant difference in cognitive anxiety, somatic anxiety and self-confidence between sports and non-sports university students. It was concluded that cognitive anxiety and somatic anxiety is higher in non-sports university students than sports university students while self confidence was higher in sports university students than non-sports university students. The level of significance was set at 0.05.

Keywords : Anxiety, Self Confidence.

Introduction :

Anxiety has always been a fundamental human emotion. In recent times, this phenomenon attracts the attention of many researchers, since it has a major impact on achieving results in sport. According to a recent study conducted by Nilgin et.al.(Nilgin et al.,2013), sport anxiety assumes the existence of three basic dimensions, somatic anxiety(negative thrill and withstanding of emotions during competition), cognitive anxiety (negative thoughts and expectations of own success or performance), and self-confidence (perception of personal

capabilities and belief in the possibility of flawless performance of motor activity). When it comes to sport anxiety, it is necessary to distinguish two components, sport anxiety as a state of being and sport anxiety as a dimension of personality(Hesketh & Ding,2005) In his research, Behzadi et al. (2011) think that sport anxiety represents the tendency of considering the circumstances of the competition threatening, which as a reaction to this situation, leads to an anxious state. Research finding by Vajanovic and Tisma (2011) turn the attention to the fact that the state of sport anxiety mandates an emotional state of fear and tension in relation to a certain situation in sports, whereas a high level of sport anxiety prevents the athlete's achievement. Such conclusion was made by Pineda-Espejel et al.(2011). According to research conducted by Hamam(2013), but also Hardy & Grace(2009) there is a significant interaction between sport anxiety as a state, and sport achievement, self confidence and mood in athletes.

Methodology :

Sixty university students (N=60) who were studying in School of Education, were selected randomly with age ranging between 22-30 years and were divided into two groups, sports (n=30) and non-sports (n=30) depending on playing sports or not playing sports. The data was collected by using the CSAI-2 questionnaire developed by Martens, Vealey and Burton (1990). The following variables were selected for the study.

1. Cognitive anxiety
2. Somatic anxiety
3. Self confidence.

The data was collected from the selected subjects after administration of CSAI-2 questionnaire assessing cognitive anxiety, somatic anxiety and self-confidence. Necessary instructions were given to the subjects before the administration of the questionnaire. Descriptive statistics and "t" test was applied to assess the difference between cognitive anxiety, somatic anxiety and self-confidence in rural and urban adolescent boys. The level of significance was set at 0.05. The result of the present study is displayed is in the table No. 1

Result and Analysis :

The results were obtained by applying descriptive statistics and independent t test.

Table – 1 : Descriptive analysis and independent t test.

Variables	Groups	N	Mean	Std. deviation	Std Error mean	t	df	Sig.(2 tailed)
Cognitive Anxiety	Non Sports	30	25.06	2.70	0.49348	2.45	58	0.01
	Sports	30	23.46	2.33	0.42544			
Somatic Anxiety	Non Sports	30	24.73	2.49	0.45469	2.13	58	0.01
	Sports	30	23.46	2.08	0.37976			
Self Confidence	Non Sports	30	23.50	2.72	0.49770	2.52	58	0.01
	Sports	30	25.40	3.10	0.56650			

Discussion :

The result of the present study revealed that there was a significant difference in cognitive anxiety, somatic anxiety and self-confidence between sports and non-sports university students. Athletes participating in sports experience different levels of stress from competitive sports. For most young athletes (generally 13 to 24 years old, i.e. high school and college age group) sport participation is reported to be no more stressful than many other activities of daily study or work life in general where competition is involved and performance is measured. Some level of sport related performance anxiety is considered to be normal and health, however, extreme anxiety in athletes can be detrimental in these performance situations. A number of factors may contribute to the development, severity and persistence of performance anxiety

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related to sport participation (Patel et.al.2010). The analyses of Wong et.al.(1993) showed that the athletic context is associated with variations in competitive trail anxiety and self-presentation confidence. However no main effect or interaction was noted for perceived ability. The findings of Junes et.al (1994) showed that there was no difference between the two groups on the intensity of cognitive and somatic anxiety symptoms, but that elite performers interpreted both anxiety states as being more facilitative for performance than the non-elite performers. Further more, self-confidence was higher in the elite group. Further analyses investigated differences between those swimmers who reported their anxiety as debilitating and those who reported it as a facilitative in the elite and non-elite groups. These showed that anxiety intensity levels were higher in the debilitated than the facilitated swimmers in the non-elite group, but no such differences were evident in the elite group. These findings provide further support for the distinction between intensity and direction of competitive state anxiety symptoms. They also emphasize importance of skill level as an individual difference variable in the examination of the nature of the competitive anxiety response.

Conclusion :

The following conclusions were concluded from the current study :

1. There was a significant difference in cognitive anxiety between sports and non-sports university students. SO it was concluded that cognitive anxiety is higher in non sports university students than sports university students.
2. There was a significant difference in somatic anxiety between sports and non-sports university students. SO it was concluded that somatic anxiety is higher in non sports university students than sports university students.
3. There was a significant difference in self confidence between sports and non-sports university students. SO it was concluded that self confidence is higher in sports university students than non sports university students.

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