

Comparison of Anxiety among Male and Female Badminton Players of Manipur

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Abstract

The aim of the study was to examine the level of anxiety among Manipur male and female badminton players. 50 players (25 = male and 25 = female) who participated in National level badminton tournaments were selected for the study. For data collection, Martens (1990) Sports Competition Anxiety Test (SCAT) questionnaire was employed. The statistical significance of the anxiety difference among Manipur male and female badminton players was determined using the t-test. The findings of the study show a substantial difference in anxiety levels between male and female badminton players, with the calculated value ($t = 4.03$) being higher than the tabulated value ($t = 2.01$) at the 0.05 level of significance.

Keywords: Anxiety and Badminton

The racket game in badminton is played using a shuttlecock. It involves quick mental starts and pauses, as well as the development of reflexes, suppleness, and strength. Only a small amount of strength is required to control the racket due to its little weight. The shuttle cock's shape enables it to almost float through the air as it travels. It is one of the hardest in games at the level of competition, demanding a high level of fitness and technical proficiency (Singh, 2007).

According to Weinberg and Gould (2007), anxiety is a negative emotional state characterized by feelings of unease, worry, and apprehension that are linked to bodily arousal or activation. It typically results from a fear of the unknown, which causes dread and disruption (Sisodiya & Purashwani, 2011). (Ali, Rahaman & Khan, 2010) compared sports competition anxiety between male and female weight lifters of Manipur. Results indicated that no significant difference was found between male and female weight lifters of Manipur in anxiety. (Singh, Rahaman & Singh, 2013) studied to compare sports competition anxiety between male and female inter-collegiate badminton players of Manipur and revealed no significant difference between male and female inter-collegiate badminton players of Manipur in regard to anxiety. (Singh & Singh, 2015) studied the anxiety level between boys and girls football players and found no significant difference between boys and girls football players in terms of anxiety.

Method

Selection of Sample:

50 badminton players who actively competed at the national level were chosen as the subject of the study (Male = 25, Female = 25). The subject's age ranged from 17 to 25 years.

Tool:

The Sport Competition Anxiety Test (SCAT), developed by Martens in 1990, was used to gauge the level of anxiety among badminton players. The test contains of 15 items with 3 point rating scale in which 5 items spurious and 2 items are reversed score. Its reliability has been reported as 0.85 according to its norms.

Statistical Analysis:

The mean, standard deviation, and t-test were conducted with the aid of statistical software to determine whether there was a statistically significant difference in the mean value anxiety of male and female Manipur badminton players. The level of significance was at 0.05.

Result And Discussion

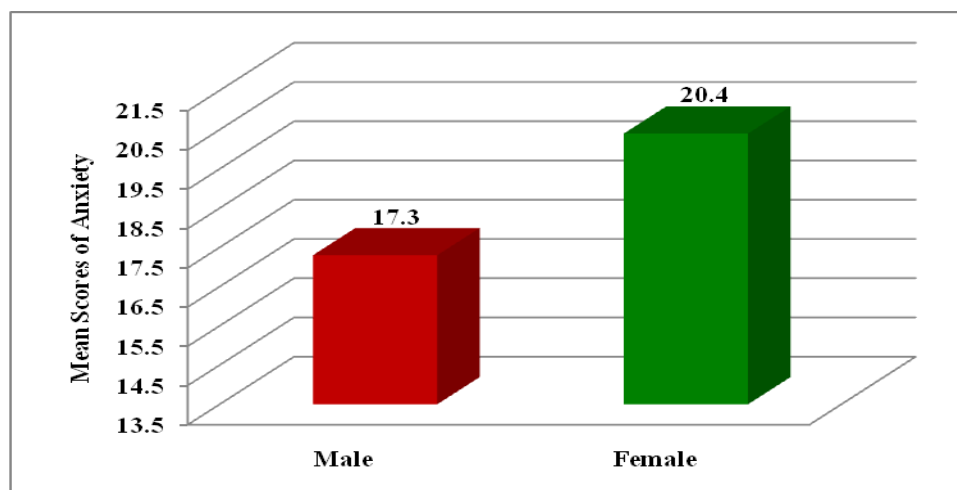
Table-1: Indicating the mean scores of anxiety between male and female badminton players of Manipur.

Groups	N	Mean	Std. Dev.	SE _M	df	Calculated t-value
Male	25	17.3	± 2.46	0.49	48	4.03*
Female	25	20.4	± 2.91	0.58		

Tabled value of 't' at 0.05 level of significance with 48 df = 2.01

It has been clear from above Table-1 that significant difference subsist between male and female badminton players of Manipur on anxiety as the calculated value of 't' 4.03 which is significantly greater than the tabled value of 't' 2.01 at 0.05 level of significant with 48 degree of freedom. The results of the study may be substantiated with the findings of Purashwani (2015) who compared the level of anxiety between male and female table tennis players and reported that significant difference found between male and female table tennis players in regard anxiety. In a similar study, Patel and Jain (2017) who assessed of anxiety levels in male and female adolescents and observed significant difference between male and female in ogle to anxiety

Figure-1: Graphical representation of mean scores of anxiety between male and female badminton players of Manipur.



Conclusion

It is determined that Manipur's male and female badminton players considerably differ in terms of their anxiety levels. The results also reveal that these male and female badminton players have average levels of anxiety, which is consistent with their performance and their highest level of competitive spirit during competition.

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