



## An Methodical Study on Emotional Variables of the Junior State Athletes of Southern States

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### Abstract

*The purpose of the study was to analyze the psychological variables of the junior state athletes of southern states. To achieve the purpose of this study, totally hundred Junior State athletes from five Southern States namely, Karnataka, Tamilnadu, Andhra Pradesh, Kerala and Pondicherry were selected and their age ranged between 17 and 20. The subjects were tested on selected variables namely anxiety and self confidence. Anxiety was assessed by Trait Anxiety Questionnaire Spielberger and self confidence Sports Self Confidence Questionnaire (Robin S. Valley). To test the significance of the mean difference among the southern states namely analysis of variance (ANOVA) was used. In case of any significance of mean difference on the criterion measure, to find out which state was better among the others, the Scheffe's post – hoc test was applied. The result reveals that there was significant difference on selected variables among the athletes of southern states. Karnataka athletes having better anxiety control followed by Tamilnadu, Kerala, Andhra Pradesh and Pondicherry. Karnataka athletes having better self confidence followed by Tamilnadu, Kerala, Pondicherry and Andhra Pradesh.*

**Keywords:** Anxiety, Self-confidence and Athletes.

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### Introduction

Psychology is a science of behavior of the organism. The word 'psychology' has come from the Greek work 'psyche' meaning 'soul' and the 'logos' meaning 'study'. Thus, the literal meaning of psychology is the science or study of soul. Greek philosopher believed that soul was responsible for various mental activities such as learning; thinking; feeling etc. It was believed that soul was the essence or true being of an organism, the cause and the principles of life. As the relation of soul to the body and the functions of soul could not be explained, some philosophers tried to define psychology as a 'science of mind and gradually it has been known as the study of consciousness and finally as a study of behavior. Today, it is considered as a science of behavior, behavior activity and experience of all living organisms.

Sports psychology is a science in which the principles of psychology are applied in a sports or exercise setting (Cox, 2002). The word psychology refers to the study of human behavior and sports psychology denotes a sub-category of psychology that deals with the behavior of the athletes and teams engaged in competitive sport. Sports psychology is that branch of psychology which is intimately connected with human behavior on the play field, both under practice and competitive

situation, with a view to bring about qualitative improvement in performance.

### Methodology

The purpose of the study was to analyze the psychological variables of the junior state athletes of southern states. To achieve the purpose of this study, totally hundred Junior State athletes from five Southern States namely, Karnataka, Tamilnadu, Andhra Pradesh, Kerala and Pondicherry were selected and their age ranged between 17 and 20. The subjects were tested on selected variables namely anxiety and self confidence. Anxiety was assessed by Trait Anxiety Questionnaire Spielberger and self confidence Sports Self Confidence Questionnaire (Robin S. Valley). To test the significance of the mean difference among the southern states namely analysis of variance (ANOVA) was used. In case of any significance of mean difference on the criterion measure, to find out which state was better among the others, the Scheffe's post – hoc test was applied. The results are presented in the following tables,

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## Results

Table 1

Mean and standard deviation of selected psychological variables of athletes of southern states

Sl.No	Variables	State	Mean	SD
1	Anxiety	Andhra Pradesh	53.55	± 3.83
		Pondicherry	54.95	± 2.11
		Karnataka	42.30	± 3.47
		Kerala	51.80	± 1.47
		Tamilnadu	43.10	± 3.68
2	Self Confidence	Andhra Pradesh	55.40	± 1.66
		Pondicherry	54.80	± 2.01
		Karnataka	63.60	± 3.41
		Kerala	58.05	± 1.14
		Tamilnadu	61.30	± 2.66

The mean and standard deviation of selected psychological variables of athletes of southern states were numerically presented in the above table. The table reveals that the mean scores of Karnataka (42.30) having better anxiety control followed by Tamilnadu(43.10),

Kerala (51.80), Andhra Pradesh (53.55) and Pondicherry (54.95). The table also indicates that mean scores of Karnataka (63.60) having better self confidence followed by Tamilnadu (61.30), Kerala (58.05), Pondicherry (54.80) and Andhra Pradesh (55.40).

Table 2

Analysis of variance of selected psychological variables of athletes of southern states

Sl. No	Variables	Source of variation	Sum of Squares	df	Mean Squares	F-value
1	Anxiety	BG	2870.94	4	717.73	76.34*
		WG	893.10	95	9.40	
2	Self Confidence	BG	1145.36	4	286.34	53.13*

\*  $P < 0.05$  Table F, df (4, 95) (0.05) = 2.46

In table II, the results of analysis of variance on anxiety (76.34) and self confidence (53.13) among the southern states were greater than the table value of 2.46 indicating that it was significant ( $P < 0.05$ ) for the degrees of freedom (4,95) at 0.05 level of confidence. Since the F

value was significant, the scheffe's post -hoc test was further computed to find out which state players was better among others and the results are tabulated in the table III.

Table 3

Scheffe's post-hoc test for selected psychological variables of athletes of southern states

Sl.No	Variables	Means					Mean Difference	CI
		Andhra Pradesh	Pondicherry	Karnataka	Kerala	Tamilnadu		
1	Anxiety	53.55	54.95	---	---	---	1.40	3.04
		53.55	---	43.10	---	---	10.45*	3.04
		53.55	----	----	51.80	---	1.75	3.04
		53.55	----	----	---	42.30	11.25*	3.04
		---	54.95	43.10	---	---	11.85*	3.04
		---	54.95	---	51.80	---	3.15*	3.04
		---	54.95	---	---	42.30	12.65*	3.04
		---	----	43.10	51.80	---	8.70*	3.04
		---	----	43.10	---	42.30	0.80	3.04
		----	----	----	51.80	42.30	9.50*	3.04
2	Self Confidence	55.40	54.80	---	---	---	0.60	2.30
		55.40	---	61.30	---	---	5.90*	2.30
		55.40	----	----	58.05	---	2.65*	2.30

		55.40	----	----	---	63.60	8.20*	2.30
		---	54.80	61.30	---	---	6.50*	2.30
		---	54.80	---	58.05	---	3.25*	2.30
		---	54.80	---	---	63.60	8.80*	2.30
		---	---	61.30	58.05	---	3.25*	2.30
		---	---	61.30	---	63.60	2.30*	2.30
		---	---	---	58.05	63.60	5.55*	2.30

From the table III it can be seen that the mean differences of anxiety between Andhra Pradesh and Karnataka, Andhra Pradesh and Tamilnadu, Pondicherry and Karnataka, Pondicherry and Kerala, Pondicherry and Tamilnadu, Karnataka and Kerala, Kerala and Tamilnadu (10.45, 11.25, 11.85, 3.15, 12.65, 8.70 & 9.50) respectively, greater than the confidential interval value (3.04), which was significant at 0.05 level of confidence. The mean differences of Andhra Pradesh and Pondicherry, Andhra Pradesh and Kerala, Karnataka and Tamilnadu (1.40, 1.75 & 0.80) respectively, lesser than the confidential interval value (3.04) which was insignificant at 0.05 level of confidence. Further it can be seen that the mean differences of self confidence between Andhra Pradesh and Karnataka, Andhra Pradesh and Kerala, Andhra Pradesh and Tamilnadu, Pondicherry and Karnataka, Pondicherry and Kerala, Pondicherry and Tamilnadu, Karnataka and Kerala, Karnataka and Tamilnadu, Kerala and Tamilnadu (5.90, 2.65, 8.20, 6.50, 3.25, 8.80, 3.25, 2.30 & 5.55) respectively, greater than the confidential interval value (2.30), which was significant at 0.05 level of confidence. The mean differences of Andhra Pradesh and Pondicherry (0.60), lesser than the confidential interval value (2.30) which was insignificant at 0.05 level of confidence.

### Conclusions

From the analysis of the data, the following conclusions were drawn.

1. The result reveals that there was significant difference on selected variables among the athletes of southern states.
2. Karnataka athletes having better anxiety control followed by Tamilnadu, Kerala, Andhra Pradesh and Pondicherry.
3. Karnataka athletes having better self-confidence followed by Tamilnadu, Kerala, Pondicherry and Andhra Pradesh.

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