

A Brief Comparison of Anxiety Trait of State Level and National Level Body Builders

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Abstract: *An athlete's performance might be negatively impacted by sport-related anxiety. In conclusion, sport-related anxiety can: reduce sport performance during practice and competitions, raise the risk of injury, delay and obstruct injury recovery and the return to sport process and increase the chance of reinjure during post-rehabilitation practice and tournaments.[1] This study investigated the relation between state level and national level bodybuilders anxiety trait. In this present examination was to look at the anxiety trait of Maharashtra states state level and national level bodybuilders. The examination done on 80 samples comprising of 40 state level and 40 national level bodybuilders whose age group is 18 to 22 years. In this examination the item anxiety screening test of mental health America (MHA) used as a test tool for anxiety trait in this examination t-test is applied for the testing hypothesis or compares the anxiety trait of state level and national level bodybuilders. This study is used for bodybuilding coaches and player for improving knowledge about bodybuilder's anxiety trait.*

Keywords: Personality Factors, Anxiety Trait, Body Building, State Level, National Level, Body Builders

I. INTRODUCTION

Typically anxiety defined as “an unpleasant psychological state in reaction to perceived stress concerning the performance of a task under pressure”. [2] Worry and fear about ordinary events that is intense, excessive, and persistent. It's possible that you'll have a fast heart rate, quick breathing, perspiration, and tiredness. In stressful events such as public speaking or passing an exam, anxiety is common. When sensations become overwhelming, all-consuming, and interfere with everyday life, anxiety is just a symptom of underlying sickness.

The motivation behind this investigation was to look at the anxiety trait of state level and national level bodybuilders of Maharashtra.

II. METHODOLOGY

2.1 Objectives

1. To measure anxiety trait of state level and national level bodybuilders of Maharashtra.
2. To compare the scores of anxiety trait in state level and national level bodybuilders of Maharashtra.

2.2 Hypotheses

1. National level Body Builders and State level Body Builders would not be significantly differing in term of their score of anxiety.
2. National level Body Builders and State level Body Builders would significantly differ in term of their score of anxiety.

2.3 Selection of Sample

The sample consist of eighty state level and national level bodybuilders of Maharashtra state were selected as a subject of the study, in which 40 state level bodybuilders and 40 national level bodybuilders whose age group is 18 to 22 years. In this study convenience sampling method of non-probability sampling is adopted.

2.4 Tool Used

Mental health America (MHA) founded in 1909 leading community dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health for all. In 2014 mental health America launched mental health screening tool. In this study anxiety screening test of mental health America is used as a test tool. In this test consist of 7 test question each question have 4 options 1) not at all, 2) several days 3) more than half the day 4) nearly every day and then need some demographic information and after that result generate automatically. This test is conducted online for the absolute result and economy of time.[3]

2.5 Statistics Used

T-TEST (student t test) is used to find out the significant difference between two groups at 0.05 significant level or 95% confidence level. In the t-test calculate both groups mean, combine standard deviation, difference, standard error, calculated value, degree of freedom and tabular value and after all the collecting value check relation between calculated value and tabular value. If the absolute value of the t-value is greater than the critical value, you reject the null hypothesis. If the absolute value of the t-value is less than the critical value, you fail to reject the null hypothesis.[4]

III. RESULT AND DISCUSSION

Statistical result of comparison of anxiety trait of state level bodybuilders and national level bodybuilders is calculated and presented in a following table.

mean state level	5.6
mean national level	4.875
standard deviation	2.2571616
Difference	0.75
standard error	20.188667
calculated value	0.036
degree of freedom	78
tt,0.05,78	1.990847

Table 1: The State level and National level Bodybuilders scores of anxiety trait.

T-value is calculated at 0.05 significant level for both personality dimensions of state level bodybuilders and national level bodybuilders. Hence the state level bodybuilders and national level bodybuilders are differ is anxiety trait at 0.05 level of significant. So null hypothesis is rejected and alternative hypothesis is accepted.

IV. CONCLUSION

1. National level Body Builders and State level Body Builders would not be significantly differing in term of their score of anxiety is insignificant.
2. National level Body Builders and State level Body Builders would significantly differ in term of their score of anxiety is significant.

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