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## Study of anxiety between male and female handball players

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### Abstract

**Purpose:** This research has the purpose to present a study to highlight the comparison of anxiety between state level male and female Handball players of Rohtak district.

**Material and Method:** The research paper is a study performed on 50 players (25 male and 25 female Handball players).

**Result:** The  $t$  – value is 0.219 which is less than the table value 2.01 at 0.05 level of confidence with 48 df.

**Conclusion:** The test emphasized the fact that there is no significant difference in anxiety between state level male and female Handball players of Rohtak district. During the research we used the following method ( $t$  – test).

**Keywords:** Anxiety between male, female handball players, psychological

### Introduction

Anxiety is a natural reaction to threats in the environment and part of the fight or flight response. The environment we are living in is physically, mentally, emotionally, socially and morally dynamic and challenging. We possess effective mechanisms to meet everyday stress. Sometimes normal adaptive mechanisms can be over activated and thus become maladaptive. A common outcome of such over activation is anxiety and insomnia.

Anxiety is a subjective feeling of unease, discomfort, apprehension or fearful concern accompanied by a host of autonomic and somatic manifestations. Anxiety is a normal, emotional, reasonable and expected response to real or potential danger.

At different times in our lives we will all worry about things like our health, finances or family concerns. However, unlike the mild anxiety that is caused by a specific event and goes away after a short period of time, more intense anxiety can last at least 6 months and can worsen if it is not treated.

In the sports competitions, Anxiety is one of the important psychological factors influencing sports performance. The interaction of anxiety with performance outcomes dependent on several levels is more than what is required for good performance by distressing the sportsman.

Anxiety is multidimensional and it plays a vital role in the sports carriers of the players. Anxiety normally refers to an unpleasant emotional state consisting of apprehension, tension, wrong and nervousness. Anxiety help us anticipate and prepare for important event in the future.

Anxiety is a state of mind which the individual responds with discomfort to some event that has occurred or is going to occur.

### Objective of the study

1. To find out the anxiety between state level male and female Handball players of Rohtak district.
2. To compare the anxiety between state level male and female Handball players of Rohtak district.

### Hypothesis of the study

There is a significant difference in the anxiety of stat level male and female Handball players of Rohtak district.

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**Methodology**

- 1. Design of the study:** The study in hand is a survey type research where the data collection was held through the psychological questionnaires.
- 2. Sample:** For the collection of data 50 (25 male and 25 female state level Handball players) were selected of Rohtak district. These subjects were selected randomly.
- 3. Tool Used:** For the collection of data required for the study the investigator used the following tools “Sinha Anxiety Scale” by D. Sinha (Hindi version).

**Administration of test and collection of data**

1. Instruction printed on the test form were made clear by me to the subjects.
2. No time limit was fixed for completed the test. However, usually an individually were asked to complete it with 15-20 minutes.
3. They were emphasized that there is no right or wrong response to the questions.
4. It is closed that each item has to respond in either positive or negative terms- yes or no and that no

statement should be left out. When the subjects were responding to the questions, the researches want to see that subjects are giving response as per instruction. Doubts if any were cleared at the spot.

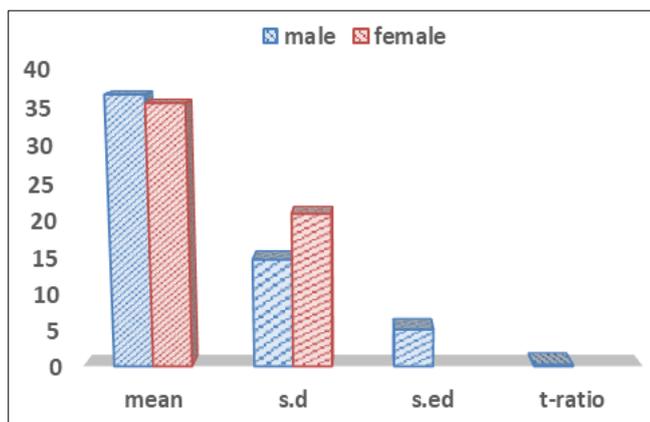
**Scoring:** For any response indicated at yes the players were awarded they score of one and zero was awarded for no. The sum of all the positive responses was total up for anxiety score of the individual. The scores obtained on the test are given in a table. The investigator had personally approach to the subjects for collecting the data. The above questionnaire was distributed to the subjects.

**Discussion and findings**

After the analysis and discussion of the data the investigator observed the following result of the present study. It is found that there is no significant difference in anxiety of state level male and female Handball players of Rohtak district as measured Sinha’s Anxiety Scale. Thus the hypothesis is rejected.

**Table 1:** Difference in anxiety of state level male and female Handball players of Rohtak district as measured Sinha’s Anxiety Scale

Groups	N	Mean	Sd	Sed	T ratio	Level of significance
Male Handball players	25	36.6	14.70	5.110	0.23	0.05
Female Handball players	25	35.48	20.9			Not significant



**Fig 1:** Difference in anxiety of state level male and female Handball players of Rohtak district as measured Sinha’s Anxiety Scale

**Conclusion**

The mean value in case of anxiety of male is 36.6 and female 35.48 respectively and Sd is 14.70 and 20.9 and the S.E.D. is 5.110. The t – ratio obtained was 0.21, it is not significant. In the conclusion of study, we can say that it proves that the anxiety of state level female and male Handball players of Rohtak district are same.

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