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"Gender and Psychological Attributes among School Players"

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ABSTRACT

Objective of the study was to find out the anxiety, self confidence and stress of state level male and female school players. **Hypothesis:** 1. there will be significant difference between state level male and female school players with respect to anxiety, self confidence and stress. **Sample:** For the present study 100 Sample were belongings to in Maharashtra state districts school players in various games i.e. Football, hockey, cricket, tennis and runner. The age range of subjects was 16-20 years. Purposive non-probability sampling technique was used. **Tools:** 1) Sports Anxiety Test (SAT) this scale was constructed and standardize by Dr. Quadri Syed Javeed. That test consists of 30 items. 2) Sports Self confidence inventory (SSCI) this scale was constructed and standardize by Dr. Quadri Syed Javeed. That test consists of 30 items. 3) Singh persona stress source inventory. **Result:** 1. State level female school had significantly high anxiety than the state level male school. 2. State level male school had significantly high self confidence than the state level female school. 3. State level female school had significantly high anxiety than the state level male school.

Introduction:

The stressful nature of elite sport, and the competitive environment surrounding it, places many demands on participating athletes. In sport psychology many researchers are interested in assessing anxiety responses of athletes to competitive events. A recent approach that accounts for the positive aspects of the arousal performance relationship is that of reversal theory (Kerr, 1993). Based upon the work of Apter (1982, 1984), the theory suggests that motivation is influenced by changes or reversals between four paired alternate meta-motivational states. In a telic state, high physiological arousal will be interpreted as anxiety; whereas in a par atelic state, high physiological arousal will be experienced as excitement. Equilibrium in the desired meta-motivational state is achieved when minimal differences arise between an individual's preferred and actual arousal state. In addition, contingent upon the perceived pleasure or hedonic tone of the individual, performers can also suddenly reverse from the experience of high arousal as excitement to one of anxiety (Kerr, 1997). Unlike the inverted-U hypothesis, high levels of physiological or felt arousal may not automatically lead to detrimental performance consequences and may actually be beneficial. Although some support exists for the tenets of reversal theory (Kerr, 1997), and the fact that it attempts to explain the more positive aspects of the individual's competitive affective experience, the approach has



pressure's on but there's no actual danger like stepping up to take the foul shot that could win the game, getting ready to go to a big dance, or sitting down for a final exam. A little of this stress can help keep you on your toes, ready to rise to a challenge. And the nervous system quickly returns to its normal state, standing by to respond again when needed. But stress doesn't always happen in response to things that are immediate or that are over quickly. Ongoing or long-term events, like coping with a divorce or moving to a new neighborhood or school, can cause stress, too. Long-term stressful situations can produce a lasting, low-level stress that's hard on people. The nervous system senses continued pressure and may remain slightly activated and continue to pump out extra stress hormones over an extended period. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed, weaken the body's immune system, and cause other problems.

Objective of the study:

To find out the anxiety, self confidence and stress of state level male and female school players.

Hypotheses:

There will be significant difference between state level male and female school players with respect to anxiety, self confidence and stress.

Methods:

Sample:

For the present study 100 Sample were belongings to in Maharashtra state districts school players in various games i.e . Football, hockey, cricket, tennis and runner. The age range of subjects was 16-20 years. Purposive non-probability sampling technique was used.

Tools

1) Sports Anxiety Test (SAT)

This scale was constructed and standardize by Dr. Quadri Syed Javeed. That test consists of 30 items, each item 'YES' 'NO' type alternatives. Reliability of the test was found by test retest method, and it was found to be .89 for the anxiety measure. Validity the test was also validated by correlating the scores obtained on this test with the scored obtained by the subject on Dr. Ravikant and Dr. V N Mishra (2003) Sports Competition Anxiety Inventory. The Concurrent Validity coefficient obtained is .84 which is significant beyond .01 levels.

1.Sports Self Confidence Inventory (SSCI)

This scale was constructed and standardize by Dr. Quadri Syed Javeed. That test consists of 30 items, each item 'YES' 'NO' type alternatives. And highly reliable and valid inventory.

2.SINGH PERSONAL STRESS SOURCE INVENTORY (SPSSI):

For the present study, Manual for Personal Stress Source Inventory SPSSI was used for measuring the stress of teacher educators. For calculating test-retest



Ostrow and Watson (2009) support that claim. In a study of 151 young swimmers, they reported that the women exhibited higher levels of somatic anxiety and lower levels of self-confidence than the men. Tabernero and Márquez (1993) argued that women, to a greater extent than men, tend to attribute their competitive anxieties to doubting themselves and their potential, an effect that becomes more pronounced with age.

Mean of self confidence score of the state level male school players Mean is 26.12 and that of the state level female school players Mean is 21.78 The difference between the two mean is highly significant ($t = 5.83$, $df = 98$, $P < 0.01$) it was found that the state level male school have significantly high self confidence than the state level female school.

Mean of stress score of the state level male school players Mean is 64.55 and that of the state level female school players Mean is 76.34 The difference between the two mean is highly significant ($t = 7.00$, $df = 98$, $P < 0.01$) it was found that the state level female school have Significantly high anxiety than the state level male school.

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