



A Comparative Study of Anxiety of Government and Private School's Students of Jaipur

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Abstract

The purpose of the study was to a comparative study of anxiety of Government and Private school's students of Jaipur. For the purpose of the study, forty students, 20 students each from Government and Private schools were selected as subject. The age of the subjects ranged from 15-18 years were randomly selected from Jaipur district. The questionnaire is sports competition anxiety (SCAT) by Reiner Martens used for the study. Questionnaire fill up by all the subject which are randomly selected. The difference between the groups was assessed by using paired samples t-test. The level of significances was 0.05 level. The results showed that there is no significant difference among Government and Private school's students in the selected competitive anxiety.

Key Words: Competitive Anxiety, Government, Private, School.

1. Introduction:

Education being one of the most important factors responsible to shape the personality of an individual has manifold functions. It is the potent source for material and human development. Especially "Secondary Education" is an indispensable passport to life "up on which the quality of further education and life depends. In a modern world based on science & technology. It is secondary education which is being considered as the minimum level of attainment for the survival of the people.

Psychology -

All Sport is psychological as well as physical because it is led by mental images and thought patterns, your head, as psyche or physical conditioning. It will, however allow you to draw the most from the conditioning you have. If you have trained more and better, your present capacity will be higher than if you have trained less or less well. However, regardless of what your psyche in order to get the most from what you have. You have to rely on your head, your thoughts images, and mental patterns act as the control mechanism. Negative thought is particularly effective for destroying skilled performance.

Sports psychologists characteristically accomplishment of tasks related to sports presentation and education. Some elect to teach at the university level, while others work directly with athletes to increase enthusiasm and augment performance. Other possibilities and opportunities include client psychoanalysis, scientific exploration and athletic consulting.

Anxiety -

Anxiety is an emotional state, represented by a feeling of dread, apprehension, or fear. In humans, this can be defined by description using language. A considerable amount of research in sport psychology has examined the nature of competitive anxiety and how it relates with various motivational and cognitive variables. The aim of that line of inquiry is to provide important information with regard to situations where athletes may experience negative affective states, the antecedents of such situations, and the possible means that will enable sport performers to cope successfully with their negative emotions. Current research in sport (competitive) anxiety has primarily based its analysis on the multidimensional conceptualization and measurement of anxiety symptoms in other areas of psychology.

2. Methodology & Procedure:

The samples for the present study consists of 40 students (20 Govt. school Student and 20 Private School students) between the age group of 15 to 18 years who have participate in various tournament. The method & procedure adopted for the selection of subjects, sample & design of the study, selection of variables i.e. anxiety. The present study makes use of the questionnaire method.

2.1. Research Tools:

The assessment of anxiety levels was carried out by using sports competition Anxiety Questionnaire (SCAT) test by Renier Martin.

2.2 Statistical Technique:

To compare the anxiety of government and private school students. Independent 't' was applied. The significance level was chosen to be 0.05.

3. Results:

The data collected was analysed by using statistical technique 't' test and results are presented in the following tables –

Table – 1 : Heart Rate of Players

S.No.	Student of School	Sample size	Mean \pm standard deviation	't' value
1.	Government	20	15.65 \pm 1.98	1.6268
2.	Private	20	14.75 \pm 1.48	

**Significant at 0.05 level*

The above table shows the mean value, standard deviation and 't' value of speed. The table also revealed that calculated $t_{0.05} (2, 38) = 1.6268$ for both groups. Which is less than the tabulated $t_{0.05} (2, 38) = 1.6859$. It infers that there is no significant difference between the anxiety of Government and Private school's students.

4. Discussion of the Findings:

Anxiety is a subjective feeling of apprehension and heightened physiological tension. Anxiety in sport may be affected by the objective competitive situation and the subjective competitive situation. Although the phenomenon of anxiety is a temporary one, its timing is very important and often the high anxiety levels are observed with individuals when they are not supposed to surface. In the selected anxiety value of Government school's students have shown mean value is more than Private school's students.

5. Conclusion:

On the basis of the finding of the study, that there is a relationship between the competition anxiety traits among all government and private school's students. There is no significant difference in the Government and Private School's Students.

6. References:

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