

VOLUME No.68, ISSUE No.05, JANUARY-2020

ISSN (Online): 0474-9030



SDGS 2020 **OUR HERITAGE**

Impact Factor (2020): 6.8



UGC Care Listed, Multidisciplinary Journal for Research Publication
Special Issue on

Sustainable Development Goals



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Special Issue on "Sustainable Development Goals"



	Maharashtra"		
19	Clean Water And Sanitation	Mr. Kadam Dadasaheb Devidasrao.	105-109
20	Sustainable Consumption And Production	Dr. Bhima shankar Kharose	110-114
21	Development of Quality Education	Mr. Kishor Pandharinath Bhole	115-119
22	Agriculture Development in India	Dr. Mule P.M.	120-123
23	No Poverty In India	Dr. M.V. Phad, Dr. D.M. Bharti	124-127
24	Goals of Sustainable Development: A Criticism	Dr. Thombre Kailash Arjunrao, Dr. Phulari Vithal Shankarrao	128-132
25	Gender Disparities In Higher Education In India	Dr. R. B. Sangule	133-136
26	Hunger: The Main Motive of the Characters in <i>The Garlic Ballads</i>	Rahul Ramchandra Gaikwad	137-141
27	Problems and Solutions of Quality Education in India	Rajesh Kachru Gaikwad	142-145
28	Mahatma Gandhi's ideology of Peace	Vithal Baburao Gunde	146-148
29	Communication Channels, Authorship Position and research Methods Used By Academic Librarians	Dr. Amol Babasaheb Sawai	149-155
30	Gender Equality-Role of Higher Education	Nanda S. Korde, Seema S.Korde	156-159
31	A critical study of inequalities among the women workers employed in manufacturing units of Marathwada region	Dr. Amol Murgai	160-166
32	Poverty Reduction through Employment Generation: A Case of Rural Maharashtra	Dr. Jitendra Wasnik	167-171
33	Gender Equality: The Status Quo of Indian Women in Mass Media	Dr. Kawale B. N.	172-175
34	A Comparative Study of Anxiety Among Sportsman and Non-Sportsman of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad	Dr. Santosh Shahurao Ghorpade	176-179
35	Issues and Challenges in attainment of Sustainable Development Goals by 2030 in India	Dr. Jayashri Birdavade-Bhandwaldar	180-187
36	Implementation of MGNREGA	Dr. M. J. Kolhatkar	188-193
37	Gender Equality through Education in Namita Gokhale's <i>Shakuntala: The Play of Memory</i>	Prashantkumar D. Deshmukh	194-197



OUR HERITAGE

ISSN (Online) : 0474-9030 Vol-68, Special Issue-5

Impact Factor (2020) - 6.8

Special Issue on "Sustainable Development Goals"



A Comparative Study of Anxiety Among Sportsman and Non-Sportsman of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

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Abstract:

The purpose of the present study was to find out the difference in Anxiety between Sportsman and Non-Sportsman of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad. The sample for the present study consists of 150 sportsman and Non-sportsman students out of which seventy five are sportsman students and seventy five are Non-sportsman students. The students age range of 20 to 29 years. The data was analyzed by applying Descriptive Statistic i.e. Mean, Standard Deviation & 't'-Test. The level of significance was set at 0.05 levels. The calculated Mean and standard deviation of Sportsman and Non-sportsman by using of Anxiety test mean (S.D) is 30.973(10.468) and 39.053(14.072) respectively. The calculate 't' value is 1.980 at 0.05 level of significance. The table value for 148 Degree of freedom is 3.809. Hence the difference among the Sportsman and Non-sportsman anxiety found is significant. The hypothesis started earlier, that there would be no Significance difference of Anxiety between Sportsman and Non-Sportsman, was rejected. The hypothesis started earlier, that there would be Significance difference of Anxiety between Sportsman and Non-sportsman, was accepted. Hence it indicates that playing sports will help reduce level of anxiety.

KEY WORDS: Anxiety, Sportsman and Non-Sportsman etc.

INTRODUCTION:

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

OBJECTIVES OF THE STUDY:

- 1) To compare the level of anxiety among the Sportsman and Non-Sportsman.
- 2) To recommend and suggest the remedies to withstand anxiety among those persisting either in Sportsman and Non-Sportsman or both groups.

HYPOTHESIS:

- 1) There will be no Significance difference of Anxiety between Sportsman and Non-Sportsman.
- 2) There will be Significance difference of Anxiety between Sportsman and Non-sportsman.

DELIMITATIONS:

- 1) The study is delimited to 100 questions given in the Sinha's anxiety scale (Questionnaire).
- 2) The study is delimited to only Male students.
- 3) The study is further delimited to the age group between 20 to 29 years.



OUR HERITAGE

ISSN (Online) : 0474-9030 Vol-68, Special Issue-5

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RESEARCH METHODOLOGY:

The selected Population for the study was from Dr. Babasaheb Ambedkar Marathwada University, Aurangabad. The total numbers of students are 150 samples were selected. The seventy five subjects were selected of sportsman and seventy five subjects were selected of Non-Sportsman. Their age ranged between 20 to 29 years.

ANALYSIS AND INTERPRETATION OF DATA:

Table 1: Mean, Standard Deviation ('Yes' and 'No' Response) of Sportsman.

Variable	Group	N	Mean of 'yes' Response	Mean of 'No' Response	S.D of 'Yes' Response	S.D of 'No' Response
Sinha's Anxiety Scale	Sportsman	75	30.973	69.146	10.468	10.508

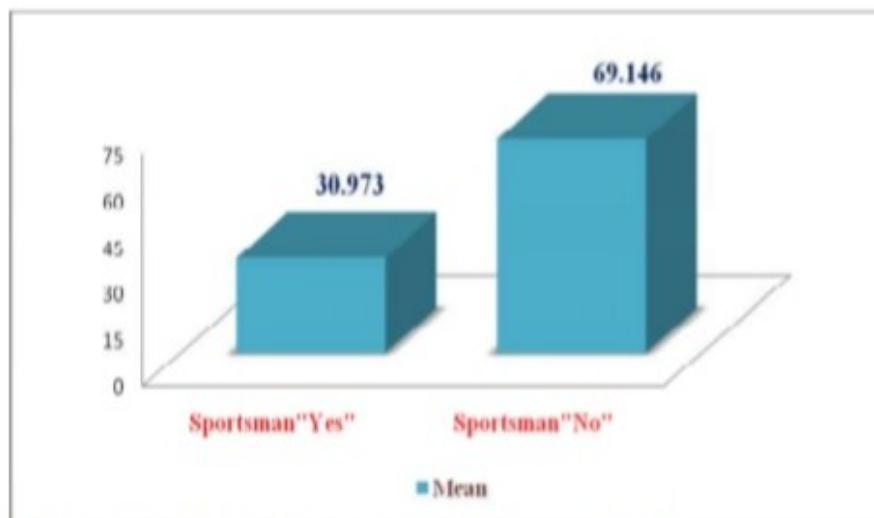


Table 2: Mean, Standard Deviation ('Yes' and 'No' Response) of Non-Sportsman.

Variable	Group	N	Mean of 'yes' Response	Mean of 'No' Response	S.D of 'Yes' Response	S.D of 'No' Response
Sinha's Anxiety Scale	Non-Sportsman	75	39.053	60.84	14.072	14.205



OUR HERITAGE

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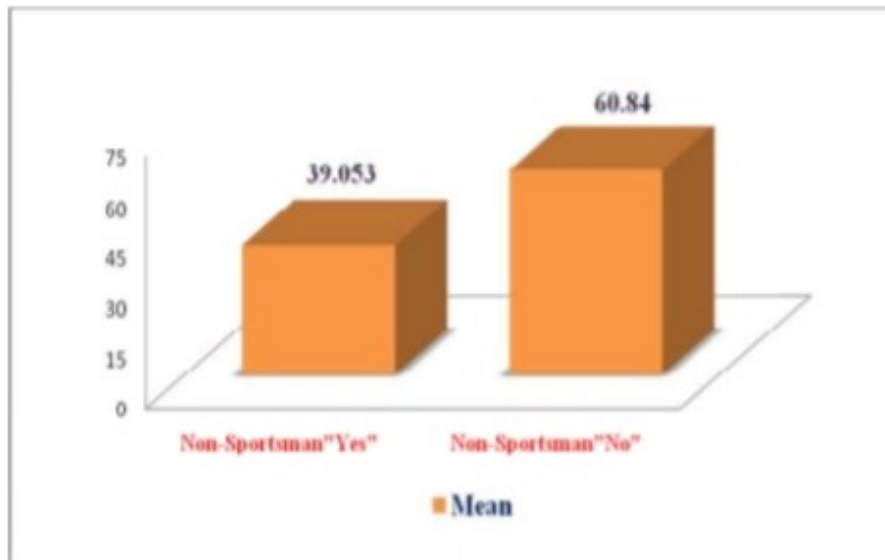
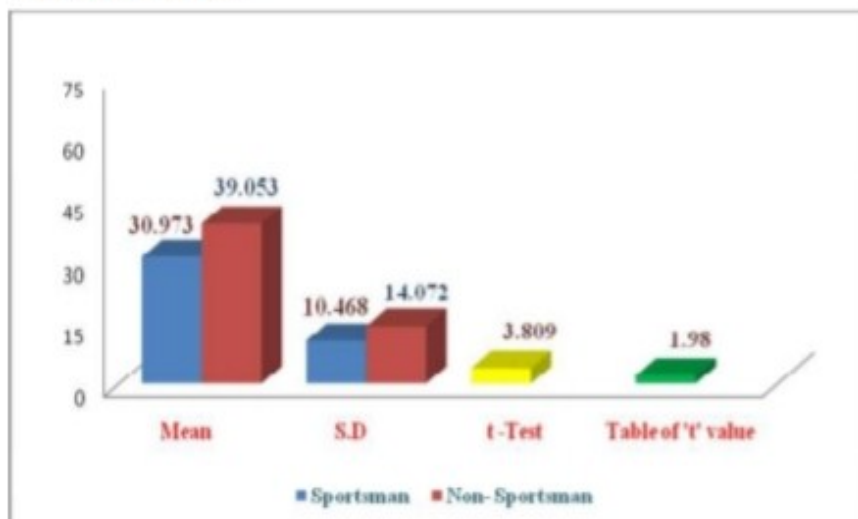


Table-3 Mean Standard Deviation, Df, Table of 't' value and t- Test of Sportsman and Non-Sportsman.

Variable	Group	N	Mean	S.D	Df	t-test	Table of 't' value
Sinha's Anxiety Scale	Sportsman	75	30.973	10.468	148	3.809	1.980
	Non-Sportsman	75	39.053	14.072			

*Significant at 0.05 levels.





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Table-3 indicate the calculated Mean and standard deviation of Sportsman and Non-sportsman by using of Anxiety test mean (S.D) is 30.973(10.468) and 39.053(14.072) respectively. The calculated 't' value is 1.980 at 0.05 level of significance. The table value for 148 Degree of freedom is 3.809. Hence the difference among the Sportsman and Non-sportsman anxiety found is significant.

CONCLUSIONS:

On the basis of Analysis and Interpretation of data the following conclusions were drawn. The calculated Table of 't' value is 1.980 at *0.05 level of significance. The table value for 148 degree of freedom is 3.809. Hence the difference among the Sportsman and Non-sportsman anxiety found is significant. Non-Sportsman anxiety is more than Sportsman.

- 1) The hypothesis started earlier, that there would be no Significance difference of Anxiety between Sportsman and Non-Sportsman, was rejected.
- 2) The hypothesis started earlier, that there would be Significance difference of Anxiety between Sportsman and Non-sportsman, was accepted. The level of anxiety is observed were among Non-Sportsman when compared to sportsman, hence it indicates that playing sports will help reduce level of anxiety.

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