



Level Of Anxiety Among The Athletes Of High And Low Helplessness

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ABSTRACT

Research Background: Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior. Helplessness is a sign of depression. Helplessness refers to multifaceted emotional, impulsivity and cognitive predisposition which usually is a consequence of a negative evaluation about the prospects of the person. In this study investigator find out the impact of level of helplessness on anxiety of athletes.

Objectives: The study objective was, to compare the significant difference in level of anxiety among the athletes of high and low helplessness. Other objective was, to study the significant difference in level of anxiety among male and female athletes.

Procedure: The present study, one hundred twenty athletes were selected. Out of them, sixty athletes were selected from high level helplessness, in which thirty were selected from male athletes and thirty were selected from female athletes as well as in the same way sixty athletes were selected from low level helplessness, in which thirty were selected from male athletes and thirty were selected from female athletes. The purposive sampling technique was used for the selection the sample. Their age range between was 18 to 30 years. In this study Comprehensive Anxiety Scale is developed by Dr. R. L. Bhardwaj, Dr. H. Sharma, and Dr. M. Bhargava and Helplessness Scale is developed by G. P. Mathur and R. K. Bhatnagar have been used.

Conclusions: It is concluded that, the athletes of low helplessness have found low level of anxiety than athletes of high helplessness. There is insignificant difference found in level of anxiety among the male and female athletes. Another concluded that, there is insignificant interaction found among type of athletes and type of gender in terms of their level of anxiety.

Keywords: Anxiety, High and Low Helplessness athletes

➤ INTRODUCTION

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat. Anxiety is a feeling of fear, uneasiness, and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing (Bouras, N.; Holt, G., 2007). It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder. People facing anxiety may withdraw from situations which have evoked anxiety in the past.

According to, Barlow, 1988, 2002, in contrast to fear and panic, the anxiety response pattern is a complex blend of unpleasant emotions and cognitions that is both more oriented to the future and much more diffuse than fear. But like fear, it has not only cognitive/ subjective components but also physiological and behavioral components. At the cognitive/subjective level, anxiety involves negative mood, worry about possible future threats or danger, self-preoccupation, and a sense of being unable to predict the future threat or to control it if it occurs. At a physiological level, anxiety often creates a state of tension and chronic over arousal, which may reflect risk assessment and readiness for dealing with danger should it occur. Although there is no activation of the fight-or-flight response as there is with fear, anxiety does prepare or prime a person for the fight-or-flight response should the anticipated danger occur. At a behavioral level, anxiety may create a strong tendency to avoid situations where danger might be encountered, but there is not the immediate behavioral urge to flee with anxiety as there is with fear (Barlow, 1988, 2002).

Helplessness is a sign of depression. Helplessness refers to multifaceted emotional, impulsivity and cognitive predisposition which usually is a consequence of a negative evaluation about the prospects of the person. Helplessness can be understood in terms of distress which occurs when the person is in crisis. The concept of helplessness was earlier represented as an explanation of incapacitating impact of unmanageability. It states that whenever people identify the response they may confront to many shortcomings and these may be 'motivational, cognitive and emotional'. Cognitive shortcomings refer to where a person experiences complication in learning the responses that generate outcomes. Actually it hinders the learning process that give rise to outcome. The emotional shortcomings refer to a depressed emotion whenever a person learns that there exists no association between response and outcome.

The present study objective was, to study the significant difference in level of anxiety among the athletes of high and low helplessness. Other hind side objective was, to study the significant difference in level of anxiety among male and female athletes.

➤ **OBJECTIVES**

1. To compare the significant difference in level of anxiety among the athletes of high and low helplessness.
2. To study the significant difference in level of anxiety among male and female athletes.

➤ **HYPOTHESIS**

1. The athletes of Low helplessness will be low anxiety than athletes of high helplessness.
2. There would be no significant difference in level of anxiety among the athletes of male and female.

➤ **RESEARCH PROCEDURE**

1. Independent Variables

A) Type of Athletes

1. High Helplessness Athletes
2. Low Helplessness Athletes

B) Type of Gender

1. Male Athletes
2. Female Athletes

2. Dependent Variables: Level of Anxiety

➤ **SELECTION OF THE SAMPLE:**

The present study, one hundred twenty athletes were selected. Out of them, sixty athletes were selected from high level helplessness, in which thirty were selected from male athletes and thirty were selected from female athletes as well as in the same way sixty athletes were selected from low level helplessness, in which thirty were selected from male athletes and thirty were selected from female athletes. The purposive sampling technique was used for the selection the sample. Their age range between was 18 to 30 years.

➤ **STUDY MATERIALS:**

1. Comprehensive Anxiety Scale:

Comprehensive Anxiety Scale is developed by Dr. R. L. Bhardwaj, Dr. H. Sharma, and Dr. M. Bhargava (1992). The present test consists of 90 items. Each item of the test is answered either by ‘Yes’, or by ‘N0’.

2. Helplessness Scale

The helplessness Scale is developed by G. P. Mathur and R. K. Bhatnagar (2012). The scale consists twenty two items. This scale was standardized on 14+ year’s age. This inventory is available in Hindi version.

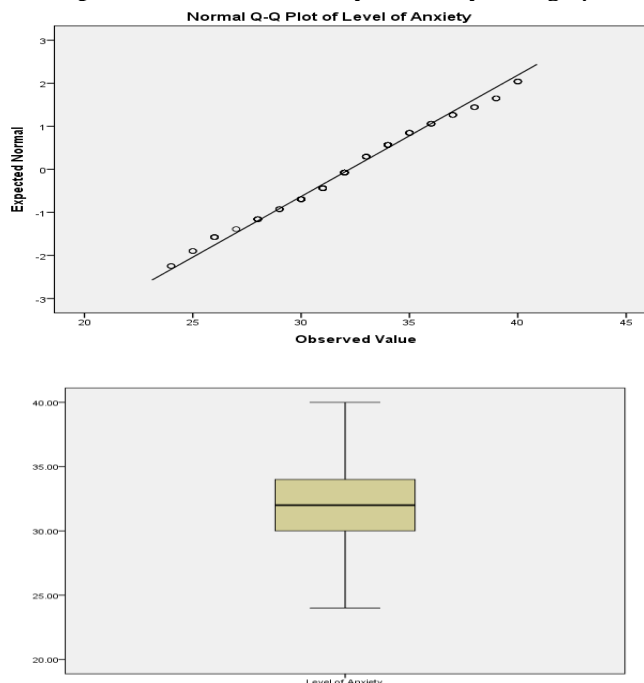
STATISTICAL ANALYSIS AND RESULTS

Table No. 1. Assessing normality of level of Anxiety

Descriptive Statistics		Statistic	Std. Error	
Level of Anxiety	Mean	32.2333	0.32383	
	95% Confidence Interval for Mean	Lower Bound	31.5921	
		Upper Bound	32.8745	
	5% Trimmed Mean	32.2222		
	Median	32.0000		
	Variance	12.584		
	Std. Deviation	3.54736		
	Minimum	24.00		
	Maximum	40.00		
	Range	16.00		
	Interquartile Range	4.00		
	Skewness	0.032	0.221	
	Kurtosis	-0.030	0.438	

Above table indicates that the trimmed mean value (32.2222) is very close to simple mean (32.2333). Hence, we confidently explain that our simple mean is not affected extreme values, and indicates that there is not a single outlier in our data (Sheridan, J. Coakes, 2006). Skewness and kurtosis refer to the shape of the distribution, and are used with interval and ratio level data. In the table Skewness values is positive and indicate that distribution is somewhat positively skewed as well as kurtosis value is negative and it is indicate a distribution that is flatter (Platykurtic).

Graph No:1: Shown normality of anxiety from graphs.



Above is a Q-Q and box a plot indicates of depended variable of anxiety among the high and low helplessness. The shapes of the distribution are considered normal.

Table No. 2. Descriptive statistics of dependent variable Anxiety

Dependent Variable: Anxiety				
Type of Athletes	Types of Gender	Mean	S. D.	N
High Helplessness Athletes	Male Athletes	32.7333	3.75025	30
	Female Athletes	33.2000	3.43812	30
	Total	32.9667	3.57471	60
Low Helplessness Athletes	Male Athletes	31.3333	3.93335	30
	Female Athletes	31.6667	2.80803	30
	Total	31.5000	3.39241	60
Total	Male Athletes	32.0333	3.87503	60
	Female Athletes	32.4333	3.20681	60
	Total	32.2333	3.54736	120

Table:3: Summary of ANOVA of the dependent variable anxiety

Source	Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Type of Athletes	64.533	1	64.533	5.242	0.024	0.043
Type of Gender	4.800	1	4.800	0.390	0.534	0.003
Type of Athletes X Type of Gender	0.133	1	0.133	0.011	0.917	0.000
Error	1428.000	116	12.310			
Total	126176.000	120				
Corrected Total	1497.467	119				

Significant Level, $df(1,116) --- 0.05 = 3.92 \quad 0.01 = 6.84$

The above table indicates a two-way ANOVA was conducted that examined the effect of type of Athletes (High and Low Helplessness Athletes) and gender (Male and Female Athletes) on individual’s level of anxiety. Our dependent variable, level of anxiety, was normally distributed for the groups formed by the combination of the type of Athletes and gender. The main effects analysis showed that for type of Athletes (High and Low Helplessness Athletes) is significant, $F(1,116) = 5.242, P < 0.05$. There is significant difference found in level of anxiety among the high and low helplessness athletes. So, hypothesis no.1: The athletes of Low helplessness will be low anxiety than athletes of high helplessness is accepted. The athletes of low helplessness have found low level of anxiety than athletes of high helplessness. It means level of helplessness is contributory part of anxiety. Their forth, low level helplessness is most important for controlling of anxiety. The main effects analysis showed that for type of gender (Male and Female Athletes) is insignificant, $F(1,116) = 0.390, P > 0.05$. There is insignificant difference found in level of anxiety among the male and female athletes. So, hypothesis

no.2: There would be no significant difference in level of anxiety among the athletes of male and female is accepted. The male and female athletes have found equal on their level of anxiety.

There is not significant interaction between the effects of type of athletes (High and Low Helplessness Athletes) and gender (Male and Female Athletes) on individuals anxiety level, $F(1,116)=0.011, P>0.05$. There is insignificant interaction found among type of athletes and type of gender in terms of their level of anxiety.

➤ CONCLUSIONS

1. There is significant difference found in level of anxiety among the high and low helplessness athletes. The athletes of low helplessness have found low level of anxiety than athletes of high helplessness. It means level of helplessness is contributory part of anxiety. Their forth, low level helplessness is most important for controlling of anxiety.
2. There is insignificant difference found in level of anxiety among the male and female athletes. The male and female athletes have found equal on their level of anxiety.
3. There is insignificant interaction found among type of athletes and type of gender in terms of their level of anxiety.

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