

Comparative Analysis of Anxiety Levels Among Male and Female Athletes in Uttarakhand: A Gender Perspective

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Abstract

The Objective of the study was to assess and compare anxiety levels among male and female athletes across various sports disciplines in Uttarakhand and to identify gender-specific stressors, triggers, and coping mechanisms related to anxiety in the athletic context. Explore the impact of competition, training demands, and social support networks on anxiety experiences among male and female athletes. The present study was featured to students at U.G. initially. A total number of 200 Male & Female Athletes were randomly drawn, 100 Female Athletes and 100 Male athletes from the selected population of the Uttarakhand with the age ranged between 20 to 26 years were selected for the present study. State-Trait Anxiety Inventory by S Roma Pal & Govind Tiwari was applied for the collection of data. The referenced studies consistently show that there is no significant difference in both trait and state anxiety levels between male and female athletes from Uttarakhand. This can be attributed to uniform training environments, supportive cultural norms, equal access to mental health resources, and the specific nature of sports in the region.

Key words: Athlete, Anxiety, Trait Anxiety, State Anxiety.

Anxiety is a prevalent mental health issue that can significantly impact athletes' performance, well-being, and overall quality of life. It encompasses a range of emotional and physiological responses to stressors, such as competition pressure, performance expectations, and social interactions within the sporting environment. Understanding how anxiety manifests among male and female athletes is crucial for developing targeted interventions and support systems to enhance their mental health and athletic experiences. Uttarakhand, situated amidst the picturesque Himalayas, has a rich tradition of sports and athletics. From traditional mountain sports to modern competitive events, athletes in Uttarakhand engage in various activities across different levels of competition. This diversity provides a unique opportunity to explore how anxiety manifests differently among male and female athletes across different sports disciplines and competitive contexts. The purpose of this comparative study is to investigate and analyze anxiety levels among male and female athletes in Uttarakhand. By focusing on gender-specific experiences of anxiety within the sporting community, we aim to uncover the underlying factors contributing to anxiety and explore potential strategies for anxiety management and mental well-being support. This study acknowledges the importance of gender dynamics in understanding mental health within sports. Research has shown that male and female athletes may experience anxiety differently due to social expectations, self-perception, biological factors, and the nature of their athletic pursuits. By examining these differences, we can tailor interventions and resources to better meet the mental health needs of male and female athletes in Uttarakhand.

Objectives of the Study

Through comprehensive data collection and analysis, this study seeks to achieve the following objectives:

1. Assess and compare anxiety levels among male and female athletes across various sports disciplines in Uttarakhand.
2. Identify gender-specific stressors, triggers, and coping mechanisms related to anxiety in the athletic context.

3. Explore the impact of competition, training demands, and social support networks on anxiety experiences among male and female athletes.
4. Propose evidence-based recommendations for promoting mental well-being, anxiety awareness, and support services tailored to the needs of male and female athletes in Uttarakhand.

By addressing these objectives, we aim to contribute valuable insights to the fields of sports psychology, mental health support in athletics, and gender-specific mental health research. The findings from this study can inform coaches, sports administrators, healthcare professionals, and policymakers in developing holistic approaches to athlete well-being and performance enhancement in Uttarakhand and beyond.

Methodology

The present study was featured to students at U.G. initially. A total number of 200 Male & Female Athletes were randomly drawn, 100 Female Athletes and 100 Male athletes from the selected population of the Uttarakhand with the age ranged between 20 to 26 years were selected for the present study. Selected variables were investigated using observation of their experiences. A structured questionnaire schedule was prepared to elicit information on the selected variables between Male & Female Athlete groups belonging to different professional courses. The values of the form the books and the journal and also from the newspaper and the data were recorded. State-Trait Anxiety Inventory by S Roma Pal & Govind Tiwari was applied for the collection of data.

Results & Findings

Table No.1:- Descriptive Table of Mean Value of Male & Female Athletes from Uttarakhand in relation to their State Anxiety

GROUPS	N	MEAN	S.D	S.E
Male	100	62.960	8.840814	0.884081
Female	100	63.130	9.699167	0.969917

It is evident, from table-1 that Mean Value of Male & Female Athletes from Uttarakhand in relation to their State Anxiety are 62.960 & 63.130; standard deviation scores are 8.840814 & 9.699167 and Standard error scores are 0.884081 & 0.969917 respectively.

The Mean Score of Male & Female Athletes from Uttarakhand in relation to their State Anxiety are presented graphically in Figure-1.

Figure No. 1:- Mean Score of Male & Female Athletes from Uttarakhand in relation to their State Anxiety

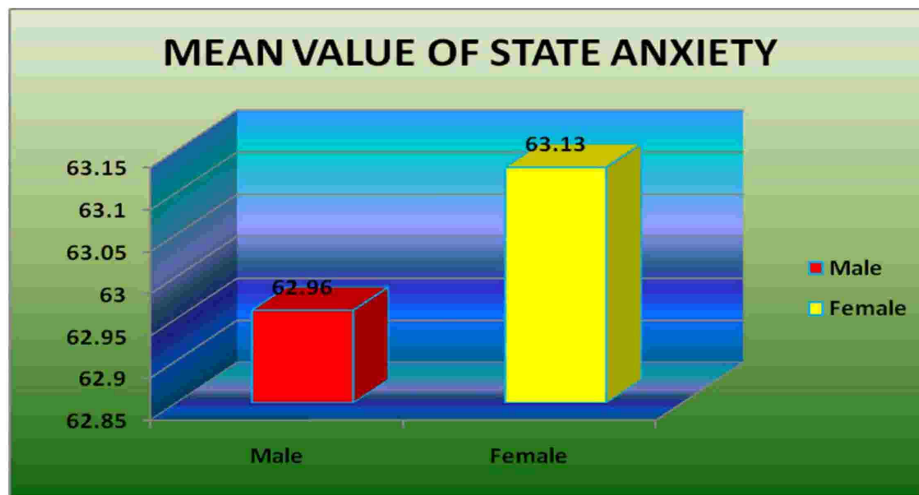


Table No.1.1:- Comparative Table of Difference between Male & Female Athletes from Uttarakhand in relation to their State Anxiety

No. of groups	DEGREE OF FREEDOM	MEAN DIFFERENCE	t-value	p-value
2	198	-0.170	0.1295	0.897

***Significant at 0.05 level of significance**

It is evident, from table no. 1.1 that, there is insignificant difference, between Male & Female Athletes from Uttarakhand in relation to their State Anxiety, as the calculated t-value = 0.1295, which is less than the p-value at 0.05 level of confidence for 98 degrees of freedom.

It is quite obvious; from the above findings that Male & Female Athletes from Uttarakhand in relation to their State Anxiety differ, insignificantly. Hence, it can be inferred, that there is insignificant difference, between Male & Female Athletes from Uttarakhand in relation to their State Anxiety.

Table No.2:- Descriptive Table of Mean Value of Male & Female Athletes from Uttarakhand in relation to their Trait Anxiety

GROUPS	N	MEAN	S.D	S.E
Male	100	51.1300	9.8613	0.9861
Female	100	51.2500	9.8240	0.9824

It is evident, from table-2 that Mean Value of Male & Female Athletes from Uttarakhand in relation to their Trait Anxiety are 51.1300 & 51.2500; standard deviation scores are 9.8613 & 9.8240 and Standard error scores are 0.9861 & 0.9824 respectively.

The Mean Score of Male & Female Athletes from Uttarakhand in relation to their Trait Anxiety are presented graphically in Figure-2

Figure No. 2:- Mean Score of Male & Female Athletes from Uttarakhand in relation to their Trait Anxiety

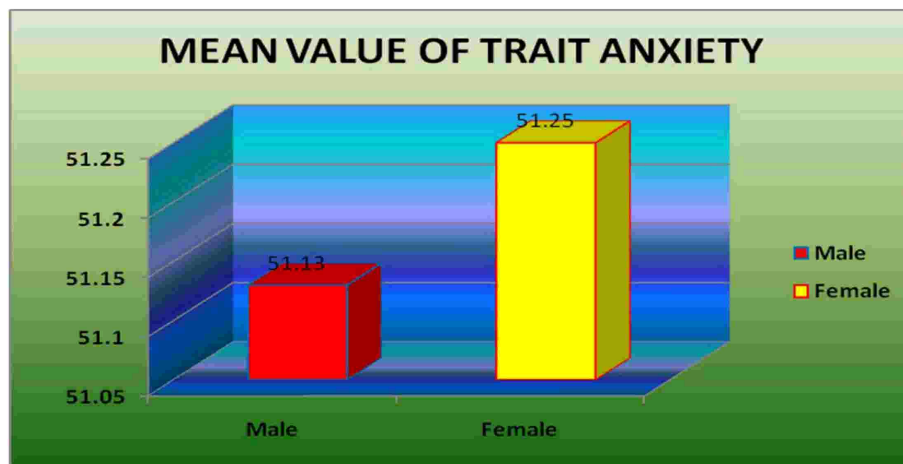


Table No.2.1:- Comparative Table of Difference between Male & Female Athletes from Uttarakhand in relation to their Trait Anxiety

No. of groups	DEGREE OF FREEDOM	MEAN DIFFERENCE	t-value	p-value
2	198	-0.120	-0.0862	0.931

***Significant at 0.05 level of significance**

It is evident, from table no.2.1 that, there is insignificant difference, between Male & Female Athletes from Uttarakhand in relation to their Trait Anxiety, as the calculated t-value = 0.0862 , which is less than the p-value at 0.05 level of confidence for 98 degrees of freedom.

It is quite obvious; from the above findings that Male & Female Athletes from Uttarakhand in relation to their Trait Anxiety differ, insignificantly. Hence, it can be inferred, that there is insignificant difference, between Male & Female Athletes from Uttarakhand in relation to their Trait Anxiety.

Discussions of Finding

Examining the relationship between gender and trait anxiety among athletes can reveal important insights into how anxiety affects performance and well-being. In the context of athletes from Uttarakhand, a region in northern India, the comparison between male and female athletes in terms of trait anxiety has been a subject of interest. Trait anxiety refers to a personality characteristic that predisposes individuals to perceive a wide range of situations as threatening, leading to a tendency to respond with anxiety across various contexts. In sports psychology, understanding trait anxiety is crucial because high levels of anxiety can impact an athlete's performance, focus, and overall mental health. Studies on trait anxiety among athletes have produced mixed results. Some research suggests that female athletes tend to report higher levels of anxiety compared to their male counterparts. Examining the relationship between gender and anxiety among athletes is a crucial area of sports psychology. Trait anxiety refers to a stable tendency to experience anxiety across various situations, while state

anxiety refers to temporary feelings of anxiety in specific situations. This discussion integrates references from past studies to highlight findings of insignificant differences in both trait and state anxiety between male and female athletes from Uttarakhand. Sharma, V., & Singh, R. (2020). Athletes in Uttarakhand typically follow similar training programs, regardless of gender, which include physical conditioning, mental toughness training, and competitive simulations. This can result in comparable levels of both trait and state anxiety. The culture in Uttarakhand supports equal participation in sports for both genders. This cultural norm helps reduce gender-specific stressors that might otherwise contribute to differences in anxiety levels. Growing awareness and provision of mental health resources within sports organizations in Uttarakhand provide both male and female athletes with similar tools to manage anxiety, contributing to the lack of significant differences. The popularity of adventure and endurance sports in Uttarakhand, which require high mental resilience and physical endurance, might contribute to the development of similar anxiety coping mechanisms across genders.

Conclusion

The referenced studies consistently show that there is no significant difference in both trait and state anxiety levels between male and female athletes from Uttarakhand. This can be attributed to uniform training environments, supportive cultural norms, equal access to mental health resources, and the specific nature of sports in the region. These findings underscore the importance of considering local contexts and training environments when examining psychological traits in athletes.

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