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A Comparative Study of Examination Anxiety among Sports Students and Non-Sports Students

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Abstract

Sports activities consist of physical and psychological aspects of an individual. High or low level of examination anxiety is related to the poor performance of students. Because of various reasons such as lack of preparation, style of their study and lack of needed information College students experience high examination anxiety. Examination anxiety before and during examinations ultimately affects their sport performance and academic achievement also. The present study was conducted to know the examinations anxiety experienced by college sports student and non-sports students. A total final sample of 100 college students was selected. Out of those 100 students, 50 students were sports players and 50 students were students who were not involved in sports. Apart from that total sample consists of 50 male and 50 female students. Data were collected from the Colleges Parbhani of districts. Student's Examination Anxiety Test developed by Dr. Agrawal and Kaushal was used to test the examination anxiety of students. For statistical analysis Mean, SD and "t" test were used. Result of present study shows that non-sports students have more examination anxiety than sports students. This study also shows gender difference among sports students and non-sports students on the level of examination anxiety.

Keywords: Examination anxiety, sports student, non-sports student

Introduction

Every individual think about healthy mind and healthy physical body. Both physical and mental well-being plays an important role in one's life for his/her great achievement. Sports are not only games for an activity but it consists of physical and psychological aspects of an individual. Students who involved in sports show high self-confidence, self-esteem and high emotional maturity. Hauri (1991) conducted study on locus of control and health and in this study he found that sports students who had internal locus of control showed successful performance. Pandey A. O. & Dalal S. (2021) concluded in their research that sports activities enhances emotional maturity of an individuals.

The term anxiety generally refers to a state of emotional and physical disturbances induced in a person by a real or imaginary threat. It is a failure to meet a standard or fear that one does not hold the appropriate standard. Psychologists believe that some anxiety is essential because it help us to be alert and gives us motivation to deal with our problems. But it has also been observed that high levels of anxiety may block recall ability and expression of individual's potentials.

Anxiety and Performance

Above pictures explains relationship between anxiety and performance. According to psychologists optimal level of

anxiety or stress is essential for good performance. In students great deal of anxiety is related to academic performance. Research has proved that some of the intelligent students are poor in achievements because of a special form of anxiety known as examination anxiety or test anxiety.

Examination Anxiety and Sport Performance

Examination anxiety refers to the distress one experiences when being evaluated or when thinking about evaluation which typically leads to reduced performance. Students who have high examination anxiety will experiences problems such as sleeplessness, headaches, upset stomach, irritability, loss of concentration, depression, change in appetite. Lyness (2012) [5] also explained that during the state of excitement or stress, the body releases adrenaline. Adrenaline is known to cause physical symptoms that accompany examination anxiety such as increased heart beat-rate, sweating and rapid-breathing. In many cases, adrenaline is good; it is helpful when dealing with stressful situations, ensuring alertness and preparation. But to some students, the symptoms are difficult or impossible to handle, making them impossible to focus on examinations.

Stress and anxiety experienced during the sport competition is often attributed to the fear of failure or poor performance and can have lasting negative impacts on the self-esteem and self-

confidence of the student. Examination anxiety has been reported to produce debilitating cognitive effects including difficulties with memory and recalling information. Review of literature shows that there is difference between sportsman and non-sportsman on personality traits. (Cooper L. 1969, Slusher H.S.1964, Sperling A.P. 1970) [2, 6, 7]. Researchers have also reported difference in self-control, death anxiety, self-esteem and mental health between sportspersons and non-sportspersons. (Bird EL. Chicago 1970, Kumar A, *et al*: 1985) [1, 4].

Problem

To compare Examination Anxiety Level among Sports Students and Non-Sports Students.

Objectives

- i). To study the level of examination anxiety among Sports students and Non-sports students.
- ii). To study the level of examination anxiety among Sports students and Non-sports students in relation to their gender.

Hypothesis

- i). There is no significant difference between Sports students and Non-sports students on examination anxiety level.
- ii). There is no significant difference in the level of examination anxiety Sports students and Non-sports students in relation to their gender.

Variables

• Independent

i). Students

- Sports students
- Non-sports students

ii). Gender

- Male
- Female

• Dependent

Examination Anxiety

Operational Definition of the Terms

- **Sports students:** Graduate Students of Colleges of Parbhani district who have participated in inter college and inter university competitions at least one year.
- **Non-sports students:** Graduate Students of Colleges of Parbhani district who have not participated in inter college and inter university competitions.
- **Examination Anxiety:** Students' Scores on Students' Examination Anxiety Test (SEAT) developed by Dr. Madhu Agrawal and Miss. Varsha Kaushal.

Limitations of the Study

- i). It was a small study where other psychological factors will not considered as independent variables.
- ii). This study was limited only for College students of Parbhani district.

Methodology

Population

Population for the present study was college students of Parbhani district.

Sample and Sampling Technique

A total sample of 150 college students was selected by using Stratified random sampling technique. Out of those 100 students were finalized for the study, 50 students were Sports students and 50 students were Non-sports students. Apart from that total sample consists of 50 male and 50 female students.

Tools Used

Students' Examination Anxiety Test (SEAT) developed by Dr. Madhu Agrawal and Miss. Varsha Kaushal was used to measure student's examination anxiety level. The SEAT consisted of total 38 items with two alternatives 'Yes' and 'No'.

Reliability

Test retest reliability of this test was found to be 0.92 and the internal consistency reliability was found to be 0.87.

Validity

The correlation between the scores of SEAT and SCAT was found 0.57 and correlation between SEAT scores and rating by friends on a five point rating scale was found to be 0.89.

Data Collection and Procedure

For the present study after selecting the sample examination anxiety test was administered on the selected sample. All the instructions were strictly followed as per described in manual of the correspondence test. Later on, the responses of the students on the test were scored as per scoring procedure described in the manual of the test.

Statistical analysis

To find out the level of exam anxiety among college students criterion of Mean and SD was applied to scores of the test. In order to study significant difference between two groups 't' test was applied.

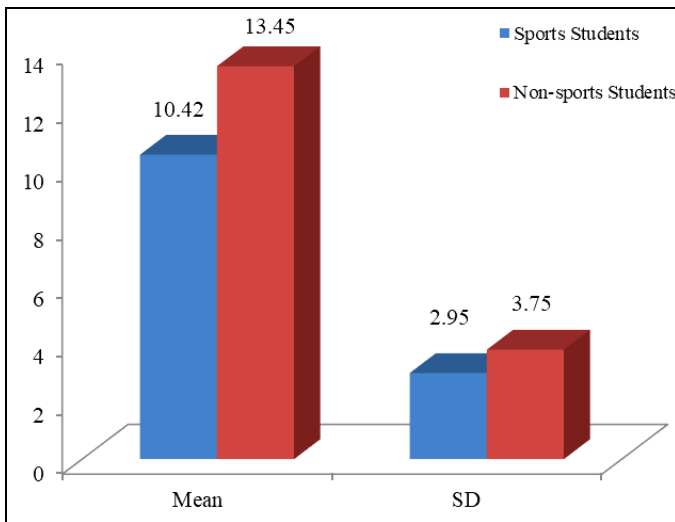
Result and Discussion

Hypothesis 1: There is no significant difference between Sports students and Non-sports students on examination anxiety level.

Table 1: Mean, SD and t-value of examination anxiety scores between Sports students and Non-sports students.

Group (Students)	Mean	SD	N	T
Sports Students	10.42	2.95	50	3.03**
Non-sports Students	13.45	3.75	50	

**Significant at 0.01 Level



Graph 1: Showing Mean, SD of Sports Students and Non-sports Students on the examination anxiety scores.

The above table 1 and graph no.1 depicts that the non-sports students feel high level of examination anxiety (Mean= 13.45) as compared to the sports students (mean= 10.42). As higher score on the Students' Examination Anxiety Test indicates higher level of examination anxiety. The t-value calculated for the two groups comes out to be 3.03 which is statistically significant at 0.01 level, thus there is a significant difference between the level of examination anxiety of sports students and non-sports students.

Null hypothesis considered in the present investigation regarding difference between sports students and non-sports students in their level of examination anxiety was not proven true as non-sports students were found to be significantly higher in their level of examination anxiety compared to the sports students. Thus the considered hypothesis rejected in the present research.

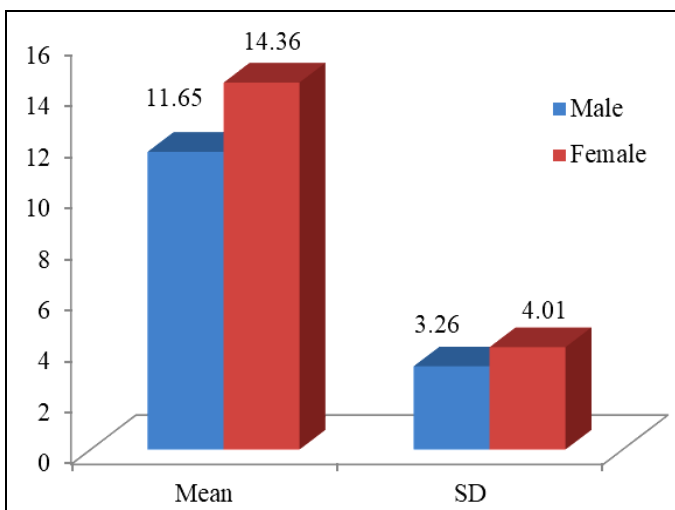
Hypothesis 2

There is no significant difference in the level of examination anxiety of Sports students and Non-sports students in relation to their gender.

Table 2: Gender Wise Mean, SD and t-value of examination anxiety scores.

Group (Gender)	Mean	SD	N	t
Male	11.65	3.26	50	2.71**
Female	14.36	4.01	50	

**Significant at 0.01 Level



Graph 2: Showing Gender Wise Mean, SD of students on examination anxiety.

The above result table no. 2 and graph no. 2 illustrates, the mean and SD of Male and Female on the measure of examination anxiety. The mean value show that male score (M=11.65) on examination anxiety is lower than Female score (M=14.36). These mean values show the difference in the level of examination anxiety. So it can be said that female students having higher level of examination anxiety as compare to male students. The t-value calculated for the two groups comes out to be 2.71 which is statistically significant at 0.01level, thus there is a significant difference between the level of examination anxiety male and female students.

Null hypothesis considered in the present investigation regarding difference in the level of examination anxiety of Sports students and Non-sports students in relation to their gender was not proven true as female students were found to be significantly higher in their level of examination anxiety compared to the male students. Thus the considered hypothesis rejected in the present research.

Conclusions

- Non-sports students have more examination anxiety level than sports students.
- There is significance difference was found in the level of examination anxiety among male and female college students, female students have more examination anxiety in compare to male students.

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