

A COMPARATIVE STUDY OF ANXIETY OF SENIOR AND JUNIOR NATIONAL MALE POWER LIFTERS

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Abstract

Aim: The Study aimed to compare the anxiety of senior national and junior national male POWER LIFTERS. **Methods:** The Study was delimited to the twenty players (Ten students in each discipline) who had studied at CSJM University, Kanpur, and were selected randomly as the subjects for the study. The age of the subjects ranged from 20 to 30 years. The study was further delimited to anxiety assessment using the Sports Competition Anxiety Questionnaire developed by Rainer Martens. It was hypothesized that there would be no significant difference between the Senior NATIONAL and Junior NATIONAL Male POWER LIFTERS. To analyze the data, a t-test was employed to compare the anxiety of senior national and junior national male POWER LIFTERS. **Result:** There was a significant difference between the means of Senior NATIONAL and Junior NATIONAL MALE POWER LIFTERS on the anxiety scores since the obtained value of 't' (48.20) was higher than the tabulated value. **Conclusion:** The Anxiety of the Senior NATIONAL player was found to be higher than that of the Junior NATIONAL MALE POWER LIFTERS.

Key Words: Anxiety, Power Lifters, National, Senior, Junior

Introduction

As a competitive sport, powerlifting is a multidimensional assessment of physical, physiological, and psychological strength, integrating mental resilience, endurance, optimism, self-efficacy, self-motivation, and the ability to withstand stress. Research into the psychosomatic interplay and the evolutionary development of the human brain has illuminated several attributes essential for successful performance in powerlifting. The behavioural laws governing

performance can thus be applied to the sport, allowing for a better understanding and prediction of outcomes. Contemporary studies delve into the sports context and the psycho-somatic responses of athletes to achieve optimized performance goals.

Incorporating psychological principles to enhance athletic performance has garnered increased attention in recent years. Specific psychological constructs—including self-concept, aggression, achievement motivation, and anxiety—are pivotal during both training and competition. Recognizing the influence of these emotional factors is crucial for athletes to maximize their potential.

Weight training has a historical lineage that extends over four millennia, demonstrating a persistent evolution as both a competitive sport and a recreational activity. Evidence dating back to approximately 2040 BC highlights early forms of strength and resistance training, depicted in the tomb of Egyptian Prince Baghi and recorded in ancient Greek literature, emphasizing the long-standing value placed on strength development.

The significance of psycho-social attributes cannot be understated, providing insights into an athlete's commitment and performance, echoing through various media platforms. Therefore, modern sports incorporate complex physiological, psychological, and social dimensions.

Purpose

The objective of this study was to analyze the variance in anxiety levels between Senior and Junior National Male powerlifters.

Methodology

This research was confined to twenty male participants—ten junior and ten senior athletes—randomly selected from those competing in the National Powerlifting Championship. The age range of the subjects was between 20 and 26 years. Anxiety levels were evaluated using the Sports Competition Anxiety Questionnaire devised by Renier-Martin.

Description of Sports Competition Anxiety Test

Purpose: The test aims to quantify anxiety associated with sports competitions.

Scoring:

1. The questionnaire consists of 15 items, with respondents selecting from three possible responses: a)
 - a) Hardly Ever, b) Sometimes, and c) Often
2. . The scoring items are 2, 3, 5, 6, 8, 9, 11, 12, 14, and 15, while items 1, 4, 7, 10, and 13 are excluded from scoring. Items 2, 5, 8, 9, 12, 14, and 15 are scored as follows:
 - a) - Hardly Ever – 1
 - b) - Sometimes – 2
 - c) - Often – 3

3. Items 6 and 11 are scored inversely:
- a) - Often – 1
 - b) - Sometimes – 2
 - c) - Hardly Ever – 3

The hypothesis posited that no significant differences would exist in anxiety levels between Junior and Senior National Male powerlifters.

Analysis of Data

The study aimed to analyze the variance in anxiety levels between Senior National and Junior National Male powerlifters, utilizing a ‘t’ test for statistical evaluation with a significance threshold set at the 0.05 level.

Findings

The mean anxiety difference observed between the two groups is summarized in Table 1.

Table - 1

Significance of Difference between Senior and Junior National Male Players on Anxiety

Groups	Mean	SD	SE Mean	DM	“t” ratio
Senior National Male	19.30	1.44	.532	.70	2.243*
Junior National Male	17.70	2.21	.767		

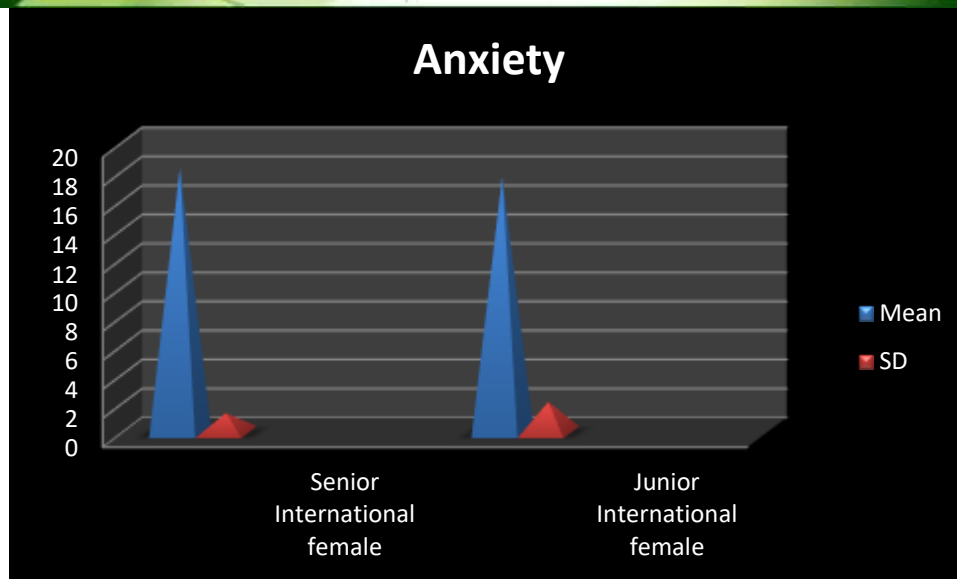
*Significant at 0.05 level

$t_{.05}(19) = 1.85$

Table 1 illustrates the descriptive statistics comparing anxiety levels of Senior and Junior National Male Players. The Senior National players exhibited a mean anxiety score (19.30) with a standard deviation of 1.44, while the Junior National players had a mean score of 17.70 with a standard deviation of 2.21.

The statistical analysis indicates a significant difference between the two groups, with an obtained ‘t’ value of 2.243 surpassing the critical ‘t’ value of 1.85 at 18 degrees of freedom, confirming significance at the 0.05 level

. A graphical representation of these findings is depicted in Figure 1.



Discussion of Findings

The results indicate a statistically significant difference in anxiety levels between Senior and Junior National Male Powerlifters. The elevated anxiety levels observed in Senior National players may be attributed to the heightened competitive pressure inherent in their category. Senior competitors are typically exposed to more intense competition, while Junior competitors primarily encounter challenges related to their developmental stage.

Several extrinsic factors could contribute to the heightened anxiety noted in Senior players, including media scrutiny, audience presence, familial expectations, personal lifestyle, and other routine

stressors. Furthermore, differences in experience level and mental preparedness may account for the disparity in anxiety levels. A potential lack of uniformity in psychological training and competition preparedness could exacerbate the anxiety experienced by Senior athletes compared to their Junior counterparts.

Conclusions

1. The findings indicate a significant difference in anxiety levels between Senior National and Junior National Male Players, with Seniors displaying higher anxiety.
2. This suggests a need for targeted psychological training and preparation strategies tailored to the demands of higher-level competition.

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