

## A COMPARATIVE STUDY OF EMOTION BETWEEN MALE AND FEMALE FENCERS OF MANIPUR

**Dr. Konsam Sarjubala Devi**

Assistant Professor, Indira Gandhi National Tribal University, Regional Campus Manipur

**Dr. Abdul Rahaman**

Assistant Professor, Department of Physical Education and Sports Science, Manipur University, Canchipur (India).

**Corresponding Author: Dr. Abdul Rahaman**

**Received: 10<sup>th</sup> July, 2025**

**Revised & Accepted: 15<sup>th</sup> November, 2025**

**Published: 25<sup>th</sup> December, 2025**

**DOI: <https://doie.org/10.65985/AS.2026465382>**

### **Abstract**

*The purpose of the present study was to compare the level of emotion between male and female national fencers of Manipur. Fifty (50) fencers (male = 25, female = 25) who represented national level fencing tournament were taken as the subjects. The age of the subjects ranged from 17 to 24 years. Sport Emotion Questionnaire (SEQ) developed by Jones, Lane, Bray, Uphill and Catlin (2005) was administered on the subjects for collecting data. t-test was used to analyse the data. Results of the study revealed that no significant difference was found between male and female fencers of Manipur on emotion as well as to their level of anxiety, dejection, anger and happiness subscales of emotion. Whereas significant difference was found only on excitement subscales of emotion.*

**Keywords:** Emotion, anxiety, dejection, anger, excitement, happiness and Fencing.

### **INTRODUCTION**

Fencing is a combat sport in which participants use a sword to strike and defend themselves according to predetermined moves and rules. Fencing is one of just four sports that have been a part of every edition of the modern Olympic Games since their inception in 1896. Fencing is a modern combative sport. It is difficult from a tactical and physical perspective. a very rapid sport that requires both agility and a high level of fitness.

Sports emotion is the feeling that the players experience while playing a game. It is a reaction to a stimulus event (negative or positive) or it can range from anticipation to defeat. It involves change in the viscera and musculature of the person, is experienced subjectively in characteristic ways, is expressed through such means as facial changes and action tendencies, and may mediate and energize subsequent behaviors (McCarthy, 2011). Mental toughness is a collection of values, attitudes, behaviors and emotions, which enable an individual to persevere and overcome any obstacle, adversity or pressure experienced, but moreover to maintain concentration and motivation when things are going well, to consistently produce high levels of performance Singh L.S. et al., (2016).

**Anxiety:** Anxiety is a negative emotional state characterized by feeling of unease, worry and apprehension that are linked to bodily arousal and activation (Winberg and Gould, 2003)

**Dejection:** It is an emotion that results from an individual's perception of the relationship between actual progress and expectations regarding rate of progress (Frijda, 1994).

**Anger:** Anger has been described as "an emotional state that consists of feelings that vary in intensity, with associated activation or arousal of the autonomic nervous system (Spielberger & Reheiser, 2009).

**Excitement:** A feeling of arousal that may be experienced when individuals in a challenging situation and believe they will achieve a goal (Jones, Lane, Bray, Uphill & Catlin, 2005). It is a term that indicates increased activity of the sympathetic nervous system, which is a nerve that functions to instruct the adrenal glands to produce the hormone adrenaline (Aryani, Isbilen & Christiansen, 2020).

**Happiness:** It is defined as making reasonable progress towards the realization of a goal (Lazarus, 2000).

## METHOD

### Participants:

Fifty (50) fencers representing national level fencing tournaments (25 males and 25 females) were selected as subjects for the study. The subjects ranged between the age of 17 and 24.

### Tool:

For measuring the emotion of the participants, a questionnaire sport emotion questionnaire (SEQ) developed by Jones, Lane, Bray, Uphill and Catlin (2005) was used. It is a 5-point likert type scale containing 22-items. It is an instrument frequently used by psychologists to measure their levels of anxiety, depression, anger, enthusiasm, and happiness in order to identify psychophysiological reactions. According to its guidelines, its reliability for the five emotions ranged from .72 to .90.

### Procedure:

Each of the subjects received the aforementioned tool separately during the Manipur Fencing Association's national tournament practice session. Prior to distributing the questionnaire, the researcher personally approached each participant through their coach and asked for their continued participation in the data collection process.

### Data Analysis:

The Statistical Package for the Social Sciences (SPSS) 16v (v = version) was used to compute the data statistically. To find out whether there was a significant difference between the two groups on the psychological aspects of emotion and its subscales - anxiety, dejection, anger, excitement, and happiness - mean, standard deviation (S.D.) and t-test were calculated. The following table shows the results that were obtained in the following table:

## RESULTS AND DISCUSSION

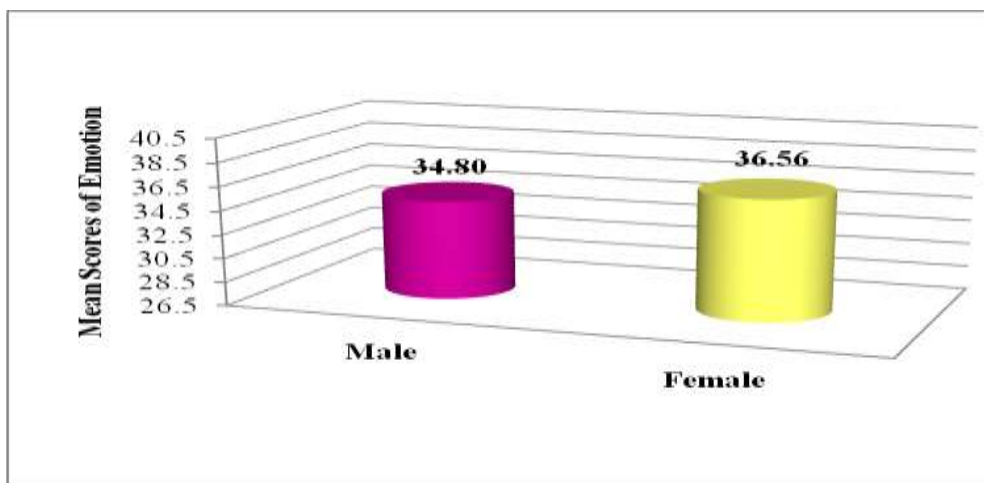
**Table-1:** Indicating the mean difference between male and female national fencers of Manipur on emotion.

Emotion				
Experimental Groups	of Subjects	Mean	Standard Deviation	Calculated t-value
Male	25	34.80	± 12.89	0.57
Female	25	36.50	± 8.20	

Tabulated value of 't' at 0.05 level of significance with 48 df = 2.01

The above table illustrates that there is not a significant difference in the emotional state of Manipur male and female national fencers. At the 0.05 level of significance with 48 degrees of freedom, the computed 't' value (0.57) is considerably lower than the tabulated 't' value (2.01). The study may be supported by Rahaman (2020) who examined the emotion between male and female intercollegiate archers in Manipur and found no significant difference. In a related study, Abbruzzese, Magnani, Robertson and Mancuso (2019) stared at how gender and age affected the ability to recognize emotions and found that there were no significant differences between male and female.

**Figure-1: Illustration showing difference of emotion between male and female national fencers of Manipur.**



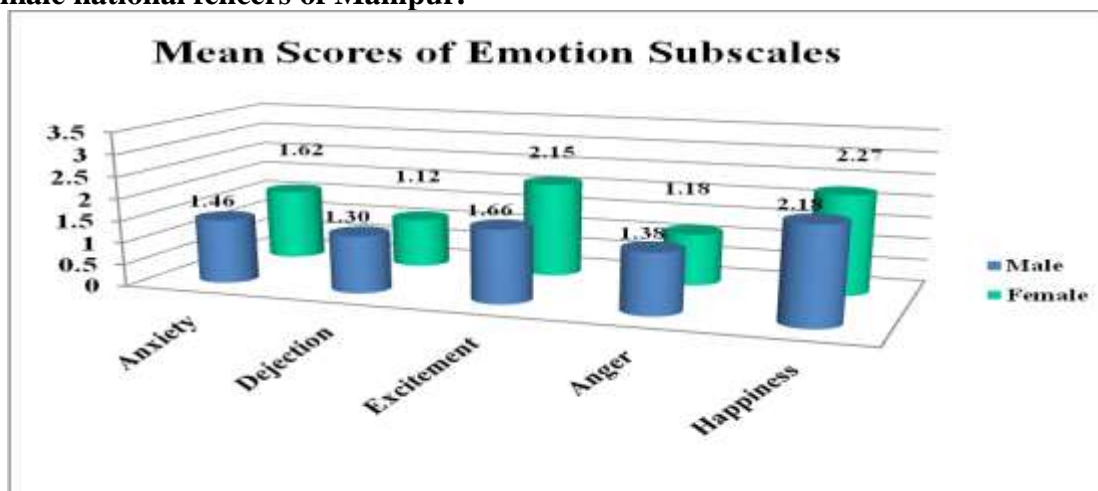
**Table-2: Comparisons of subscale of emotion between male and female national fencers of Manipur.**

Subscales of Emotion	Male		Female		calculated t-value
	Mean	SD	Mean	SD	
Anxiety	1.46	0.72	1.62	0.82	0.71
Dejection	1.30	0.73	1.12	0.92	0.78
Excitement	1.66	0.77	2.15	0.66	2.40*
Anger	1.38	0.76	1.18	0.93	0.86
Happiness	2.18	0.83	2.27	0.74	0.40

Tabled value of 't' at 0.05 level of significance with 48 df = 2.01

The above table and figure 2 indicate that, of the five emotion subscales, there is a significant difference between the male and female national fencers of Manipur on the excitement subscale alone. This is because, at the 0.05 level of significance, the calculated 't' value = 2.40 is significantly higher than the tabulated 't' value = 2.02.

**Figure-2: Illustration depicting difference on the subscales of emotion between male and female national fencers of Manipur.**



## CONCLUSION

On the basis of the findings from the present study it may be concluded that male and female national fencers of Manipur significantly differ on excitement subscales of emotion. The findings also suggest that the level of emotion of these female fencers (excitement) fall in the category of high range that needs to be minimized to succeed at their highest level of competition to attain their peak performance. Excitement that is not too high and not too low can cause a person's attention to be maximized, namely attention that is not too wide and not too narrow. Low arousal causes a person's attention to be very wide and tend to be less focused so that they are more easily distracted by external factors. Excitement that is too high in an athlete causes his attention to be too narrow, making it difficult to control things that happen or hindering the athlete in achieving goals (Komarudin , Hedi Ardiyanto Hermawan , Saryono , Guntur , Carles Nyoman Wali , Kumala Windya Rochmani, 2019). Singh L. S. (2022) study that both the family environment and psychological well-being significantly influence emotional maturity. Therefore, these two factors play a crucial role in determining an individual's level of emotional development. Considering the importance of psychological functioning in individuals' daily lives and their future social adaptability, examining the influence of the family environment on the psychological well-being of physical education students is particularly relevant.

## ACKNOWLEDGEMENT

The authors want to take this opportunity to express their gratitude to all of the participants and assistants for providing crucial assistance in the process of gathering data and for ensuring the successful completion of the study.

## REFERENCES

- Abbruzzese, L., Magnani, N., Robertson, I. H. and Mancuso, M. (2019). Age and gender differences in emotion recognition. *Frontiers in Psychology*, 10:2371. doi:10.3389/fpsyg.2019.02371.
- Aryani, A., Isbilen, E. S. and Christiansen, M. H. (2020). “Affective Arousal Links Sound to Meaning,” *Psychological Science*, 31(8), 978-986.
- Frijda, N. H. (1994). Emotions are functional, most of the time. In P. Ekman & R.J. Davidson (Eds.), *The nature of emotion*. Oxford, England: Oxford Univ. Press. pp. 112-122.
- Jones, M. V., Lane, A. M., Bray, S. R., Uphill, M., & Catlin, J. (2005). Development and validation of the Sport Emotion Questionnaire. *Journal of Sport & Exercise Psychology*, 27, 407-431.
- Komarudin , Hedi Ardiyanto Hermawan , Saryono , Guntur , Carles Nyoman Wali , Kumala Windya Rochmani (2022). The relationship between excitement and anxiety on the performance soccer athletes. *Journal of Positive School Psychology*, (6)6, 10214-10221
- Lazarus, R. S. (2000). How emotions influence performance in competitive sports. *The Sport Psychologist*, 14, 229-252.
- McCarthy, P. J. (2011). Positive emotion in sport performance: current status and future directions, *International Review of Sport and Exercise Psychology*, 4(1), 50-69.
- Rahaman, A. (2020). A comparative study of emotion between male and female inter-collegiate archers of Manipur, *Shodh Sarita: An International Bilingual Peer Reviewed Refereed Research Journal*, (7)28, 6-9.
- Spielberger, C. D. & Reheiser, E. C. (2009). Assessment of emotions: Anxiety, anger, depression, and curiosity. *Applied Psychology: Health and Well-Being*, 1(3), 271-302.
- Singh, T.B., Sharma H.S., Singh L.S., Singh S.O., (2022). Physical Education Students’ Psychological Well-Being And Family Environment In Manipur: A Cross-Sectional Study; *IJFANS International Journal of Food and Nutritional Sciences: UGC CARE Listed ( Group -I) Journal Volume 11, S Iss 3.*
- Singh L.S. Thapa S.K., Boro M., Singh O.J. (2016). Mental Toughness between selected Indoor and Outdoor Games Athletes; *International Journal of Physical Education, Sports and Health*; 2016: 3 (6):271-273
- Weinberg, R. S. & Gould, D. (2003). *Foundations of sport and exercise psychology*. (3<sup>rd</sup> ed.), Human Kinetics: p. 512.