



ANXIETY AMONG NATIONAL LEVEL FEMALE AND NATIONAL LEVEL MALE CYCLING PLAYERS: A COMPARATIVE STUDY

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Abstract

In 1955, the National Cyclists Federation of India ran into certain difficulties with the Government of India leading to withdrawal of its recognition and as a result the Indian Teams could not participate in any of the International Competitions/Championships. This stalemate continued for about 6 years (cyclingfederationofindia.com, 2016).

The present study was an attempt to find out the difference in Anxiety between National levels female and National level Male Cycling Players of Vijayapura, District twenty Cycling Players (10 Females +10 Males) Players were taken as a sample on the basis of random sampling method. Anxiety Inventory by Questionnaire developed by Dr.Pallavi Bhatnagar was used to collect the data. It was found that there is no significant difference in Anxiety of National levels female and National level Male Cycling Players of Vijayapura, District. The mean scores of National level Male Cycling Players are slightly higher than that of National levels female Players. But do not differ significantly

Key Words: *Anxiety Confidence, National levels female and National level Male Cycling Players.*

Introduction

Road bicycle racing is the cycle sport discipline of road cycling, held primarily on paved roads. Road racing is the most popular professional form of bicycle racing, in terms of numbers of competitors, events and spectators. The two most common competition formats are mass start events, where riders start simultaneously (though sometimes with a handicap) and race to a set finish point; and time trials, where individual riders or teams race a course alone against the clock. Stage races or "tours" take multiple days, and consist of several mass-start or time-trial stages ridden consecutively.

Professional racing originated in Western Europe, centered in France, Spain, Italy and the Low Countries. Since the mid-1980s, the sport has diversified, with races held at the professional, semi-professional and amateur levels, worldwide. The sport is governed by the Union Cyclist International (UCI). As well as the UCI's annual World Championships for men and women, the biggest event is the Tour de France, a three-week race that can attract over 500,000 roadside supporters a day.

Bicycles were first developed in the mid-18th century and have been a popular form of transport ever since. The first rudimentary bikes were designed in Europe during the 19th century. Called swift walkers, these bicycles were made of wood. The first pedal cycle was created in 1839 in Scotland. Scottish blacksmith Kirkpatrick Macmillan designed a bicycle that he could ride 140 miles with an average speed of 8 mph. Another version of the pedal bicycle called the velocipede was introduced in Paris in 1861.

These were popular by 1865; inventors Pierre and Ernest Michaud were producing 400 annually. Though popular, the bike was uncomfortable and commonly called the boneshaker. England's



Coventry Sewing Machine Company created a metal-frame bicycle with a large front wheel and a small rear wheel featuring solid rubber tires in 1870. It was referred to as the high-wheeler or penny-farthing. Despite the fact that it was prone to accidents, it was also popular. The first chain-driven bike was introduced in 1874 by H.J. Lawson. It was easier to stop and more stable than the high-wheeler. However, it was criticized because riders ended up with muddy feet because the pedals were so low to the ground. Further adaptations to the bike frame in 1885 by John K. Staley addressed this problem. In 1888, J.B. Dunlop added air-filled tires to bicycles, making them faster and more comfortable. By 1893, bikes had become an efficient and easy-to-use mode of transportation. From 1880 to 1900, cycling became immensely popular both in Europe and the United States (olympic.org, 2016).

There was a tendency for early road cycling to take place in and around cities. The urban emphasis was largely due to the nature of the cycle industry. Races were seen as an opportunity to showcase new bicycle technology—a practice which still continues today—and proximity to the buying public was thus essential. Road cycling was as much about promotion and showmanship as sporting competition in the 1860s. Class issues were an early feature of road cycling, with expensive machines and rules excluding bicycle mechanics from amateur competition and effectively ruling out participation by the working classes. Point to-point open road rides tended to be upper class affairs (talkcycling.co.uk, 2016).

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder. Anxiety defines as an emotional reaction evoked by stimulus that is perceived as threatening. A negative emotional state with feelings of nervousness, worry and apprehension associated with activation or arousal of the body. (Weinberg & Gould). According to one dictionary definition, anxiety can be defined as a strong and unpleasant feeling of nervousness or distress in response to a feared situation, often accompanied by physiological effects such as nausea, trembling, breathlessness, sweating, and rapid heartbeat.

Objective of the Study

- To compare the psychological variables between National levels Female and National level Male Cycling Players.

Hypothesis of the Study

For the present study it was hypothesized that:

- There will be no significant difference of Anxiety between National level Female and National level Male Cycling Players.

Procedure and Methodology

The study was conducted among 20 Female and Male Cycling Players (10 Female and 10 Male Cycling Players) those who were represented National level from Vijayapura District of Karnataka. The subjects were thoroughly acquainted with the testing procedure as well as the purpose and significance of the study. Subjects were made aware about the conduct of the study and relevant information was



given by the researcher. Further the data were analyzed to find out the significant differences among the groups. ‘t’-test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. Further the data were analyzed to find out the significant differences among the groups.

Tools: Psychological Variable

- **Anxiety**

Criterion Measure

Selection of Test Item for Psychological variable:-

- To assess Anxiety of National level Female and National level Male Cycling Players Anxiety scale constructed by Anxiety Questionnaire developed by Dr.Pallavi Bhatnagar.

Table No.4.1 (A) Comparison of Anxiety among National level Female and National level Male Cycling Players

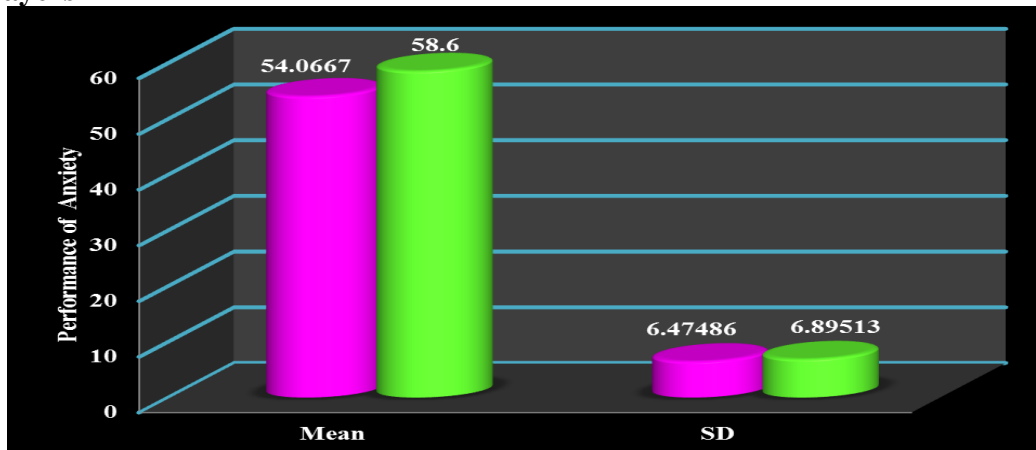
Groups			Mean	SD	Df	t-value	Sig.
National Female Cycling Players			54.0667	6.47486	14	6.160	.000
National Male Cycling Players			58.6000	6.89513			

Significant 0.05 level, table Value = 1.97

Table No.4.1. It is found that the mean score of both National level Female cycling players and National level Male Cycling Players are 54.0667 and 58.6000 respectively. When the t- test was applied to compare the mean scores of the groups, it was found that the calculated t- value (6.160) is greater than the mean difference is significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. Hence, it can conclude that the Anxiety performance of National level male cycling players is better than the National level Female Cycling Players of Vijayapura District.

Average Anxiety of National level Female cycling players and National level Male Cycling Players is graphically represented in figure 4.1.

Graph.4.1. Mean and SD Values of Anxiety among National level Female and National level Male Cycling Players





Above figure indicates that Anxiety Performance mean scores a different the graphs showing of comparison of National Level Female cyclist Players and National Level male cyclist Players with respect to Anxiety Performance scores. The mean Anxiety scores of National Level Female cyclist Players and National Level male cyclist Players with are 54.0667 and 58.6000, SD are. 6.47486 and 6.89513 respectively. It means that the Anxiety Performance of National Level Female cyclist Players is better than National Level male cyclist Players.

The data pertaining to the Anxiety among National Level Female cyclist Players and National Level male cyclist Players were statistically analyzed and result is presented table No.4.1.

Discussion & Finding

The main purpose of the study was comparison of Psychological National Level Female cyclist Players and National Level male cyclist Players. The study was conducted among 20 cyclist Players (10 Female and 10 Male) those who was represented District level from Vijayapura District of Karnataka. The data calculated separately for all the ten psychological variables. The variables selected for the study are psychological respectively. They were Anxiety. Further the data was analyzed to find out the significant differences among the players. ‘t’ test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. The results revealed that there was insignificant difference among the National Level Female cyclist Players and National Level male cyclist Players in Anxiety.

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