A Comparative Study of Anxiety and Self-Efficacy between Male and Female University Badminton Players of Delhi University

Kavita Sharma,
Associate Professor, Daulat Ram College, University of Delhi, India

Abstract

The purpose of this study was to investigate the level of anxiety and self-efficacy between male and female University badminton players from Delhi University. For the purpose of this investigation 50 badminton players (25 male and 25 female) who participated in the University badminton competition were recruited as subjects of the study. The age of the subjects ranged from 17 to 22 years. To find out the level of anxiety and self-efficacy between male and female university level badminton players of Delhi, the Sports Competition Anxiety Test (SCAT) developed by Martens (1977) was used, and General Self-Efficacy Scale (GSES) was gauged through a questionnaire developed by Schwarzer and Jerusalem (1995). ‘t’ test was employed to analyze the data. Results of the study revealed insignificant differences between male and female inter-collegiate badminton players of Delhi in regard to anxiety and self-efficacy at 0.05 level of significance.

KEYWORDS: Anxiety, Self-Efficacy and Badminton

Introduction

Badminton is a racket game played with a shuttle cock. The game involves quick reaction, starts and stops. The competitors must build their endurance, mobility, strength, and develop their reflexes. The weight of racket is so light that only a limited amount of strength is required to control it. The structure of the shuttle cock is such that it almost floats through the air in its flight. At competitive level, it is one of the most demanding of all games requiring a high level of fitness and mastery of technique (Singh, 2007).

Anxiety is a state of mind in which the individual responds with discomfort to some event that has occurred or in going to occur. The person’s worries about events, their occurrences and consequences, in general are the sources of anxiety (Kamlesh, 1998).

Self-efficacy defined as the confidence individuals have in their ability to execute specific behaviors. High self-efficacy motivates behavior. In turn, successful enactment or performance of a behavior resulting in pleasurable sensations further enhances self-efficacy in a particular domain (Bandura, 1997).


Procedure and Methodology: For the purpose of this study forty (50) badminton players (male = 25, female = 25) who represented University from Delhi were considered as subjects. For measuring the anxiety of the subjects a questionnaire developed by Martens (1977) was used. It is a three point likert type scale having 15
items. It is a popular tool being used by the psychologists for measuring the anxiety level. Its reliability has been reported as 0.85 according to its norms. The General self-efficacy scale (GSES) is a 10-items psychometric scale that is intended to assess optimistic self-belief to cope with a variety of complicated demands in life-item version developed by Schwarzer and Jerusalem (1995). The test is self-evaluation questionnaire consisting of 10 statements related to various situations. Sum up the responses to all 10 items to yield the final composite score with a range from 10 to 40. Cronbach’s alphas ranged from 0.76 to 0.90, with the majority in the high 0.80. It has been used in many studies on huge number of participants in contrast to other scales those were intended to assess optimism. The questionnaire was administered on the subjects, the subjects were instructed to respond each and every item of the questionnaire, honestly. It was assured that the gathered data will be used for research purpose only. The data thus collected were statistically treated by using Statistical Package for the Social Science (SPSS) 16 (version) computing Mean, S.D. and t-ratio were computed to find out significant differences.

Results

Table 1: Mean difference between male and female University badminton players Delhi on anxiety

<table>
<thead>
<tr>
<th>Experimental Groups</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>‘t’ Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>17.33</td>
<td>2.34</td>
<td>0.14</td>
</tr>
<tr>
<td>Female</td>
<td>17.23</td>
<td>3.14</td>
<td></td>
</tr>
</tbody>
</table>

It may be observed from the above table 1 that significant difference was not found between male and female University badminton players of Delhi as the obtained value of ‘t’ has been found 0.14 which is considerably lesser than the tabled value.

Table 2: Mean difference between male and female University badminton players of Delhi on self-efficacy

<table>
<thead>
<tr>
<th>Experimental Groups</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>‘t’ Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>31.12</td>
<td>4.42</td>
<td>1.45</td>
</tr>
<tr>
<td>Female</td>
<td>33.33</td>
<td>5.01</td>
<td></td>
</tr>
</tbody>
</table>

An examination of table 2 revealed that there was insignificant difference between male and female University badminton players on self-efficacy as the calculated ‘t’ (1.45) value is lesser than tabulated ‘t’ value.

Discussions

As per the scoring manual (Martens, 1977), the subjects who score less than 17 they fall in the category of players having low level of anxiety. If score lies between 17 and 24, it indicates average level of anxiety and the score more than 24 predicts high level of anxiety. Thus, in the present study the subjects have shown average level of anxiety (Male = 17.33 and Female = 17.23).
The result may be corroborated with the findings of Ali, Rahaman & Tanveer (2010) who compared sports competition anxiety between male and female weight lifters of Manipur and revealed that no significant difference between male and female weight lifters. In a similar study, Singh (2013) who compare the study of sports competition anxiety among university level cricket players and found no significant difference among G.N.D.U Punjab, BHU Varanasi, University of Mumbai and Jain University, Bangalore.

As per the scoring norms, the obtained mean scores (male = 31.12 and female = 33.33) have clearly suggested that both the groups of University badminton players have moderate level of self-efficacy. It was observed that an insignificant difference existed between male and female University badminton players of Delhi on their level of self-efficacy. Our finding confirms that in view of the nature of competitiveness required for racket games including badminton, high level of emotional arousal together with physical activation are the mandatory demands on athletes to compete with excellence.

The results of the study corroborate with the findings of Bagherpour and Shojaei (2009) that compared the effect of modeling and imagery type on self-efficacy of simple serve of the spikers in volleyball and observed no significant difference on self-efficacy among modeling internal and external imagery groups in pre and post test scores. In a similar study, Ali, Rahaman and Gurjar (2013) compared the study of self-efficacy among male-female intervarsity taekwondo players of India and found no significant difference between male and female intervarsity taekwondo players on self-efficacy.

Conclusion

On the basis of the results obtained for the present empirical investigation it may be concluded that male and female University badminton players of Delhi did not differ on their anxiety. Furthermore, it may be also be inferred that both male and female University players of Delhi have a similar level of self-efficacy to put their best effort during the competition.

References


