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AN ANALYTICAL STUDY ON ANXIETY AND STRESS AMONG THE BADMINTON PLAYERS OF MANIPUR

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Abstract

Purpose: The study aimed to analyze the differences in Anxiety and stress among the badminton players of Hill and Valley districts of Manipur.

Methods: For the study, a total number of 40 state-level male badminton players 20 each from Hill and Valley districts of Manipur were randomly selected to serve as the subjects. The subjects' age was ranged from 18-23 years. The variables selected for the study were Anxiety and Stress. Sports Competitive Anxiety Test (SCAT) and the Perceived Stress Scale (PSS-10) were used as a criterion measure. Descriptive analysis and independent 't' test statistical techniques were employed to find the differences between the two groups' means, independently. The level of significance was chosen at 0.05 level of confidence.

Result: The findings revealed that there was a significant difference in Anxiety ($p < 0.05$) and stress ($p < 0.05$) among the badminton players of Hill and Valley districts of Manipur.

Keywords – Badminton, Anxiety, stress, Hill, Valley

1. Introduction:

The psychology of sports is thrilling not only to professional athletes but to anyone with an enthusiastic mind, especially if they are in the path of the psychology of top performance. Psychological purveying, along with skill and strategic planning has become an integral part of the process of imparting, educating, and training athletes and making them compete in sports competitions. In quintessence, sports psychology is not just a matter of interest but also about winning, which requires immense dedication and commitment at every

stage of the game.

Physical activity has come to the light as a powerful mediator for mental health disorders that include anxiety, stress, and depression as the prevalence of mental health issues continues to escalate globally (Boone & Leadbeater, 2006; Schaal et al., 2011). Engaging in any form of competition, be it a formal or informal event and competition, sets pressure on athletes. This pressure sometimes enhances performance and sometimes influences performance negatively. Pressure garnered due to the upcoming competition may sequel in anxiety which sways the performance in sports in both ways.

According to Pigozzi's (2008) research, an athlete's skill level plays a significant role in regulating their competitive stress. Elite athletes who can manage their anxiety through mental skills like imagination and self-control tend to be highly motivated and self-assured, while amateur athletes who struggle with anxiety tend to perform poorly in competitions. Most previous research on badminton has focused on the abilities required to play the game (Donie et al., 2023). Other research has looked at psychological factors.

Anxiety is defined as a disturbed, arousing, tense, unrealistic, and unpleasant state of mind as well as an emotional reaction. Any competitive scenario requires anxiety and competitive performance is impossible without some degree of worry. Sports performance benefits from a level of anxiousness that is neither too high nor too low. The finest outcomes are achieved with an appropriate degree of anxiety. Sportspeople won't succeed in their endeavors unless they can control their anxiousness and learn how to handle pressure-filled competitive environments. Anxiety affects sports performance in both physiological and psychological ways. For instance, once a player gets aroused, it elevates his general arousal level to the point where he finds it difficult to focus on his game because of the continual barrage on his neurological system and his incapacity to release the tension brought on by rising anxiety levels. The capacity of the athlete to accurately observe and assess circumstances is decreased. His overworked information processing system causes him to react incorrectly or slowly, even in emergencies. In a situation like this, the player loses concentration and wants to do one thing but ends up doing something other. He becomes mentally and physically unstable.

State anxiety can be seen as a temporary emotional state or condition of the human organism, one that varies in intensity and changes over time.," according to Spielberger

(1972). Subjective, consciously experienced tension and anxiety, as well as autonomic nervous system activation, are the hallmarks of this illness.

Stress is characterized as a physical, mental, or emotional strain that tends to throw off the body's equilibrium. Stress is a natural element of life; without it, we would most likely be "dire of boredom." In life and sports, stress is an inevitable part of the experience, and athletes, performers, and artists all approach their work with differing degrees of stress. Athletes also face a variety of stressors, which together lead to higher stress levels. These stressors include the pressure to achieve, the fear of failing, interpersonal disputes, excessive concern, injuries, rigorous training schedules, exposure to the media, and expectations from fans. Increased anxiety brought on by these stressors harms performance (Parnabas et al. 2022). Prior research has highlighted several typical stressors faced by badminton players, including stress connected to competition, difficulties navigating social interactions, dealing with setbacks, stresses before competition, psychological demands, personal life issues, and worries about illnesses and injuries. (Vinoy & Kumar, 2019).

When athletes compete on their own, "the threat of evaluation is maximized; that is, the diffusion of responsibility for performance errors is minimized," according to (Martens et al.,1990). Put differently, athletes who compete on an individual basis understand that they bear alone responsibility for their achievements or shortcomings. They should increase their self-confidence and reduce their cognitive worry if they are to succeed. Research in sports has up to now overlooked the other categories of less successful athletes in favour of concentrating solely on elite or successful players (Krane, 1995).

2. Objective of the Study:

The study aims to analyze the differences in Anxiety and stress among the badminton players of the Hill and Valley districts of Manipur.

3. Methodology:

The procedure for the sources of data, selection of the subjects, criterion measures, the procedure for administration of tests, and statistical procedures employed for the study are described.

3.1. Material and Methods:

The data on this study was collected from 40 Male Badminton players 20 each from both hill and valley districts of Manipur who have participated in the state-level competition.

3.2. Selection of Subjects:

For this study, 20 (twenty) male badminton players from the Hill districts of Manipur and 20 (twenty) male badminton players from the Valley districts of Manipur were selected as subjects. The subjects' age ranged from 18-23 years.

3.3. Criterion measures:

1. To analyze Anxiety, Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990.
2. To analyze Stress the Perceived Stress Scale (PSS-10) by Cohen et.al 1983 was used as a criterion measure.

3.4. Collection of data:

The data was collected on different sheets of tests. The score of the trial was recorded and the best score was considered as raw score. The necessary marking was completed before the start of the test. The data was collected from 40 male subjects (20 badminton players from Hill districts and 20 badminton players from Valley districts) who participated in the state-level competition.

4. Analysis and interpretation of data:

The statistical analysis for comparison of the scores of SCAT and PSS-10 among the badminton players of Hill and Valley districts of Manipur are presented. For the Comparison of selected variables i.e. Anxiety and Stress among the badminton players of Hill and Valley districts of Manipur, the independent t-test has been adopted.

4.1. Statistical Analysis of Data:

The collected data were statistically analyzed by using descriptive statistics to understand the characteristics of the variables and an independent t-test to compare means between the groups.

4.2. Level of Significance:

To test the hypothesis, the level of significance was chosen at 0.05 level of confidence, which was considered most adequate and reliable for this study.

4.3. Findings:

After the statistical analysis, the following findings were drawn.

ANXIETY:

Table 1. Mean Comparison

Variable	Group	N	Mean	SD	Std. Error Mean	df	t	Sig.
SCAT	Hill	20	15.60	2.30	.515	38	-2.067	0.04
	Valley	20	17.30	2.26	.641			

Table 1 reveals that the mean values (M) and standard deviation (SD) of the anxiety of badminton players from hill and valley districts of Manipur were 15.60 ± 2.30 and 17.30 ± 2.26 respectively. There was a significant difference found in anxiety between hill and valley badminton players of Manipur ($p=0.04 < 0.05$).

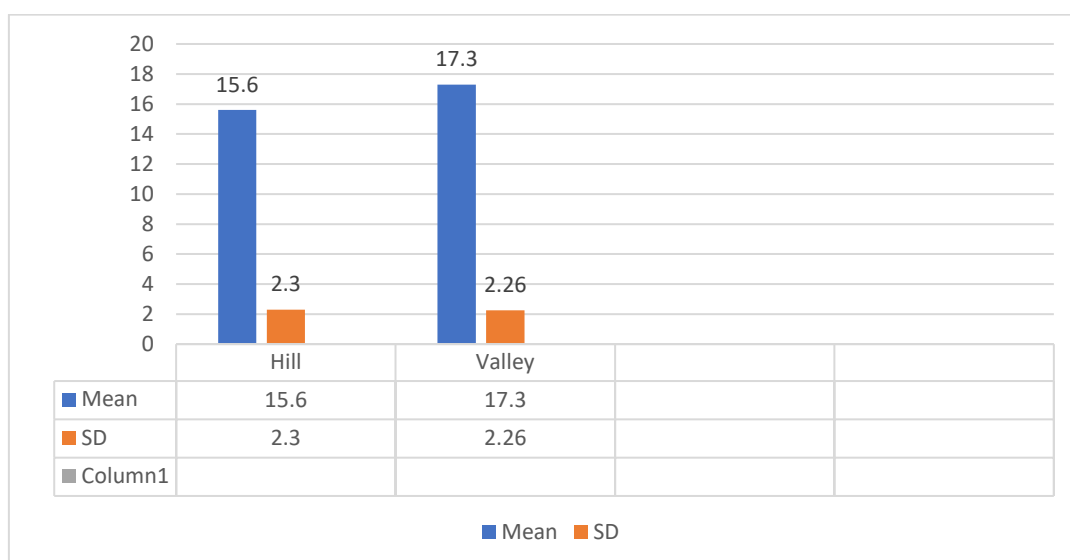


Figure 1: Graphical representation of Anxiety

STRESS:

Table 2. Mean Comparison

Variable	Group	N	Mean	SD	Std. Error Mean	df	t	Sig.
PSS	Hill	20	21.80	2.85	.639	38	4.966	0.00
	valley	20	16.75	3.53	.790			

Table 2 reveals that the mean values (M) and standard deviation (SD) of the stress of 20 badminton players each from hill and valley districts of Manipur were 21.80 ± 2.85 and 16.75

± 3.53 respectively. The independent t-test result revealed that the stress between hill and valley players of Manipur was significantly different.

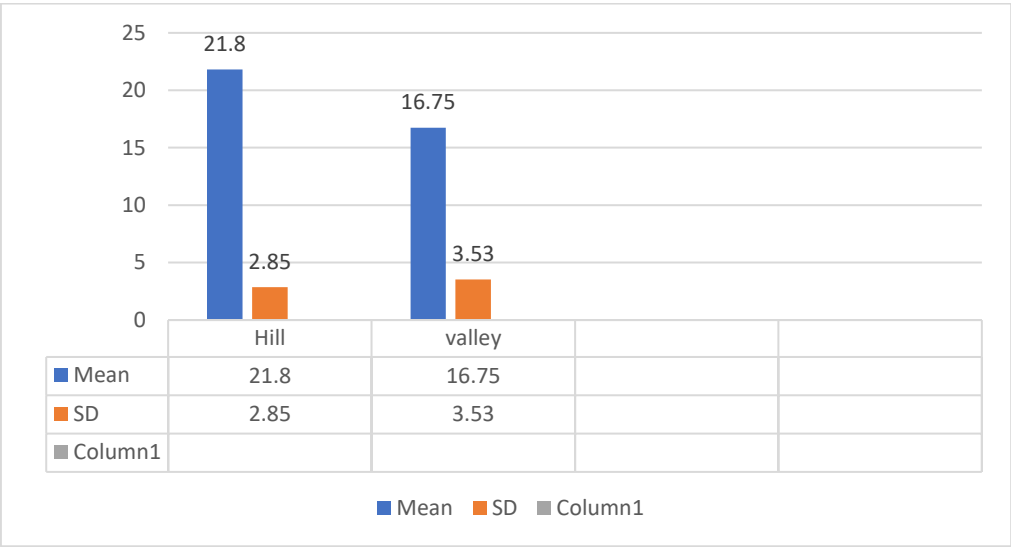


Figure 2: Graphical representation of Stress.

5. Discussion of Findings:

The purpose of this study was to identify the potential disparities in stress and anxiety levels among the Manipur badminton players from the Hill and Valley areas. In order to prevail in a game of badminton, a player must be completely focused, ready to make the correct decisions on the court, as well as capable to put the necessary tactics and strategies into execution. One of the most important and vital elements of the game is calmness. Many coaches' instructions emphasize how important it is for players to maintain composure, and as a result, this was reflected in the athletes' answers to the questionnaire.

Stress and anxiety have a big impact on how well athletes perform. According to the SCAT scale, badminton players in the Valley districts exhibited an average degree of anxiety, while those in the Hill districts displayed a low level of anxiety. This reflects the result of the current study. The researcher surmised that the player's tranquility and the social and cultural milieu in the hill regions would be contributing factors to the players' lower anxiety levels, which were noted in their questionnaire responses when compared to the valley districts.

The results also demonstrate that while the stress levels of the badminton players in both the Hill and the Valley were moderate, the mean stress level of the Hill players was higher than that of the Valley players. In contrast to badminton players in the Valley districts, the

researcher surmised that the environmental and financial situation of badminton players in the Hill districts may have contributed to their increased stress levels.

The overall findings for stress and anxiety could be due to numerous factors, such as various psychological features, limited sample sizes, etc. Anxiety and stress are experienced by badminton players at all competitive levels; this finding may be attributed in part to the absence of mental skill development in the game. Since novel conditions increase anxiety and stress levels, psychological training should seek to achieve mental stability. To this end, a coach should expose the athlete to competition settings regularly so that the athlete can become acclimated to them. An athlete's ability to maintain optimal psychological resilience throughout competition is a critical component of their success. Academic stress may significantly impact the psychological factors in collegiate badminton players (Hong et al., 2022). Stress management training has been shown to significantly improve the mental health of badminton players. Studies have highlighted the effectiveness of stress management programs, including spiritual therapy and mental training, in reducing sports anxiety among badminton players (Estiki, 2022; Kim et al., 2023).

6. Conclusion:

Based on the findings of the present study, it is surmised that the player's tranquillity and the social and cultural milieu in the hill regions would be contributing factors to the players' lower anxiety levels, which were noted in their questionnaire responses when compared to the valley districts. Further, the environmental and financial situation of badminton players in the Hill districts may have contributed to their increased stress levels. The overall findings for stress and anxiety could be due to numerous factors such as: various psychological features, limited sample sizes and the absence of mental skill development in the game. Psychological training should seek to achieve mental stability. To this end, a coach should expose the athlete to competition settings regularly so that the athlete can become acclimated to them. An athlete's ability to maintain optimal psychological resilience throughout competition is a critical component of their success.

The current study was unique since it was the first of its kind to attempt to psychologically characterize the badminton players of the Hill and Valley districts of Manipur. As a result, the study's conclusions will undoubtedly aid badminton coaches, trainers, and even selectors in gaining an understanding of the psychological composition and behaviour of badminton players.

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