

Is Academic Anxiety Sports Specific: A Comparative Study

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Abstract: The present study examined the effect of individual and team sports on academic anxiety. To attain this aim, a total of 100 subjects from individual and team sports (50 from each) with 14 to 16 years of age were randomly selected from summer coaching camp held at Jiwaji University Gwalior. Academic anxiety questionnaire was used for the purpose of collection of data among athletes. The obtained data was analyzed with the help of t-test. The results of the study showed that athletes participated in team sports had higher academic anxiety in comparison to individual sports. Coaches and physical education teacher could use these results in order to understand the impact of sports nature on academic anxiety.

Key Words: *Academic Anxiety, Questionnaire, Individual and Team Sports.*

Introduction:

Academic anxiety is a common issue that students cannot ignore if they want to succeed in school. If academic anxiety isn't properly addressed, it can have many serious and lasting consequences, such as causing a student to procrastinate, perform poorly on schoolwork, fail classes and withdraw from socializing with peers or pursuing activities that interest him. Moderate academic anxiety provides the motivation students require to exert effort completing assigned schoolwork and preparing to take examinations. According to the Anxiety Disorders Association of America (ADAA), about 13% of children aged 9 to 17 have an anxiety disorder. Sport is a cultural focal point because it is a theatre of unpredictability. Research was conducted to find out the adjustment and problem areas of many adolescents in the school and the results showed that most of the problems concentrated on academic anxiety followed by anxiety regarding their future. Research also revealed that academic stress was caused due to examination system, burden of homework and attitudes of

parents and teachers. This is a generation where everybody lives, breathes and eats competition. The all-pervasive competitive atmosphere, it social or academic, encourages adolescents to constantly compare themselves with their peers. Sports and anxiety often go hand-in-hand. Athletes who participate in individual and team sports have also been found to experience some kind of anxiety in their academics. Therefore, the purpose of the present study was to find out the effect of individual and team sports on academic anxiety among athletes with age ranges 14 to 16 years.

Methodology:

For the purpose of this study total one hundred (N=100) subjects from individual and team sports (50 from each) with 14-16 years of age were randomly selected from summer coaching camp organized at Jiwaji University, Gwalior. Academic anxiety of the student was assessed with the help of questionnaire (Reliability= 0.65) made by Dr. A. K. Singh and Dr. (Ms.) A. Sen Gupta. This questionnaire comprises of total 20 both positive and negative questions. Academic anxiety was only the criterion variable in this study. Permission for participation of athletes was taken from the head, department of Jiwaji University. All subjects were administered and requested to fill the questionnaire. Data was analyzed and compared with the help of t-test.

Results and Discussion:

The data collected was statistically analyzed by t-test as depicted in Table 2.

Table 1
Descriptive statistics of Individual and team sports

Nature of Sports	N	Mean	Std. Deviation
Individual	50	10.22	2.742
Team	50	11.24	2.190

Table 2
Comparison of Individual and Team Sports on Academic Anxiety

Nature of sports	N	Mean	df	M.D.	t-value
Individual	50	10.22	98	-1.020	-2.05*
Team	50	11.24			

*Significant at .05 level,
t.05 (98) = 1.98

Descriptive statistics (Mean and Standard deviation) were presented in table 1, whereas difference was seen in the nature of sports. t-test (table 2) revealed that there was a significant difference between individual and team sports athletes on academic anxiety, as obtained value of t (-2.05) was more than the tabulated value (1.98), required for t-test to be insignificant at .05 level with 98 degree of freedom. This finding of the research is consistent with the results of Fatemeh Behzadi (2011) who found athletes of team sports had higher anxiety.

Academics are the major source of tension among the youth nowadays. In today's competitive world, it is not uncommon to find academic achievement playing the most important role in a child's growing up. It is also true that youth today, often lacks academic motivation as their attention is diverted and divided among many things like peer group, heterogeneous relations, fashion and incessant entertainment. It appears that desiring and requiring academic achievement on one hand, and getting diverted from thorough academic efforts, creates a situation of continuous stress and anxiety for the adolescents. Growing number of students experience dual stresses of taking examination and participation in sports competition. The present study too, found the effect of types of sport on academic anxiety among athletes. Results indicated that athlete in team sports had found higher academic anxiety in comparison to individual sports. It means athletes who participate in individual sports have low academic anxiety; hence they may perform well in academics. Coaches and physical education teacher can use this result to understand the level of academic anxiety of youth athletes due to types of sport and may use appropriate method to reduce the academic anxiety among the athletes.

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