CHAPTER-III

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The final results of the study depend on the accuracy and reliability of the data collected. The success of the project has great reliability on the methods employed in the task. Vivid and minute clarifications were obtained from various subjects with respect to the confined topic.

This chapter clearly defines the methods adopted in collecting data. Steps adopted in the questionnaire administrations were distribution of questionnaire to the subjects. The various data so obtained are tabulated in proper places. The researcher mainly adopted the simple and easy methods of questionnaires, personal visits to national and state level sportspersons of Manipur at their residences, hostels and other sports complexes.

Selection of Subjects

The researcher has conducted this research on 173 teams sportspersons and 173 individual sportspersons of Manipur over the span of five years starting from 1995 to 2000. The team sportspersons were from the field of Hockey, Football, Handball,
Kabaddi, Sepak-takraw and Volleyball, on the other hand the individual team sportspersons were from the disciplines of Archery, Cycling, Table-Tennis, wrestling, Fencing, Athletics, Weight Lifting, Judo, Boxing and Tae-kwondo respectively.

The various sportspersons comprised of both males and females. The players were then divided into two categories on the basis of national and state level groups to determine the differences in anxiety level between them. There was no specific age group although the sportspersons were of both male and female. But, nevertheless, the groups were from the state level and national level players of five years. They were put at the same footing while conducting the research work.

**Selection of Tools**

The researcher employed renounced tools only at his work and which is developed by Charles D. Spielberger and known as "Anxiety Test Questionnaire."
Administration of questionnaire and interview

The researcher personally paid visits to the various selected subjects and interviewed them about their personal anxieties and common anxieties. They were made as much as possible to be at their composure so as to receive the best results. The problems faced by them as a result of anxiety were discussed at length. The subjects were supplied three modes of questionnaires each, one before the actual competition/facing of the scheduled game, the other one was supplied during the intervals of the game before completion of the game and the last was supplied just after the actual game ended.

All the three sets of questionnaires were constructed in the simplest way. The language of the questionnaires were made in the easiest style to enable the sportspersons to understand easily and quickly. The subjects were given four choices in the questionnaires. But there were no negative marking choices in the questionnaires. But there were also no choices which were right or wrong. The four choices were firstly “Not At All”, secondly “Somewhat”, thirdly “Moderately So” and fourthly “Very Much So”. 
The subjects were only to option one choice amongst the four options so provided in the questionnaires.

Special care was given in preparing the questionnaires. Guidance of the Test Adopter's was applied at the preparation of the questionnaires. Every aspect of anxiety was laid down on the questionnaires. Further, the researcher took all the precautions so as not to sidetrack the subjects from the topic of the study. The questionnaires contained mainly the anxiety related problems. The main themes of the questionnaires were about the anxiety experienced by the subjects before, during and after the games. The responses thus obtained bear great reliability with the research work.

**Scoring:** Every choice has its own marking. The four choices do not carry similar marks for every question so put. Hence, the first choice do not carry the same mark and ranking for every set of question. Likewise, the other three choices also do not carry the same mark and ranking for every set of questions. The marks vary according to the nature of the question irrespective of the four choices.
The researcher adopted the “STAI Form Y-I” Scoring Key Method. Each individual subject was made to answer all the three time based-types of questionnaires and at the conclusion the total marks were calculated by way of the STAI Form Y-I key method and thus every individual as well as Team players were differentiated and workout the indifferences between each and everyone about anxiety so felt with.

Statistical Analysis of Data

The gravity of the differentiation between the selected individual and team players do not depend on their obtained marks or rankings at their choices. The marks or rankings obtained at the questionnaires and responses only show the selected subjects’ degree of anxiety prior to the actual participation, during their participation and after their participation but, it certainly brought out the level and degree of anxiety faced by them at three different stages only.

The researcher employed the sports competition Anxiety Test adopted by Charles D. Speilberger. The scoring was carried out according to the prescribed test manual. The sportspersons ‘t’ test was applied to calculate the level of significance on different
schedules of games & sports in order to work out the differences in anxiety between individual and team sportspersons of Manipur so confined with the research work.