CHAPTER-III

METHOD AND PROCEDURE
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In this chapter, procedure used to accomplish the study related to Competitive Anxiety, Ego-Strength and General Well-Being in terms of selection of the subjects or samples, selection of variables, categorization of groups, collection of data and statistics used have been described.

1. SELECTION OF SAMPLES

To accomplish the objectives of study, the subjects were drawn from the colleges affiliated to the Panjab University Chandigarh, random sampling technique was employed to select 222 subjects. Since the data were collected from Judo, handball, softball, hockey and basket ball male and female players. The break-up of sample is given in Table 3.1.

**TABLE 3.1**
Sample Classification

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Game</th>
<th>Performance</th>
<th>Sex</th>
<th>No. of Athlete</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Judo</td>
<td>College level</td>
<td>Male</td>
<td>23</td>
</tr>
<tr>
<td>2.</td>
<td>Judo</td>
<td>College level</td>
<td>Female</td>
<td>22</td>
</tr>
<tr>
<td>3.</td>
<td>Softball</td>
<td>College level</td>
<td>Male</td>
<td>25</td>
</tr>
<tr>
<td>4.</td>
<td>Softball</td>
<td>College level</td>
<td>Female</td>
<td>15</td>
</tr>
<tr>
<td>5.</td>
<td>Handball</td>
<td>College level</td>
<td>Male</td>
<td>30</td>
</tr>
<tr>
<td>6.</td>
<td>Handball</td>
<td>College level</td>
<td>Female</td>
<td>20</td>
</tr>
<tr>
<td>7.</td>
<td>Hockey</td>
<td>College level</td>
<td>Male</td>
<td>22</td>
</tr>
<tr>
<td>8.</td>
<td>Hockey</td>
<td>College level</td>
<td>Female</td>
<td>22</td>
</tr>
<tr>
<td>9.</td>
<td>Basketball</td>
<td>College level</td>
<td>Male</td>
<td>21</td>
</tr>
<tr>
<td>10.</td>
<td>Basketball</td>
<td>College level</td>
<td>Female</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Total</strong> 222</td>
</tr>
</tbody>
</table>

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2. DESING OF STUDY

This is a status quo type of study designed to achieve the objectives. The dependent variables of Competitive Anxiety, Ego-strength and General Well-being as related to the male and female judo, softball, hockey, handball and basket ball players. The random sampling design was used. The statistical measures used in this study were Pearson product movement co-efficient of co-relation, ANOVA and Schefee’s post-hoc analysis. Mean and S.D. values were computed to know the direction of differences between groups and intra-group variability.

3. SELECTION OF VARIABLES

The following variables were selected for the study:

(a) Competitive Anxiety
(b) Ego-Strength
(c) General Well-being

4. TOOLS USED

With a view to measure the selected variables the following tests were administered to the subjects.

(i) Assessing your Anxiety scale developed by Rainer Martens (1977).
(ii) Hasan’s Ego-Strength scale developed by Dr. Q. Hasan (1976).
(iii) PGI well-being scale developed by Verma and Verma (1989).

A specimen copy of each test used in the present study has been provided in Appendices A,B,C.

Assessing your Anxiety Scale

For the assessment of Competitive Anxiety, “Assessing your anxiety scale” developed by Rainer Martens (1977) was used. The scale was available in English version only. Through this scale, Anxiety level could assessed. For assessing the Competitive Anxiety level, Rainer
Marten developed SCAT score. Accordingly these scores, if any subject score less than 17 which means subject is having low level of Anxiety, if subject scores between 17 to 24, which means subject is having average level of anxiety and if score is more than 24, which means subject is having higher level of anxiety. The test retest reliability of sports competitive anxiety test score found .96.

**Hasan's Ego-Strength scale**

With the rise of ego-psychology, the position of ego was elevated to that of such a controlling mechanism with in the personality as is capable of taking positive steps in the interest of the person as whole. Fenichal (1945) is of the view that ego perform the following five function such as (a) perception (b) mortality (c) binding tension (d) judgment (e) synthesizing.

The original ego-strength scale (E.S.S.) was developed by Barron (1963) to predict the responses of psychoneurotic patients of psychotherapy. In this research Ego-strength scale developed by Dr. Q. Hasan (1976) was used to measure ego-strength of the subjects. The test-retest reliability co-efficient of the adapted scale were reported to be 0.86 and 0.82 respectively. The validity of scale has been established through factor analysis and factor loading was found to be 0.619.

The scale is self – administered, the tester reads the instruction printed at the top of the sheet and asks the testees to read the same silently with him. There is no time limit. Usually the scale takes about 20 min. to complete. One mark is given for each of the ‘No’ (X) responses.

**PGI Well-being scale**

To measure the general well-being of university players “PGI well being scale” designed by Verma and Verma (1989) was used for the study. In 1970, Dr. H. Dupuy, Psychology advisor, Division of Health Examination statistics, USA developed a general well-being schedule,
which was later modified, certain items were deleted the format was completely changed, simplified to suit Indian conditions. A 20 item scale was thus constructed called P.G.I. general well-being scale. The scoring was easy, just counting the number of ticks (✓) with scores ranging from 0 to 20.

The scale was measured by K.R. 20 formula and reliability was found to be 0.98 while test-retest reliability was 0.91. The PGI general well-being scale found to be reliable and valid tool to measure positive mental health of Indian subjects.

4. ADMINISTRATION OF THE TEST

The subjects included in the present study were the selected probables to represent their colleges at Panjab University in their respective sports. The Panjab University Chandigarh had organized inter college competition of different games including judo, softball, handball, hockey and basketball. The purpose of the project was explained to the subjects and appeals to give their independent and true responses. They assured their honest co-operation. The questionnaire were distributed to subjects after their competition or during rest time in their rooms with the permission of their coaches. There was no time limit given to fill up the questionnaire. However usually delay was not permitted. The researcher made groups of subjects and chose a leader of each group who distributed the question papers and collected the filled up papers from each students. It took ten minutes to distribute necessary materials (Questionnaire and Pencil). In the next five minutes instructions as specified in the test were given and doubts of the subjects were clarified.

5. STATISTICAL DESIGN

Pearson product movement co-efficient of co-relation, ANOVA and Schefee's Post hoc test were used. Mean and S.D. values were computed to know the direction of differences between groups and intra-group variability.