CHAPTER-III
METODOLOGY

A research design is the logical and systematic planning and direction of a piece of research. Research procedure is the most essential for any research work. In this chapter, sources of data, sampling procedure, administration of questionnaire and collection of data have been described.

3.1 Source of Data:

For the present study, the researcher selected the subjects from Inter-University ashamedtournament held at Maharashtra.

3.2 Sampling Procedure:

To estimate the anxiety level of Inter-University players of various games, the researcher selected 870 (eight hundred seventy) subjects randomly consisting of 522 male and 348 female players from five different games those who participated in Inter-University Ashwamedh tournament at Maharashtra in the year 2012-2013. Out of 522 male subjects consisting 192, 108, 54, 72 and 96 players from Athletics, Kho-Kho, Kabaddi Volleyball, Basketball respectively and out of 348 female subjects consisting 128, 72, 36, 48 and 64 players from Athletics, Kho-Kho, Kabaddi Volleyball, Basketball respectively from pre-quarter final match of tournament in each game. Their age ranges varied from 18 to 28 years.

3.3 Tools for data collection:

The study was conducted with a purpose to determine the anxiety level of Inter-University players of various games, some relevant information was necessary for interpreting the responses. For relevant information Sport Competition Anxiety Test (SCAT) questionnaires developed by Rainer Marten were used for both the male and female players to assess the pre and post competitive anxiety. In responding to Sport Competition Anxiety scale, subjects were instructed to indicate how they generally feel by rating the frequency of their feeling of anxiety on the five point scale- (1) Extremely low (2) Low (3) Normal (4) High (5) Extremely high. The
questionnaire contained a number of 15 statements which were related to Sport Competition Anxiety and indicated how a person generally feels.

Sports Competition Anxiety Test (SCAT) Questionnaire prepared by Rainer Martens. The test had widely used for measuring anxiety related to sports situations in most of the advanced countries. The test is reliable and valid. The pre-competition anxiety questionnaire had 15 items out of which 5 were spurious questions which was added to the questionnaire to diminish response bias towards actual test items. These 5 questions were not scored. The subject was instructed to respond to each item according to how he generally felt at the time of competition. Every student had responding of anxiety on the five point scale i.e. (1) Extremely low (2) Low (3) Normal (4) High (5) Extremely high. The 10 test items, which were taken for scoring purpose, were 2,3,5,6,8,9,11,12,14 and 15. The remaining items i.e. spurious items, which were not scored out. The scholar to ensure that the subjects responded to every item and there was no question left unanswered scrutinized the completed questionnaire. The items 2,3,5,6,8,9,11,12,14 and 15 were worded in such a manner that they scored accordingly. However spurious questions i.e. 1,4,7,10 and 13 were not scored out as suggested by Rainer Martens. Scores obtained by each subjects on each statement were added up which represented one’s total score on pre-competition anxiety. Scores obtained on anxiety questionnaire by subjects of various inter universities were added separately and score sheets evaluated in accordance with the instruction laid down in the manual of the test.

3.4 Administration of Questionnaire:

The researcher tried to collect information for assessment of anxiety level (before and after the match) of selected subjects through the questionnaire of Sport Competition Anxiety Test (SCAT). The researcher visited personally and distributed the questionnaires to 870 (eight hundred seventy) subjects consisting of 522 male and 348 female players in five different games (Volleyball, Basketball, Athletic, Kho-Kho, and Kabaddi) those who participated in Inter- University Ashwamedh tournament in Maharashtra and explained the procedure for filling questionnaire without taking the help of others. The personal visitation of researcher and opinions of these were available for the purpose of this study. After receiving the questionnaire answers according to the instruction given by researcher. The
investigation has also encouraged to co-operation in this respect and the returns were very high.

To secure honesty in answering the mentioned questionnaire the players were given the liberty to sign in the questionnaire. They were assured that their answers would be kept confidential and great precautions were taken to ensure that this guarantee of anonymity was understood and respected. The data were collected one hour before and after the competition of pre quarter final match of tournament in each game. To obtain scores for the sport competitive anxiety scale simply add the weighted scores for the items. No time limit is set for filling up the questionnaire. The subjects were asked to respond as quickly as possible without brooding over any question/statement once the instructions were understood clearly beforehand.

Thus the researcher could ultimately collected 1740 questionnaires from the players duly filled before and after the final match of each game. The researcher verified each and every questionnaire filled in by the players. After verification of questionnaires it was found that few players did not give opinion regarding some questions. While collecting data researcher had also taken personal interviews from those players for the complete information regarding the questionnaires. Finally the researcher collected 1740 questionnaires (before match 870 and after match 870 questionnaires) from both the male and female in Inter-University players.

3.5 Collection of Data:

The data were collected through the administration of questionnaire from all the selected Inter-University players. Scores obtained on anxiety questionnaire by subjects were added separately and score sheets evaluated in accordance with the instruction laid down in the manual of the test. The data collected was analyzed by using raw scores and researcher employed percentage and Chi-Squire statistical techniques for further analysis.