SUMMARY OF THE THESIS

The participation of the students increased year by year and the number of events as well. The individual or team sport performance purports that an inverse relationship exists between sport performance and psychopathology. In the field of sports, there are many situations which produce anxiety-ridden behavior that has many implications for the players. Anxiety is a physiological and psychological state characterized by emotional, cognitive, somatic and behavioral components. These components combine to create an unpleasant feeling that is typically associated with un easiness, worry at fear. The player’s anxiety is more related to the subsequent result of the game. Anxiety affects a sports players’ performance in physiological, cognitive and behavioral ways. If you suffer from anxiety before an important athletic competition, your sports performance will be affected.

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.

A good deal of research has shown that exposure therapy is effective for reducing negative affective symptoms associated with specific psychopathology. Moreover, in vivo exposure therapy has been found to have greater efficacy phobias (e.g., acrophobia, fear of driving, claustrophobia, aviophobia, and arachnophobia). Exposure to emotional situations and prolonged rehearsal result in the regular activation of cerebral metabolism in brain areas associated with inhibition of maladaptive associative processes. Identical neural circuits have been found to be involved in emotion regulation across affective disorders. Systematic and controlled therapeutic exposure to phobic stimuli may enhance emotional regulation through adjustments of inhibitory processes on the amygdala by the medial prefrontal cortex during exposure and structural changes in the hippocampus after successful therapy.
Recent quantitative reviews of virtual reality exposure therapy have concluded that virtual reality exposure has good potential as a treatment approach for anxiety and several specific phobias.

**Therapy**

The main form of therapy for anxiety problems is cognitive behavioral therapy, or CBT, whether for short- or long term treatment.

It is extremely important that you try to engage the individual in some sort of physical release no matter where they are. Physical exercise also releases endorphins which can help in calming down a highly excitable individual. Asking an asperger’s student who is in the early stage of rising anxiety to go and retrieve a box of pens from the supply room not only helps to burn off some rising adrenaline levels but also acts as a distraction from the issue causing anxiety because a change in environment, even briefly, may be just the reprieve the brain needs to stop spiraling downward into an anxiety state.

**Tools for data collection:**

This 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 the collection of 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 statements which were related to Sport Competition Anxiety and indicated how a person generally feels.

Administration of questionnaire was also important to collect the necessary information to assess the anxiety level of Inter- University players of various games. 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 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.

Finally the researcher collected 1740 questionnaires (before match 870 and after match 870 questionnaires) from both the male and female in Inter-University players.

**Statistical analysis:**

All the data pertaining to the present study were examined by employing ‘t’ test to find out whether any significance difference between the mean score of pre and post-game anxiety for both the groups of male and female. The data were examined by employed Chi-square ($x^2$) statistical technique to see the significant result and to see the comparison of data percentage statistical techniques through consequent tables and graphs.

**Conclusions:**

There is considerable interest in uncovering the factors that contribute to endurance performance. Research, to date has largely centred on biological variables. There is evidence that psychological factors also impact upon endurance performance. Selected personality traits such as emotional stability are associated with success in a variety of sports. Although these findings should not be used in efforts to select athletes for competition, they underscore the impact that mental health has on performance, a fact all too often ignored when considering the needs of the athlete. Other factors such as anxiety also influence sport performance, but at a much more individual level. These findings indicate that psychological research on athletes would benefit from considering the influence of both nomothetic and ideographic factors. Moreover, given the complex nature of endurance performance, a better understanding will come only when psychological and physiological variables are examined conjointly. As stated by the pioneering American sport psychologist Coleman Griffith some 70 years ago, athletic performance involves the study of vexing physiological and psychological problems, many of which are distorted by the attempt to reduce them to simple terms.

The results from the various approaches used in this the researcher has come to the following conclusions:
The finding of table -7 concluded that the calculated ‘t’ value is 5.35 which was greater than that of tabulated value of 1.97 at 0.05 level of confidence. However, the difference between the pre and post-game anxiety of male athletes are found significant. It can be said that pre-game anxiety of male athletes was significantly higher in comparison to post-game anxiety level.

In case of female the finding of table -10 revels that the calculated ‘t’ value is 2.61 which was greater than that of tabulated value of 1.97 at 0.05 level of confidence. However, the difference between the pre and post-game anxiety of female athletes are found significant. It can be said that pre-game anxiety of female athletes was significantly higher in comparison to post-game anxiety level.

Evidence the findings from table-13 highlighted that mean differences between the pre and post-game anxiety of male Kho-Kho players are found significant. The calculated ‘t’ value 3.42 which was found greater than that of tabulated value 1.98 at 0.05 level of significance. It can be said that pre-game anxiety of male Kho-Kho players was significantly higher in comparison to post-game anxiety level.

In case of female the findings concerning table-16 interpreted that the calculated ‘t’ value is 3.83 which was higher than that of tabulated value of 1.99 at 0.05 (71) level of confidence. It is indicated that there was significant different between the mean scores of pre and post-game anxiety of female Kho-Kho players. The findings show the pre-game anxiety of female athletes was more as compared to post-game anxiety level.

The result interpreted from table-19 indicates that there was significant difference between the pre and post-game anxiety level of male Kabaddi players. The calculated ‘t’ value 2.13 which was found greater than that of tabulated value 2.01 require to be significant at 0.05 (53) level of significance. It can be said that pre-game anxiety of male Kabaddi players was significantly higher in comparison to post-game anxiety level.

In case of female the finding regarding the table-22 the calculated ‘t’ value is 2.92 which is greater than that of tabulated ‘t’ value 3.42 which was found greater than that of tabulated value 2.02 require to be significant at 0.05 (35) level of significance. It was found that pre-game anxiety of female Kabaddi players was significantly higher in comparison to post-game anxiety level.
Evidence the findings from table-25 highlighted calculated ‘t’ value 2.99 which was found higher than that of tabulated value 1.99 require to be significant at 0.05 level of significance. It was found that there was significant difference between the pre and post-game anxiety level of male Volleyball players. It was indicated that pre-game anxiety of male Volleyball players was significantly higher in comparison to post-game anxiety level.

In case of female the result interpreted from table-28 indicates that the calculated ‘t’ value is 2.24 which is greater than that of tabulated value of 2.01 at 0.05 level of significance. However, the difference between the pre and post-game anxiety scores of female Volleyball players is found significant. It was found that the pre-game anxiety of female Volleyball players was more as compared to post-game anxiety.

The finding regarding the table-31 reveals that the calculated ‘t’ value 2.96 which was found greater than that of tabulated value 1.98 require to be significant at 0.05 (95) level of confidence. There was significant difference between the pre and post-game anxiety level of male Basketball players. It can be said that pre-game anxiety of male Basketball players was significantly higher in comparison to post-game anxiety level.

In case of female the findings concerning table- 34 highlighted that the calculated ‘t’ value is 11.12 which was greater than that of tabulated value of 1.99 at 0.05 (63) level of confidence. It was found that there was significant difference between the pre and post-game anxiety of female Basketball players. It was concluded that the pre-game anxiety of female Basketball players was more as compared to post-game anxiety level.

Evidence the findings from table-37 highlighted the players of volleyball and athletics pre competitive anxiety were higher and in case of post competitive anxiety the players of volleyball and basketball were higher than the players of other games. It was also indicated that kho-kho players are low anxiety in pre and post-test competition. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of male athletes in all five games.

The findings concerning table-40 interpreted that the pre competitive anxiety of female volleyball players was higher than the players of other games. In case of post competitive anxiety the players of athletics was higher than the players of other
games. It was also seemed that basketball players are low anxiety in pre and post-test competition than the other players. Above table reveals that pre competitive anxiety was higher than the post competitive anxiety of female in all the five games.

The result interpreted from table-43 indicate that the calculated ‘t’ value is 9.89 which was greater than that of tabulated value of 1.95 at 0.05 (521) level of confidence. It was indicated that there was significant difference found between the overall mean scores of pre and post-game anxiety of male players. It was concluded that the overall mean of pre-game anxiety of male players was higher as compared to post-game anxiety level.

In case of female the results from the table-46 showed the calculated ‘t’ value is 5.75 which was greater than that of tabulated value of 1.96 at 0.05 (347) level of confidence. Therefore, significant difference found between the overall mean scores of pre and post-game anxiety of female players. It was concluded that the overall mean of pre-game anxiety of female players was higher as compared to post-game anxiety level.

The finding regarding the table-52 revealed that the pre and post-game anxiety level of male athletes in respect to extremely low, low, normal, high and extremely high categories, the percentage are 6.25 % & 12%, 13.54% & 23%, 23.96% & 30%, 21.88% &45% and 34.38% & 34% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male athletes.

In case of female the result interpreted from table-58 indicate that the pre and post-game anxiety level of female athletes in respect to extremely low, low, normal, high and extremely high categories, the percentage are 3.13 %, 7.81%, 23.44%, 29.69% , 35.94% and 29.69 %, 32.81%, 18.75%, 10.94% and 7.81% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female athletes.

The results from the table-64 highlighted that the pre and post-game anxiety level of male kho-kho players in respect to extremely low, low, normal, high and extremely high categories, the percentage are 1.85 % & 20.4%, 7.41% & 31.48%, 20.37% & 16.76%, 24.07% & 16.76% and 46.30% & 11.11% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male kho-kho players.
In case of female he findings concerning table-70 showed that the pre and post-game anxiety level of female kho-kho players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00% & 25.00%, 8.33% & 33.33%, 16.67% & 13.89%, 25.00% & 16.76% and 50.00% & 11.11% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female kho-kho players.

Results of the table-76 interpreted that the pre and post-game anxiety level of male kabaddi players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00 % & 25.93%, 3.70% & 33.33%, 14.81% & 11.11%, 25.93% & 11.11% and 55.56% & 18.52% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male kabaddi players.

In case of female the finding regarding the table-82 highlighted that pre-game anxiety level of female kabaddi players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00 % & 27.78%, 0.00% & 33.33%, 16.67% & 11.11%, 27.78% & 11.11% and 55.56% & 16.76% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female kabaddi players.

The result interpreted from table-88 indicated that the percentage of pre and post-game anxiety level of male volleyball players in respect to ‘extremely low’ 2.78 % & 33.33%, ‘low’ 8.33% & 27.78%, ‘normal’ 25.00% & 16.76%, ‘high’30.56% & 13.89% and ‘extremely high’33.33% & 8.33% categories respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male volleyball players.

In case of female the results of table-94 revealed that the pre and post-game anxiety level of female volleyball players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00 %, 4.17%, 29.17%, 29.17%, 25.00 %, 20.83%, 25.00%, 20.83%, 8.33% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female volleyball players.

The findings concerning table-100 indicated that the percentage of pre and post-game anxiety level of male basketball players in respect to ‘extremely low’2.08 % & 31.25%, ‘low’12.50% & 35.42%, ‘normal’18.75% & 14.58%, ‘high’27.08% & 10.42% and ‘extremely high’39.58% & 8.33% categories respectively. It was
concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male basketball players.

In case of female the results from the table-106 interpreted that the pre and post-game anxiety level of female basketball players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00 % & 28.13%, 12.50% & 31.25%, 21.88% & 18.75%, 31.25% & 12.50% and 34.38% & 9.38% respectively. It was clearly found that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female basketball players.

The findings regarding table 108 highlighted that the pre and post-game anxiety level of overall players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 2.53 % & 26.12%, 9.20% & 31.49%, 21.61% & 17.24%, 26.44% & 13.56% and 40.23% & 11.49% respectively. It was clearly stated that pre competitive anxiety was higher than the post competitive anxiety of Inter-University players in overall game.

The result interpreted from table-109 stated that the calculated ‘t’ values are 5.33 and 3.93 which were greater than that of tabulated value of 1.92 at 0.05 level of confidence. It was indicated that the overall mean scores of pre and post-game anxiety among the male and female players differ significantly. It was concluded that pre-game and post-game anxiety of male players was higher as compared to female players.

The findings regarding the table-110 interpreted that the computed $\chi^2$ value of 22.494 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It might be indicated that significant difference was found between the pre and post-game anxiety of male athletes in different categories of anxiety level. It was concluded that pre-game anxiety of male athletes was higher in comparison to post-game anxiety level.

In case of female it is evident from table-111 that computed $\chi^2$ value of 41.051 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It was found that significant difference was found between the pre and post-game anxiety of female athletes in different categories of anxiety level. It was clearly stated that pre-game anxiety of female athletes was higher in comparison to post-game anxiety level.

The findings from table-112 highlighted the computed $\chi^2$ value of 30.906 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It was found that significant difference was found between the pre and post-game anxiety of male kho-kho
players in different categories of anxiety level. It was concluded that pre-game anxiety of male kho-kho players was higher in comparison to post-game anxiety level.

In case of female the result interpreted from table-113 showed that the computed $\chi^2$ value of 24.00 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It was found that significant difference was found between the pre and post-game anxiety of female kho-kho players in different categories of anxiety level. It was concluded that pre-game anxiety of female kho-kho players was higher in comparison to post-game anxiety level.

The findings regarding the table-114 revealed that the computed $\chi^2$ value of 20.143 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It was found that significant difference was found between the pre and post-game anxiety of male kabaddi players in different categories of anxiety level. It was concluded that pre-game anxiety of male kabaddi players was higher in comparison to post-game anxiety level.

In case of female it is evident from table 115 that the computed $\chi^2$ value of 16.255 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It is clearly said that significant difference was found between the pre and post-game anxiety of female kabaddi players in different categories of anxiety level. It was clearly stated that pre-game anxiety of female kabaddi players was higher in comparison to post-game anxiety level.

The findings concerning the table-116 indicated that the computed $\chi^2$ value of 21.327 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It indicated that significant difference was found between the pre and post-game anxiety of male volleyball players in different categories of anxiety level. It was clearly found that pre-game anxiety of male volleyball players was higher in comparison to post-game anxiety level.

In case of female the result interpreted from table-117 stated the computed $\chi^2$ value of 13.531 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It was found that significant difference was found between the pre and post-game anxiety of female volleyball players in different categories of anxiety level. It was concluded that pre-game anxiety of female volleyball players was higher in comparison to post-game anxiety level.
The findings regarding table-118 showed that the computed $\chi^2$ value of 31.099 was greater than the tabulated value of $\chi^2 \cdot 0.05(4) = 9.49$. It clearly found that significant difference was found between the pre and post-game anxiety of male basketball players in different categories of anxiety level. It was concluded that pre-game anxiety of male basketball players was higher in comparison to post-game anxiety level.

In case of female it is evident from table-119 that the computed $\chi^2$ value of 18.791 was greater than the tabulated value of $\chi^2 \cdot 0.05(4) = 9.49$. It revealed that significant difference was found between the pre and post-game anxiety of female basketball players in different categories of anxiety level. It was clearly found that pre-game anxiety of female basketball players was higher in comparison to post-game anxiety level.

Finally the findings of the study showed that there was significant difference between the pre and post-game anxiety of male players in respect to all five different games. Pre-game anxiety was higher in comparison to post-game anxiety level.

It was also revealed that there was significant difference between the pre and post-game anxiety of female players in respect to all five different games. Pre-game anxiety was also higher in comparison to post-game anxiety level.

The findings of the study showed that out of five games male players of volleyball and athletics pre competitive anxiety were higher in comparison to other games and in case of post competitive anxiety the players of volleyball and basketball were higher than the players of other games. It can be concluded that kho-kho players are low anxiety in pre and post-test competition. It was also concluded that pre competitive anxiety was higher than the post competitive anxiety of male players in all five games.

The findings of the study interpreted that out of five games pre competitive anxiety of female volleyball players was higher than the players of other games and in case of post competitive anxiety the players of athletics was higher than the players of other games. It was also seemed that basketball players have low anxiety in pre and post-test competition than the other games. It was also concluded that pre competitive anxiety was higher than the post competitive anxiety of female players in all five games.

The findings of the study stated that there was significant difference between the pre and post-game anxiety in respect to extremely low, low, normal, high and
extremely high categories on the basis of Chi-square ($\chi^2$). It was also concluded that pre competitive anxiety was higher than the post competitive anxiety of male and female players in all five games.

The findings of the study showed that there was significant difference between the pre and post-game anxiety among male and female players in respect to all five different games. It was concluded that Pre and post-game anxiety of male players was higher in comparison to female players in all five different games.

Finally on the basis of findings and conclusions some recommendations are made.