



A Comparative Study On Speed & Anxiety Between The Athletes Of High Socio Economic Status And Low Socio Economic Status.

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ABSTRACT

Speed in sports is a critical component that often determines the difference between success and failure, especially in fast-paced competitions. Speed encompasses a combination of physical agility, mental quickness, and reaction time, making it a multifaceted trait that is highly valued across various sports disciplines. From sprinting in track and field to quick transitions in basketball or rapid reflexes in table tennis, speed plays a pivotal role in the performance of athletes. The Importance of Speed in Sports Speed is one of the most fundamental athletic attributes, whether it's in sprinting, swimming, or team sports like soccer and hockey. In many sports, the faster an athlete can move, the greater their advantage over their opponents. For instance, in track and field, sprinting events like the 100 meters are purely about explosive speed, where fractions of a second can separate victory from defeat. In football, wide receivers rely on speed to break away from defenders, while speed in basketball allows players to drive past their opponents or catch them off-guard during a fast break. Anxiety is a major factor in sports. Anxiety is brought on by the difficulties involved in participating in sports. Anxiety can either serve as a powerful motivator or it can get in the way of excellent athletic performances. The level of anxiety also varies depending on a variety of factors; anxiety is likely to be higher in highly competitive sports than in relatively non-competitive sports due to the high expectations placed on competitors in these sports to succeed. Sports psychologists are now particularly interested in researching how anxiety affects athletic performance. The level of perceived anxiety is a crucial factor to take into account when evaluating a person's performance. Research demonstrates that All of us, especially athletes, experience anxiety to varied degrees. However, in the world of sports, some competing circumstances by nature elicit greater anxiety than others. Anxiety may at times be advantageous when performing tasks that call for strength or power. To analyze the data Mean, Standard deviation and t value has been used.

INTRODUCTION

Sports psychology is a field that aims to use psychological knowledge and concepts to analyse human behaviour and performance across all sports. The majority of physical education research is concerned with the physiological aspects of human performance. However, according to many psychologists and trainers, competitiveness is 90% mental and 10% physical. In a competitive setting, it is likely that both sides have roughly the same physical aptitude and degree of fitness. Beyond that, though, mental preparedness determines the victor. Thus, the goal of sports psychology is to comprehend, explicate, foresee, and manage player and athlete behaviour.

Anxiety is a major factor in sports. Anxiety is brought on by the difficulties involved in participating in sports. The degree of an athlete's achievement is dependent on how well he manages his anxiety. Anxiety can either serve as a powerful motivator or it can get in the way of excellent athletic performances. The level of anxiety also varies depending on a variety of factors; anxiety is likely to be higher in highly competitive sports than in relatively non-competitive sports due to the high expectations placed on competitors in these sports to succeed.

Speed plays a crucial role in sports performance by enhancing an athlete's effectiveness in various contexts. Here's how speed impacts performance across different sports:

1. Acceleration and Explosiveness - The ability to accelerate quickly is vital in many sports. Athletes with explosive speed can gain an advantage in the early stages of a race, breakaway from defenders, or react faster to in-game situations. This is particularly important in short-distance sprints, basketball, soccer, and football.
2. Game Pace Control** - Speed helps dictate the tempo of the game. Faster athletes can control the pace, whether it's through a quick breakaway in soccer, pushing the fast break in basketball, or rushing plays in football. Being faster allows teams and athletes to maintain momentum and keep opponents under pressure. .
- 3 Agility and Change of Direction - Speed enhances agility, allowing athletes to make sharp cuts and quick directional changes. In sports like tennis, basketball, and football, this combination of speed and agility is critical for evading defenders or tracking opponents. .
4. Closing Gaps and Recovery - Defensively, speed is crucial for closing down space and recovering quickly. In sports like rugby, hockey, and soccer, a defender's ability to sprint back into position or catch up with an attacker can prevent scoring opportunities.
5. Maximizing Scoring Opportunities - Speed is essential for creating and capitalizing on scoring chances. Whether it's a fast winger in soccer making a break down the sideline or a basketball player executing a quick drive to the basket, speed directly impacts an athlete's ability to outmaneuver opponents and finish plays. .
6. Reaction Time and Reflexes - Speed isn't just about running; it also involves quick reflexes and reaction time. In sports like table tennis, boxing, and baseball, the ability to react swiftly to fast-moving objects or situations is crucial. Quick reflexes often decide the outcome of high-intensity plays.
7. Endurance and Sustained Speed - In sports that require prolonged effort, such as distance running or cycling, speed must be balanced with endurance. Athletes need the ability to maintain high speeds over time while managing energy levels, which directly affects overall performance. .
8. Competitive Edge in Direct Races - In sports like track and field or swimming, speed is the most defining factor. The ability to reach maximum velocity quickly and sustain it determines the winner, making speed training a core focus. ..
9. Psychological Impact - Athletes with superior speed can intimidate opponents, forcing them to adjust their strategy. This psychological pressure can lead to errors, hesitation, or defensive play from opponents, which skilled players can exploit. .
10. Versatility Across Positions- Speed allows athletes to adapt to multiple roles or positions. In team sports, a fast player can be deployed strategically in various situations, whether it's covering a lot of ground on defense or executing rapid counterattacks. ... Conclusion Speed is integral to sports performance, whether it's sprinting in a straight line, reacting quickly, or making rapid directional changes. Its role varies depending on the sport, but it consistently provides a competitive edge, enhancing both individual and team performance

SES: SOCIOECONOMIC STATUS

Social and economic standing in a society are referred to as socio-economic status. The term "socio-economic condition" refers to a person's or a group's social and economic accomplishments in society. Sports are institutionalised forms of competition that require intense physical effort or whose participation is driven by a variety of internal motives.

Socioeconomic status (SES) is frequently determined by taking into account factors including occupation, income, and education. It is frequently understood to refer to a person's or a group's social rank or class. The emphasis is on privilege, power, and control when seen through the prism of social class. To achieve this purpose 40 athletes 20 (HES), 20(SES) from Vijayapura sports hostels students were considered as samples. SCAT questionnaire has been used.

METHODOLOGY

The purpose of the study is to compare the level of anxiety & speed among the athletes of high socio economic status and low socio economic status. To achieve this purpose 40 athletes 20 (HES), 20 (SES) aged 16-20, from vijayapura sports hostels students were considered as samples.

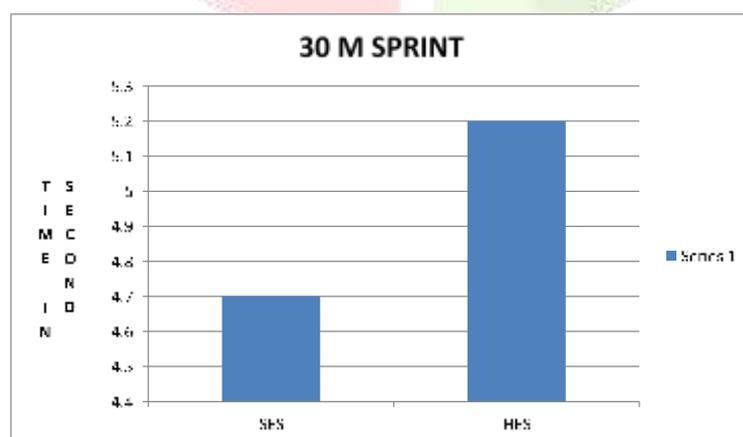
The athletes socio economic status were categorized by using socio economics status scale Then they were tested 30mtr dash for speed & SCAT questionnaire for anxiety has been used before taking the trials.

STATISTICAL TOOLS

To analyze the data Mean, Standard deviation and t value has been used.

Table 1-Table showing mean scores & Std deviation for Anxiety between the groups

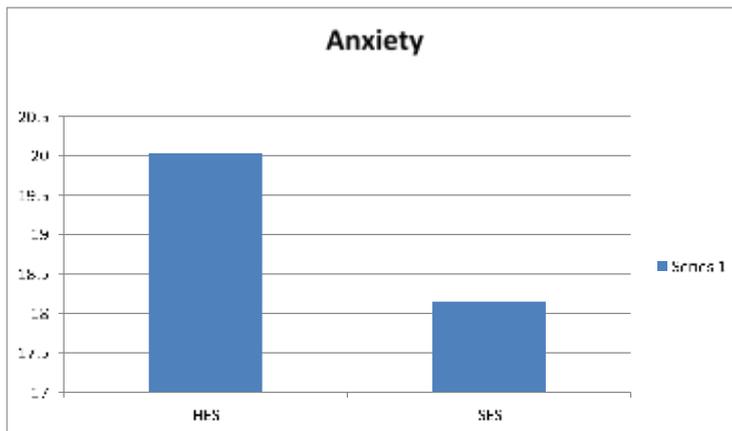
Sl. No.	Groups	N	Mean	Standard Deviation	t-ratio
1	LOW SES	20	4.70	0.2516	7.868
2	HIGH SES	20	5.22	0.3891	



Graph -1 showing the mean difference of speed among two groups.

Table 2 :Table showing mean scores & Std deviation for Anxiety between the groups.

SL/NO	CATEGORY	"N"	MEAN	STD dev	T ratio
1	High SES	20	23.07	1.68	4.67
2	Low SES	20	18.15	1.66	

**Graph-2 showing the mean difference of Anxiety among two groups.****FINDINGS**

- It can be observed that the mean score of Anxiety of high SES group is significantly higher (23.7) than that of low SES group (18.15). The t- value (4.67) is significant.
- It can be observed that the athletes of low socio economic status are more speeder than the athletes of high socio economic status. The 't' value of speed is significant at 0.05 level of confidence.

CONCLUSION :

Athletes of low socio economic status have less anxiety level and more speeder than the athletes of high socio economic status.

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