Effect of Socio-Economic Status and Anxiety on the Performance of Physical Education Student

(1) Introduction:-

Some competitors do better when their anxiety levels are high and that moderate levels of anxiety seeems to elicit increase in performance. Some performers react adversely to the competitive situation by reacting states of hyper-anxiousness which often results in the inability to achieve optimum levels of performance. Hence, it is generally considered that perormance is optimal at intermediate level of anxiety.

The present Socio-Economic Status has been to seek clarity of distinct aspects of Social and Economic status of an individual separately and integrally. The connection of hurlock. 'The economic status of a family freqent;y determines what the family social status will be' dose not appear to be appropriate and quite vocal in the Indian Socio-cultural setting. Keeping this in view, it has been considered appropriate to determine social and economic status separately in two areas of social and economic aspects, and then the two scores of different areas switched to one continuous or in standrd scores, which can give the Socio- Econmic status of an individual.

MATERIALS AND METHODS:

The athletes for the study have been selected from University of Patan Socio Economi Status is an independent variable and based on Socio Economi Status criteria. A sample of 120 athletes were selected on whom anxiety scale was administered, to asses the level of anxiety. Subsequently, categories based on level of anxiety were made. The other variables like religion and sex wer taken to match the saple. Thus there are an equal namber of sports persons on variables like Soci Economi Status, anxiety, religion and sex. The sample design is as under.

TABLE-1
DISTRIBUTION OF SAMPLE

Category	High Socio-Economic Status	Low Socio-Economic Status	Total
MEN	30	30	60
WOMAN	30	30	60
TOTAL	**60**	**60**	**120**

TOOLS USED:

1. Personal Bio-data: This is framed to collect the demographic variables of the athletes.
2. Anxiety Scale: This scale is developed by Sinha,1975, which consists of 100 items. The response categories are true of false. The responese are scored with the help of manual.
3. Socio-Economic status Scale: Devloped by Gupta and Chauhan 198, was used in the present study to measure social, educational, professional and economic perspe ctive of the norms that were given in the manual.

STATISTICAL TECHNIQUES:

- The t-tests are calculated to examine the difference betweeen the saple subgroups.
- The correlation r-test is done to know the relationship.

RESULTS:

1. Socio-Economic status

TABLE-2
Sports performanace 100 meters sprint in two Socio-Economic Status

Socio-Economic Status	Mean	SD	t-value
High(N=60)	10.5	1.4	3.0**
Low (N=60)	11.31	1.54	

* Significant at 0.01 level

Results given in table-2 indicate that the performance of high Socio- Economic Status athletes is significantly higher 10.50 than they are of low Socio economic Status11.31. The t-value of 3.0 is significant at 0.01 leveks to rveal significant differences between the two groups. It can be noted that one who takes less time in sprint speed test of 100 meters is said performance is found to be in high Socio economic Status group. Availing more excellence in sports activities.

2. ANXIETY

TABLE-3
Sports performanace 100 meters sprint in two anxiety

ANXIETY	Mean	SD	t-value
High(N=60)	13.21	2.08	9.66**
Low (N=60)	10.02	1.57	

* Significant at 0.01 level

Table-3 clearly reveals that anxiety is an important factor of sport activity. It can be observed that the mean score of high anxiety group is significant lower 13.21 than that of low anxiety group 10.02. The t-value 9.66 is significant. Then higher anxiety is found to inhibit the performance isn 100 meter sprint.

3. RELIGION

TABLE-4
Sports performanace 100 meters sprint in two religions

RELIGION	Mean	SD	t-value
High(N=60)	11.91	1.49	1.92 N
Low (N=60)	11.39	1.51	

N- Not significant

Table – 4 cleary reveal that there is no significant different in sports performance between two rgligions. The t-value is not significant. Thus religious belongining ness has nothing to do whith sports performance.

4. SEX

TABLE-5
Sports performanace 100 meters sprint in male-female subgroups

SEX	Mean	SD	t-value
MALE (N=60)	9.79	1.56	5.81**
FEMALE (N=60)	11.71	2.01	

* Significant at 0.01 level

Table-5 reveals that the male athletes have significantly higher means 9.79 than female 11.71 in 100 meter sprint. The t-value 5.81 is significant at 0.01 level. This clearly indicates that there are significant sex differences in sports performance. Sex belongingness is a factor, which makes a difference in better achievement of sports activites.

TABLE-6
CORRELATION BETWEEN VARIABLES

VARIABLES	r-VALUES
Anxiety Vs Performance	0.91*
Sex Vs Performance	0.52*
Socio-Economic Status Vs Performance	0.84*
Religions Vs Performance	0.11 **NS**

* Significant at 0.01 level N- Not significant

An attempt is made to correlate variables with performance and table – 6 demonstrates the r- value. R- values are significant between anxiety and performance Socio-Economic Status and performance at 0.01 level. This reveals that there is a strong relationship between these variables and performance in 100 meter sprint. R-value between religion and performance is not significant which speaks the fact that religon is not correlated with performance of athletes.

CONCLUSIONS:

- High Socio-Economic Status sports persons have significantly higher performance in 100 meters sprint than low Socio-Economic Status respondents.
- There is a significant effect of anxiety on sports performaance. Lower anxiety group achieved better.
- There is significant sex difference in sports performance, males achieved better than females.
- There is significant correlation of Socio-Economic Status, anxiety and sex with sports performance.
- Religion is found to be insignificant factor in sports performance.

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