

Analysis of Competitive Anxiety among Elite and Amateur Cyclists

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Abstract:

The purpose of this study was to determine the comparative study of competitive anxiety among the elite and amateur cyclists and the subjects selected for this study were from different states of India i.e. Punjab, Delhi, UP, Haryana and MP. The total sample were 200 (100 Elite and 100 Amateur cyclists) age was ranging from 18 to 25 years. Through questionnaire data were collected. To analyse the data and to find out the difference we used mean, standard deviation, degree of freedom and one way anova test and post hoc test. Finding of study showed that there was insignificant difference of competitive anxiety among male and female elite and amateur cyclists.

Keywords: Cycling, Elite, Amateur, Competitive, Anxiety, Male and Female cyclists.

Introduction

Cycling-based athletic competition is known as cycle sport. Road cycling, cycle-cross, mountain biking, track cycling, BMX, and cycle speedway are some of the different types of bicycle racing. Mountain bike trials, freestyle BMX, cycle polo, and artistic cycling are all non-racing cycling activities. The Union Cyclist International (UCI) is the organization that oversees international cycling competitions. The governing body for human-powered vehicles, which has significantly fewer limitations on their design than the UCI does, is the International Human Powered Vehicle Association. The first cycling competition, a 1,200-meter (1,312-yard) race between the fountains and the park's entrance in Saint-Cloud Park (near Paris), took place on May 31, 1868. James Moore, a young Englishman from Paris who was living abroad, won. When the first city-to-city race between Paris and Rouen was staged on November 7, 1869, Moore once more came out on top, with a time of 10 hours and 25 minutes, including the time he spent walking his bicycle over the harsher hills to complete the 135 km (84 miles) course. In contrast to continental Europe, where road racing quickly gained popularity, the sport in England was centered on time trials or the track due to the countries.

Objectives

To investigate the competitive anxiety among the male and female elite and amateur cyclists.

Hypotheses

Based on the reviews and scholar's own understanding of the problem and research findings

- It is hypothesized that there will be no significant difference in competitive anxiety level among male and female elite and amateur cyclists.

Method & Procedure

In this research work the subjects selected for collection of data were the elite and amateur cyclists. The subjects selected for the study was in between the age group of 18-25 years. The total subjects were 200 players. In which 100 subjects were elite players and 100 subjects were amateur players. The method of sampling technique for the selection of subject will be purposive sampling.

Independent variables

The independent variables selected for this study was Psychological variable anxiety.

Dependent variables

The dependent variable selected for this study was elite and amateur cyclists.

Tools

For the calculation of data following tools are-

Anxiety – Sports Competition Anxiety Test (SCAT) questionnaire.

Statistical Technique

In order to test the hypothesis of the study, descriptive statistics such as (mean, standard deviation, minimum value, maximum value, range) and one way ANOVA test and Post Hoc test will be employed to analyse the difference of competitive anxiety among male and female elite and amateur cyclists and level of significance will be set at 0.05.

Results

The objective of the study was to analyse the difference of competitive anxiety among male and female elite and amateur cyclists.

1. The outcome of Competitive Anxiety among male and female elite and amateur cyclists

Hypothesis 1 Male and female elite and amateur participants would not significantly differ in their competitive anxiety levels, according to the hypothesis.

Table No. 1 Analysis Of Variance (Anova) Of Competitive Anxiety Among Male And Female Elite And Amateur Cyclists.

GROUP (CYCLISTS)	N	MEAN	SOURCE OF VARIATION	SUM OF SQUARES	DEGREE OF FREEDOM	MEAN SUM OF SQUARES	F-RATIO
MALE ELITE	50	23.24	BETWEEN SAMPLE	57.455	3	19.1517	1.93881
FEMALE ELITE	50	22.1					
MALE AMATEUR	50	23.52	WITHIN SAMPLE	1936.1	196	9.8781	
FEMALE AMATEUR	50	22.8					

			TOTAL	1993.555	199		
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Figure 1 Column graph showing the difference of competitive Anxiety among male and female elite and amateur cyclists.

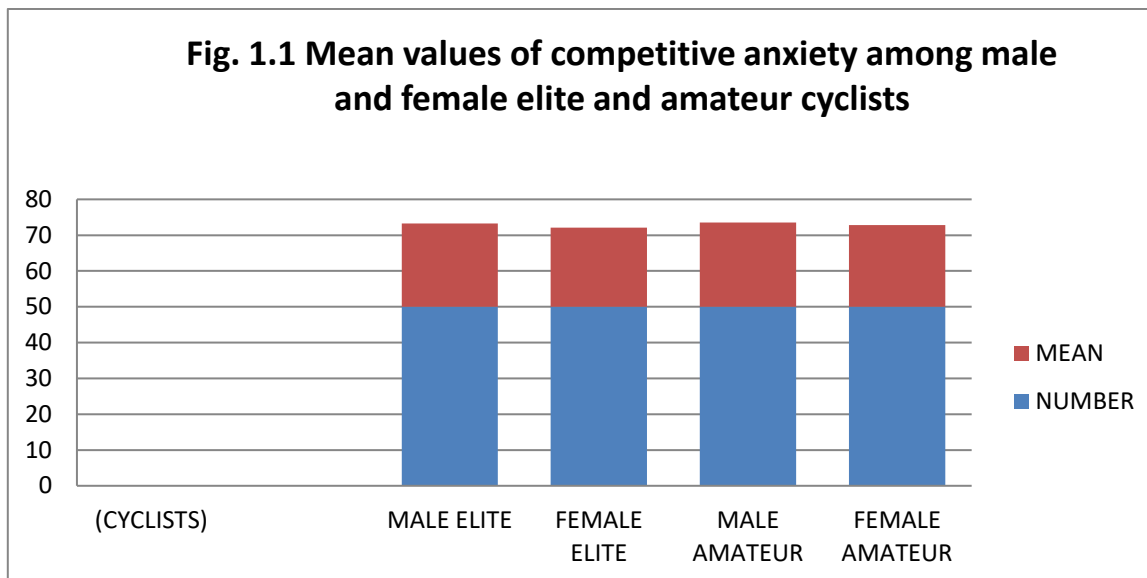


Table 1.2: Post Hoc Value Of Competitive Anxiety Among Male And Female Elite And Amateur Cyclists.

GROUP (CYCLISTS)	MALE ELITE	FEMALE ELITE	MALE AMATEUR	FEMALE AMATEUR
MALE ELITE	-			
FEMALE ELITE	2.56	-	3.19	1.57
MALE AMATEUR	0.63	-	-	1.62
FEMALE AMATEUR	0.99	-	-	-

Discussion and Findings

The present scientific investigation is a cross-sectional study of male and female elite and amateur cyclists. In the present study psychological competitive anxiety difference among the male and

female elite and amateur cyclists have been investigated and then compared with each other. The results so obtained have been discussed under the following heading.

It has been found from table 1 that there was an insignificant difference of Competitive Anxiety among male and female elite and amateur cyclists. Thus, the proposed hypothesis that there exists a non-significant difference of anxiety between male and female elite and amateur cyclists was accepted.

Conclusion

From the results interpreted for this study, the following conclusions were made:

1. It was also concluded that there was similar competitive anxiety level in male and female elite and amateur cyclists as no difference was found between them in this study. In post hoc test there was an insignificant difference of competitive anxiety found between male female elite and amateur cyclists

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