

**A STUDY OF SENSATION SEEKING AND ANXIETY STATE
AMONG SPORTS PERSON AND NON SPORTS PERSON**

A Dissertation submitted to

Department of Physical Education

In the partial fulfillment of the requirement for the award of

The degree of

Master in Physical Education

By

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LOVELY PROFESSIONAL UNIVERSITY

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2015

DECLARATION

I declare that dissertation entitled **study of sensation seeking and anxiety state between sports person and non sports person** has been prepared by me under the guidance of Dr. Jitender Kumar, Professor of Physical Education, Lovely Professional University. No part of this thesis has formed the basis for the award of any degree or fellowship previously.

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CERTIFICATE

I certify that Jagdish kaur has prepared her dissertation entitled **study of sensation seeking and anxiety state between sports person and non sports person** for the award of M.P.ED degree of the Lovely Professional University, under my guidance. She has carried out the work at the Department of Physical Education, Lovely Professional University.

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Date.....

INVESTIGATOR
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ABSTRACT

The present study was intended to compare the sensation seeking and Anxiety among sports person and non sports person. Sixty subjects were selected from Lovely professional University, Phagwara (Punjab). Their ages ranged between 18-28 years. Sensation seeking and Anxiety state scale (Neary-Zuckerman,1979) questioner was used to check the sensation seeking and Anxiety among sports person and non sports person for the collection of data. The statistical significance 'T' Test has been employed. It was revealed that level of sensation seeking in sports person is high as compared of non sports person, and there is no significant difference in the level of anxiety state in the sports person and non sports person.

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CHAPTER - I

INTRODUCTION OF THE PROBLEM

Behavior is a kind of range, which is related to act and a behavior attributes that is typical and beyond from the usual or expected, to any individual. It's influenced by culture, value and ethics of psychology are helpful to solve the problem of human being. It plays a vital role to solve problems. It is in all stages of human being like in prenatal, infancy, childhood, adolescence and adulthood. It is directly behaved in society and atmosphere. Psychology has played a highly important role to solve the problem of human beings. The basic problem of psychologists is tremendous increase in human behavioral problems. These problems are specific as well as applied for why students are becoming drug addicts, how their academic achievements are affected. The definition about the development of psychology has come to its existence by following very zigzag journey the definition had evaluated through the various stages outlined below as, science of the soul, science of mind, science of consciousness, science of behavior, at the beginning of the twentieth century, many new hypothesis are in the sphere of psychology and as a result psychology was directed towards the behavior. According to behaviorists psychology is a science of behavior, Psychology is stated as a study of human behavior as it has touched every aspect of human life, a society progressed complexities are also increased in the same manner.

There are different variables in psychology, which affects the performance of an individual in all spheres of his living like in sports or academic and so on. Psychology is a broad concept, It deals with many of the variables like Anxiety, Aggression, Stress, Fear, Sensation and Arousal etc. Psychology variables deals with the mind. Psychology has so many variables, in this study there are two psychology variables Sensation Seeking and Anxiety is used to conduct this study.

Amongst all psychological traits that influence human personality, sensation seeking is the most interesting. Sensation seeking is also known excitement seeking. Sensation seeking has an effect on of our life by several ways. It affects us in all walks of our life, it may be in the selection of activities or profession be selected for ourself. Certain a personality trait tends not to defer over a longer period of time.

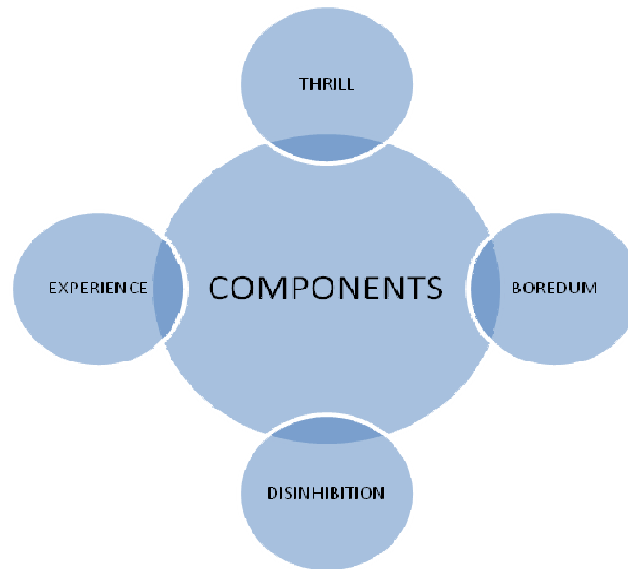
These traits are responsible for a sustainable behavior of people. The people we know well, we will naturally try to notice and talk how each individual behaves, and in our everyday discussion majority of part is devoted to describing and comparing people. There are many shades of personality all individuals may possess. Each individual reacts differently to the same situations and alike to different situations, such differences may occur due to natural variations in personality of all the people as no two individuals are alike ever in all walks of life. Sensation looking for has been distinguished as mental attribute that includes, story complex, and solid sensations and encounters, and the preparation take up a mixture of dangers,. There are contrasts between sensation seekers and sensation avoiders, not just subjective style, and identity. For the most part, the majority of the studies those interfacing sensation looking for have been directed over an assortment of against social dangers - taking practices, for example, medication misuse and shaky sexual practices, and also all the more socially satisfactory manifestations of danger taking conduct, for example, engaging in amazing games. The sensation- looking for the scale was initially grown in the late 1960's to help scientists recognize the sensation-looking for identity characteristic.

Sensation looking for is seen as the requirement for people to achieve and keep up an ideal level of excitement. Sensation seekers seen portrayed by a chronically under initiation, and perspective incitements to expand their level of excitement anticipating a point that is to a great degree positive for them. A few studies have demonstrated that sensation looking for was a huge determinant of the decision of unsafe or daring exercises and of the appropriation hazardous practices in these exercises.

Pushing the physical capacities to the extreme limits of human abilities has become more of a need in modern sports, because it may be media coverage or financial advantage to the winner. Sports participation and performance is at the pinnacle of their popularity throughout the world as compared to any time in the human history. The sports participation has crossed the all kinds of barriers may be richness or poverty, nationality, race or religion or any other types. Performing well is not just to sustain the tremendous expectation of the fans, but also to maintain a respectable higher place in the international arena, so it's become important to

perform well. One must possess a great deal of self confidence, strong mindset to accept defeat are the best methods to counter the effects of anxiety.

Sensation seeking is a behavior trait with a biological base. Every person reacts in a different way to the similar situation and, these differences are caused by normal difference in behavior traits. It is also a determinant of the choice of risky activities and of the adoption of dangerous behavior in the activities of the individual. Some study shown that sensation seeking is more important in risky activities. The sensation seeking can be divided into four traits.



Thrill

It is an adventure seeking, it is related to outdoor activities which involve unusual sensation and risks such as skydiving, flying etc.

Experience Seeking

It is related to new sensory or mental experiences.

Disinhibition

It is related with the presence of Out of Control activities.

Boredum Susceptibility

Related with intolerance of repetition or boring people and restless in such conditions.

There are some feature of sensation seeking :-

- Researchers have found that high sensation seekers tend to seek a high level of stimulation.
- Sensation seeking increased with age i.e from childhood to adolescence.
- Sensation seeking higher in males as compared to that of females.

Sensation Seeking Attributes:-

Sensation Seeking is a constellation trait related to a primary group of personality traits. As a psychologist as no agreement regarding the number of personality traits yet most of them do agree on two common taxonomies. The big five and big three, the big five measures five dimensions and there as big three measures three dimensions of personality traits. Generally, personality traits are measured by the questionnaire and inventory.

Anxiety:-

Anxiety is considered to be natural and fundamental emotion in all human beings. Since time unmemorable, it has been an essential part of the human being. In sports, competition creates anxiety in Sports person. Only the extent of it varies from person to person. For some it is so extreme, so that highest presentation and pleasure of any physical activity is impossible even every human behavior is directly influenced by anxiety. Moreover, sometimes the behavior of someone is also responsible for anxiety. Some time some kind of stress is also responsible for it. So each athlete must learn about to cope with anxiety in sports. There are many kinds of anxiety ,like pre competition anxiety, during competition anxiety and post competition anxiety. Anxiety is a big challenge for every sports person. The management of anxiety is very essential for every sports person.

In sports, every sports person influenced by many factors like coaches, fans, opponents, spectators and one self. The dictionary meaning of the word anxiety is

“trouble”. It may or may not be due to psychological stress. It gives rise to feeling and discomfort. Anxiety comes in many forms like panic, phobia, etc. about anything. There are several types of anxiety disorder like-panic disorder, social anxiety disorder, competition anxiety disorder etc.

Anxiety is a GAD. People with GAD are also seen unable to relax. GAD comes on gradually and mostly hits person in childhood or adolescence. Generalized anxiety disorder is more common in female than male. Anxiety and fear are the two different aspects or situations. Fear is directly connected to the specific behaviors and anxiety is related to situations. Fear means person wants to run away from the situations or objects. In anxiety person have to face a situation

Fear is small lived, specific and you wish to free from there, do not want to face your fears. But anxiety is long acting and future focused. We all experience anxiety on regular basis in our life. In daily life anxiety takes several forms like-stress, phobia, and post traumatic.

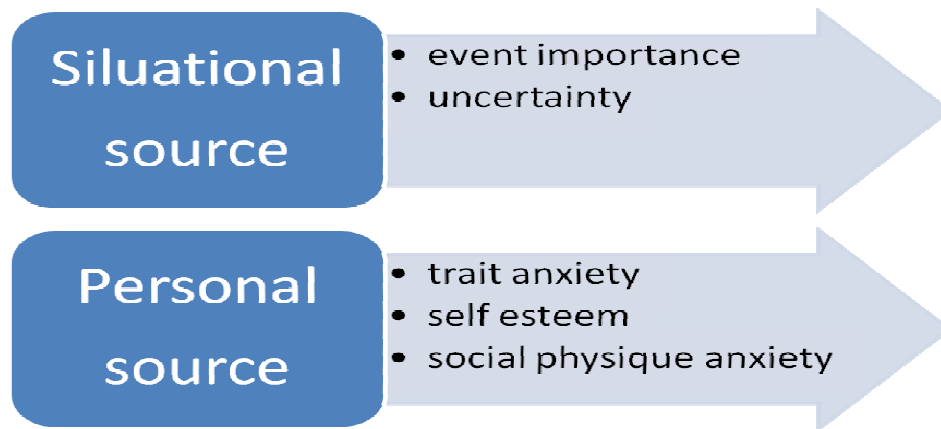
The anxiety involves some physical effects may include increased heart rate, muscle weakness, worry, tiredness, chest pain, breath shortness, headache, stomach pain etc. There are some external effects of anxiety like- sweating, trembling and papillary dilation. It is not necessary that you will go through a panic attack every once because of it, but it is considered to be a common symptom. Panic attack usually comes without warning. There are high chances that the threats is not that real or huge, but the panic attack can be dangerous. Despite of irrational fear the perception of danger can be real. The sufferer may feel like dying and losing his consciousness. In panic attacks, persons suffer from anticipated anxiety. And this type of anxiety leads to develop the many phobias. Anxiety is a very common mental illness is America. Some studies found that it is more ordinary in female quite than males. The emotional effects of anxiety of anxiety are different in person to person. They may feel troubled, tension, irritability, restlessness, etc. The cognitive effects include always thinking about the reason that develop anxiety. For example, as fear of diving, you may fear chest pain as a deadly heart attack and other side the shooting pain in your head result of a tumor.

All these types of thinking always increase the chances of anxiety. There are some other ways which can also say about anxiety which includes changes in sleeping patterns, nervous habits and increased motor tension like a foot tapping. The

symptoms vary depending on the type of anxiety disorder, but general symptoms include.

- ✓ Feeling of panic
- ✓ Feeling of fear
- ✓ Problem of sleeping
- ✓ Cold and sweat bonds or feet
- ✓ Shortness of breath
- ✓ Increase heart rate
- ✓ Dry mouth
- ✓ Tingling in the hands or feet

There are two sources of anxiety-



Anxiety and sports performance are related to each other some sports competitions creates some sort of anxiety in all participants.

Anxiety always influence performance. Because anxiety always-

- Increased muscle tension and coordination difficulties
- Attention and concentration changes:
 - Narrowing of attention
 - Shift in dominant style

In sports the role of anxiety is very important. Sports and performance anxiety go hand in hand.

Sensation seeking and Anxiety state are the variables of psychology, which plays an important role of human life. These traits of effects on the individual's life either direct and indirect (positive and negative). The present study is based on comparison of sports person and non sports person, it checks the level of sensation seeking and anxiety state in the both the group. It will be helpful to coaches and players as well as teacher and students. Through this study, the coaches and teachers can plan according to the level of individual after checking the level of sensation seeking and anxiety state. This study deal with the effect of sensation seeking and anxiety state on sports person and non sports person. This research will be helpful to coaches and as well as athletes. The state of mind is psychology there could be a significant effect on their performance and fitness.

Statement of the Problem

The present study is intended to understand the influence of sensation seeking and Anxiety in the Sports persons and Non sports persons. The present study under investigation is entitled as "A Study of Sensation Seeking and Anxiety state between sports persons and non sports persons".

Objective

1. To access the sensation seeking state among sports and non sports persons.
2. To find out Anxiety state among sports and non sports persons.

Delimitations:

- 1 . The study is delimited to the University level students only.
2. The Study is delimited to 18 to 28 years age group students.
3. The study is delimited to selected psychological variable of sensation seeking and Anxiety.
4. The study is delimited to the students of Lovely Professional University, Phagwara, Punjab

Hypotheses:

There will be significant differences in selected sensation seeking and anxiety state of sports person and non sports person.

Operational Definition:

Sensation seeking is also called excitement seeking, it is the tendency to pursue sensory pleasure and excitement. It is a trait of people who go after novelty, complexity, and intense sensation.

Anxiety:

Anxiety is characterized as a state alludes to as an offensive feeling which is described by dubious, however general emotions of misgiving and fear.

Sports person:-

Those who have participated in at least one or more competitive sports activities since their childhood.

Non sports person:

Those who have not participated in any competitive sports activities since their childhood.

Significance of the study:-

The study will be helpful in knowing the level of personality traits among sports persons and non sports persons which would help them and their concerned with altering their present traits, if the traits could not cope with their present achievements. It will also help in formulating programs, curriculum and schedules of teaching or training on the basis of their sensation by their teachers and their coaches.

CHAPTER-II

REVIEW OF RELATED LITERATURE

In this chapter the researcher has attempted to locate the literature related to this study. Brief description of the related literature has been summed up in the present chapter.

Million (1975) drew subject from three individual sports group, i.e. marathoners, tennis players and archers and proved that “stage anxiety score for the sports competition” when the performance and anxiety ratings were compared, it was found that most successful runners had moderate anxiety rather than high or low anxiety scores. Sprang (1981) compared comparative anxiety levels of nine to twelve years old participants in title league and neighborhood basketball. The found significant difference in the mean anxiety scores (a) among test-trials conditions for the title league group as well as the neighborhood sample, (b) among test-trial conditions for 9, 10 and 12 year old age group and (c) between the little league and neighborhood participants during pre-session, mediation and post session conditions.

Smith (1983). Smith (1983) analyzed the age, sex, race and playing status contrasts in aggressive attributes in youth sports. By managing lower tension scores than playing substitutes and this concurs with the idea that group activity competitors of higher status were less undermined by focused circumstance than competitors of lower playing status.

David (1987) conducted a study to find out competition trait anxiety differences between males and female athletes. A group of 57 soccer players selected was tested for anger awareness. The selected three groups were similar on selected variable before that study began. The behavior of selected players was observed and calculated during league type tournament. It was established that filling of anger remains consistent during the study. Further, it is concluded that anger awareness and role playing intervention can help in controlling the anger.

In (1983) Sanderson and Reilly have examined that the cross country runner in sport competition stress and the effect on performance. This study was to deal with the relationship among traits/state anxiety and competitive cross country performance for

the male and female. There were 74 samples in this study at major part, 38 were females and 26 were males. The correlation of females was ($p < 0.05$) in pre-race. A state with was correlated itself, with race performance, which relation was ($p < 0.05$). In the male athletes was also found a correlation between A trait and pre-race. When psychological determinants. If performance is considered, the conclusion was that transient disposition as well as traits are relevant.

Shafeeq and Raphael (1990), they have studied an effect of positive self-talk training program a self confidence and competitive anxiety among cricket players. There was 50 sample participant was 50 (divided into experimental and non experimental groups) age group of 12-15 year from an academy. The data were analyzed by the using t-ratio. The data were too varied to an experimental group between control group. The results enhance self confidence and reducing cognitive and somatic anxiety among young cricket players.

Rainey and Amunategui. (1992), Completed an interesting study in which they studied the Sensation seeking and competitive trait anxiety among college rodeo riders, hang-glider pilots, baseball players and wrestlers. Analysis of their study showed that rodeo riders scored significantly higher than baseball players did, while hang gliders were superior in scores than the three other groups. These results relating to hang-glider pilots confirm the earlier findings of high-risk activities and justify the Zuckerman's model of sensation seeking.

Hartman and Rawson. (1992), Investigated that distinctions in sensation looking for in the middle of male and female college and non college competitors, by utilizing the sensation looking for scale grew by Zuckerman. This overhauled structure divides reports of encounters from coveted or planned future encounters on both hindrance and Thrill and Adventure Seeking variables. His study utilized volunteers ($N=159$) from a little, Midwestern aesthetic sciences school. Guys scored higher than females, paying little respect to athletic cooperation, and competitors scored higher than non-competitors, paying little heed to sexual orientation did. There were no intuitive impacts in the middle of sexual orientation and athletic interest. In another part of his study, the connections between various variables and the sub-scores and aggregate scores were explored. Age was identified with sensation looking for on one and only of the subtests.

Horvath and Zuckerman. (1993), the examined the sensation seeking in between risky behaviors and appraisal of risk. The results point to a prophet between student's perception of peer risky behaviors and their personal risk behaviors. The study indicated that the level of risk as well as level of sensation seeking, as approved. (i.e., high sensation seekers are involved in high risk health activity). Not with standing developed learning and inclusion in the movement or conduct, high sensation seekers slope to demonstrate a dynamic decrease in the unmistakable hazard and are more arranged to keep on taking an interest in the high-chance action or conduct than little sensation seekers.

Schroth. (1995), Studied to think about the sensation looking for and needs of distinctive gatherings of competitors and non competitors of both genders. He took competitors from four male game groups (lacrosse, rugby, group, and soccer) and five female game groups (soccer, Volleyball, softball, tennis and golf) from a nearby college partook in the study. Male and female nonathletic likewise served as subjects. All subjects were controlled the Sensation Seeking Scale V (SSS). A significant finding rather than his study was that male competitors scored higher on sensation looking for than male no competitors. In another flight from past discoveries, physical game competitors (rugby and lacrosse) scored higher on SSS than non contact male game competitors (team and soccer). In different results, female competitors had fundamentally higher SSS scores than female no competitor and both gathering of guys (competitors and non-competitors) displayed stronger SSS needs than their female partners. The errors in discoveries, reported above were clarified by the diverse techniques for measuring SSS and distinctive gatherings of competitors included in the studies.

Milken and Rabinowitz. (1998), assumed that there may be certain differences between high and low sensation seekers on selected items. Financial status may preclude many people of low socioeconomic status from participating in certain sensation seeking drive simply because the high cost. They concluded that high sensation seekers demonstrate more participation in high-risk activities such as scuba diving, rock climbing, kayaking and skiing may be due to availability of resources.

Diehm and Armatas. (2004), the study was based on personality characteristics of sensation seeking and openness to experience. The was investigated on the

participation motives which were differ between participants in the high-risk sport of surfing (n=41) and participants in a low-risk sport (golf; n=44). The level of measured by the using of SS Scale-v, which was by NEO- Personality Inventory. The results are suggest in this study that personality factors, based on the types of participants between high-risk and low risk sports.

Coetzee et al. (2006), Examined to focus the relations between sensation looking for, sexual orientation and inclinations in review broadcast sport. The reason being that the sensation looking for hypotheses can offer media scientists an important way to deal with comprehension why and how individuals use TV to make their own particular fervor and stimulation. The overview system was utilized as a part of this study. The poll incorporated the Sensation Seeking Scale (SSS), which is an institutionalized mental test, and a survey that classifies an assortment of game in three noteworthy gatherings. Bunch A comprises of a fierce aggressive game, bunch B of the forceful, contentious game and gathering C comprises of non-forceful expressive game. Ninety two (N=92) respondents were haphazardly chosen to finish the Sensation Seeking Scale and to show their favored game projects as far as the three gatherings that range from amazingly aggressive forceful to more expressive and aesthetic game projects. The Results in this study showed an immediate connection between high sensation looking for and seeing the vicious confrontational game (Group A). Low sensation looking for viewers likewise has a tendency to view more expressive game on TV (Group C). The theory of sex contrasts was additionally upheld. The male populace is more pulled into the brutal contentious game, while the female populace likes to view more elaborate and creative game on TV.

Balakrishnamurthy. (2009), the present study modified the descriptive Evaluative Design to examine the effect of the anxiety on demographic determinants of cancer patients. 50 Cancer patients (27 male and 23 female) cancer patients were selected for this study. The collecting of data Beck's anxiety scale (1961) was used. Anxiety factor and its associated ten demographic factors have been considered in evaluating the anxiety level among the cancer patients. The result of the study, the anxiety level of cancer patients at the certain demographic factors such as gender, marital status and period of illness did differ significantly.

Khan and Shah. (2009), examined the psychological variables upon personality traits sensation seeking and anxiety state. 145 male and female university track and field athletes were selected for this study. The data were analyzed by applying the z – test. In this study to find out the significance difference between the male and female track and field athletes. The findings of statistical analysis that male athletes have significantly greater sensation seeking scores, than female athletes (p is greater than 0.01), and there is no difference between male and female athlete in the anxiety state.

Gullien and Rosaur. (2009) The reason of the study was to evaluate the anxiety, aggression and self confidence of short and long duration activity players. The subjects were selected randomly from the Department of physical Education (40 male from CSJM Universities, Kanpur). The subjects were divided into two groups, short duration game are 20 players, Kho-Kho (10 subject) and Basketball (10 subjects) and 20 players for the long duration game Football (10 subjects) and Hockey (10 subjects). The age of the selected subjects was 18 - 25 years. To assess the Aggression and Anxiety and Self Confidence, Questionnaire (SCAT) developed by Smith and Marten was used. The t-test was applied to the data analyzed. The level of significance was set at 0.05 levels. The result of the study was significant difference in psychological variables (anxiety, aggression and self confidence) as calculated 't' greater than tabulated 'The finding of this study was Football and Hockey players were Anxious and aggressive then Kho-Kho and Basketball players.

Ali Jawed and Tanveer. (2010), In this study to compare the level of anxiety between male and female weight lifters of Manipur. 40 weights lifter (Male =20, Female =20) national level players were taken as the subjects. The subjects age ranged from 17 to 25 years. To find out the level of weight lifter who have participated in the national championship, their altitude of anxiety of sports competition anxiety test (SCAT) developed by Martens (1977). The data analyzed by with T-test. The results of the study exposed no significant difference between male and female national weight lifters of Manipur with regard to sports competition anxiety.

Zarikar. (2011), the purpose of the study was to compare the state trait anxiety between team game and individual game players of Dr Baba Sahib Ambedkar Marathawada University. In this study 64 samples was selected, 32 team game female players and 32 individual game female players of different colleges (Affiliated to Dr

Baba Sahib Ambedkar Marathawada University). Self control and Tension were obtained by administrating state trait anxiety test. To calculate the significance among two groups T-test was used. The level significance was 0.05. The results of this study point to that self control of team game and individual game players were differentiated. Tension of team game players and individual game players were similar.

Miguel. (2012), study was examined to appraise the difference of anxiety behaviors between the sports women and non sports women. Total 200 sportswomen and non-sportswomen subjects were randomly selected, The age of the subjects were ranging from 20 -25 years. The data was collected or recorded by the questionnaire anxiety test. In this study using "t" test. The "t" value is 0.12 is lesser than table value. There is a significant difference in anxiety behavior among the sports women and non sports women as it is not confirmed.

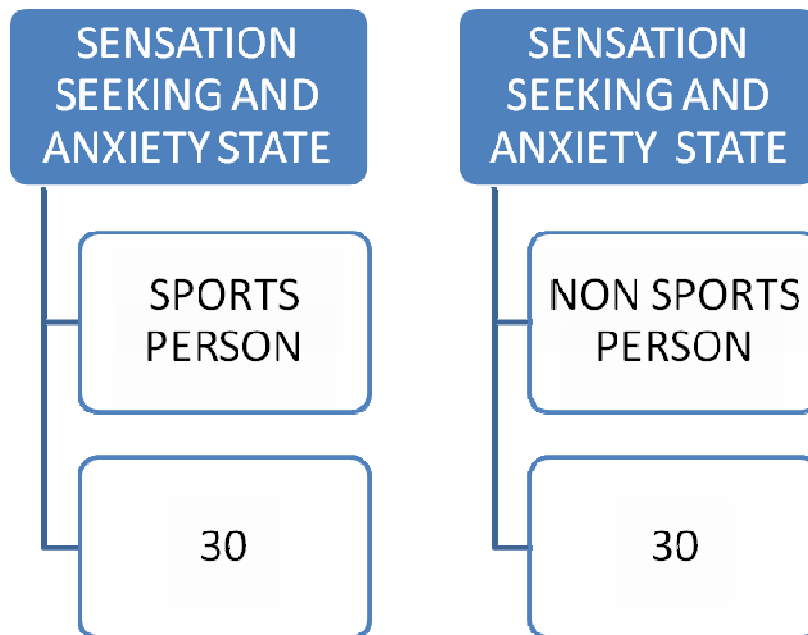
CHAPTER III

RESEARCH METHOD

In this chapter the selection of subjects, criterion measures, administration of tests and statistical technique used has been described.

Sampling design

Total number of subjects are sixty (30 Sports person and 30 Non Sportsperson) male and female, post graduate pursuing were randomly selected for this study selected for institute of Lovely Professional University, Phagwara, Punjab. The age of the subjects was ranging from 18 to 28 years.



Selection of Tools

Sensation Seeking and Anxiety state Test (SSAST) developed by Neary and Zuckerman was used for the data collection.

Procedure

The tool consists of 36 statements. 15 items regarding sensation seeking. The remaining six items belonged to the anxiety scale that did not meet the factor analysis

criteria. It is a Likert type 5 point scale having of reliability 0.93 was used. The scores ranged from 1 to 5 starting from not at all to very much respectively. The item no. 5, 9, 14, and 25 have reversed.1(very much)to 5(not at all). SSAST was used with reliability of 0.93.

Administration of Questionnaire

1. Test related instructions were made clear to the subject.
2. Time was not kept as a limitation, but all an average. An individual takes 15 to 20 minutes.
3. It should be emphasized that there are no right or wrong responses to the statement. They are designed to study the individual's degree of feeling in different situations.
4. It should be pointed out that it is a five point scale and five options are given with each statement, i.e. not at all, slightly, somewhat, definitely, very much.
5. It is understandable to tell the subject about the aim of the test.

Statistical procedure

To use the collected data for the selected variables of sensation seeking and anxiety state between non sports person and sports person, t-test was applied by using SPSS. The level of significance was set at 0.05.

CHAPTER- IV

RESULTS, INTERPRETATION AND DISCUSSION OF THE STUDY

This chapter is dedicated to the presentation of results, along with the interpretations and discussion of the study. The statistical analysis of data, findings and the results has been presented in this chapter. The data were collected from sports person and non sports person of Lovely Professional University, Phagwara. The selected psychological variables sensation seeking and anxiety were examined and t-test was applied to analyze the data.

Findings

The finding and results pertaining to sensation seeking and anxiety of sports person and non sports person of the lovely Professional University, Phagwara, have been presented below.

Table 4.1: Comparison of sensation seeking between sports person and non sports person.

GROUP	N	MEAN	SD	T
SPORTS PERSON	30	49.87	6.073	
NON SPORTS PERSON	30	46.7	6.51867	2.223

*Significant at 0.05 levels

Table1 Show the comparison of sensation seeking between sports person and non sports person. The table shows the mean value of the data on the variable sensation seeking is 49.87 and 46.7 respectively. The result was found significant at 0.5 level respectively ($t=2.223$). The result on sensation seeking show that sports person has

scored greater than the non sports person. The data analysis of variable sensation seeking clearly shows that there is a significant difference between sports person and non sports person. The calculated value of t is 2.223 which is greater than the tabulated value of 2.04. Hence the sports person bears high sensation seeking which means hypothesis is accepted.

SENSATION SEEKING

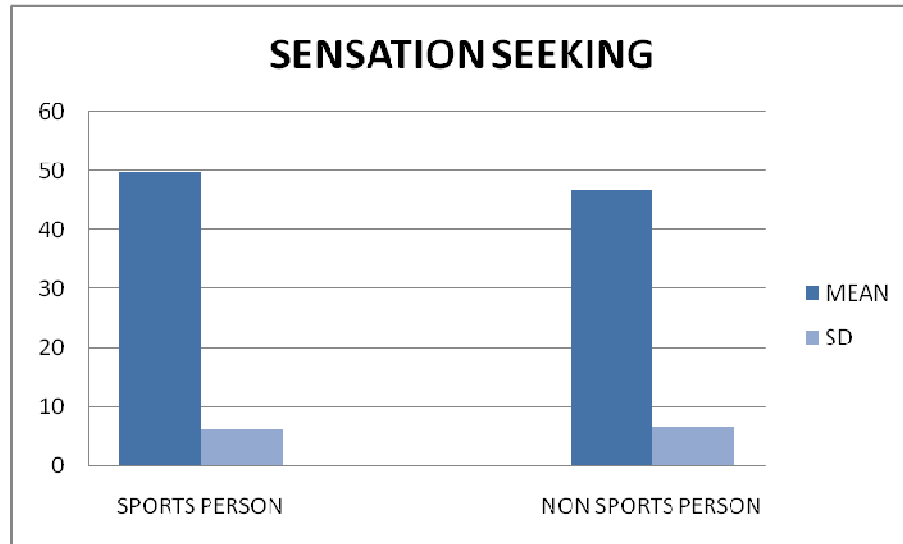


Figure 4.1 Shows the Mean and SD value of sensation seeking between Sports person and Non Sports person.

Table 4.2: Comparison of anxiety state between sports person and non sports person.

GROUP	N	MEAN	SD	T
SPORTS PERSON	30	62.6667	6.12138	-.827
NON SPORTS PERSON	30	64.1667	6.41165	

*Significant at 0.05 levels.

Comparison between sports person and non sports person on the variable anxiety has been shown. The above table represents that the mean value on anxiety are 62.6667 and 64.1667 for sports person and non sports person respectively. The values attained on the variable anxiety, express that it is significant at 0.05 level ($t=-.827$). The data analysis of variable anxiety clearly shows that there is insignificant differences between sports person and non sports person. The calculated value of t is $-.827$ which is less than the tabulated value 2.04. Hence the proposed hypothesis is rejected.

ANXIETY STATE

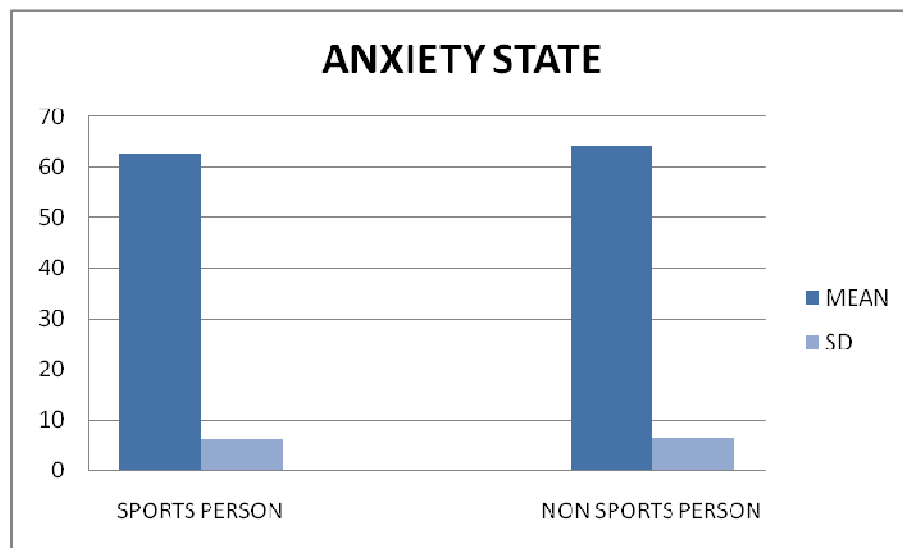


Figure 4.2:- Shows the Mean and SD value of anxiety state between sports person and non sports person.

CHAPTER 5

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

After analysis of data for the present study following conclusion and recommendations be are proposed for the future.

Summary

The present study is intended to understand the influence of sensation seeking and Anxiety in the Sports persons and Non sports persons. The present study under investigation is entitled as “A Study of Sensation Seeking and Anxiety state between sports persons and non sports persons”. The objectives of the present study were to access the sensation seeking and anxiety state among sports and non sports persons. On the basis of the review of the literature, it was hypothesized that there will be a significant difference in selected Sensation seeking and anxiety state of sports person and non sports person. The study was delimited to sports person and non sports person from the Lovely Professional University. The results of the study express that there is a significant difference between sports person and non sports person on the selected variable of sensation seeking and there is an insignificant significant difference between sports person and non sports person on the selected variable of anxiety state. The study will be helpful in knowing the level of personality traits among sports persons and non sports persons which would help them and their concerned with altering their present traits, if the traits could not cope with their present achievements. It will also help in formulating programs, curriculum and schedules of teaching or training on the basis of their sensation by their teachers and their coaches.

The tool consists of 36 statements. 15 items regarding sensation seeking and 15 items for anxiety state. The remaining six items belonged to the anxiety scale that did not meet the factor analysis criteria. The score were given on the basis of 5 point scale having of reliability 0.93 was used the item no. 5, 9, 14, and 25 have reversed.1 (very much) to 5 (not at all). Questionnaire developed by Neary and Zuckerman (1976) to assess Sensation Seeking and Anxiety state Test (SSAST) developed) was used in the data collection. It measures levels of sensation seeking as well as anxiety state in sports person and non sports person.

Conculsion

After the collection of data and applying relevant statistical measure following conclusions were drawn.

The results of the present study show that there is a significant difference between sports person and non sports person on the selected variable of sensation seeking. The calculated value of t is 2.223 which is greater than the tabulated value of 2.04. The value yield clearly indicates that there is a significant difference between two groups on sensation seeking. It is further states that sports person group has great sensation seeking as their counterparts.

Significant difference between sports person and non ports person of Lovely Professional University, Phagwara, may be due to the fact that sports person has a higher orientation and differentiation ability in physical movements due to sports involvement and further it may be due to the higher social phenomena of the concerned field. As well as a non sports person has low orientation and differentiation ability in physical movements due to sports involvement and secondly, it may be due to the lower social experience of concerned field.

The results of the present study show that there is an insignificant difference between sports person and non sports person on the selected variable of Anxiety state. The calculated value of t is $-.827$ which is less than the tabulated value of 2.04. The value yield clearly indicates that there is no significant difference between for groups on Anxiety state. It is further justified by mean values of both the groups that insignificant difference lies between the two groups.

Investigation further revealed that there is insignificant difference between sports person and non sports person of Lovely Professional University, Phagwara, on anxiety state.

Testing of hypotheses

The proposed hypotheses that there would be a significant difference between sports person and non sports person on the selected variable of sensation seeking was tested after analysis of the collected data. Present study indicated significant differences

between sports person and non sports person on the selected variable sensation seeking. So hypotheses was accepted.

The proposed hypotheses that there would be a significant difference between sports person and non sports person on the selected variable of anxiety state. Present study indicated insignificant differences between sports person and non sports person in the selected variable of anxiety state. So second hypotheses was rejected.

Interpretation

The present study shows that sports person are having a high level of sensation seeking to as compare non sports person and the insignificant differences between sports person and non sports in the variable of anxiety state

Recommendation

Based on the conclusions drawn on this basis present study follow in recommendation have been drawn.

1. Similar study can be done among the subjects of different institution, disciplines of education, economic status and cultural background.
2. Study can be replicated between male and female subjects.
3. Study can be conducted, taking other dimensions of personality.

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APPENDICS-A (SPORTS PERSON)

Sr.No.	Name	Class	University	Gender	Sensation seeking	Anxiety
1	Sandeep Singh	Mped	Lovely professional university	M	56	67
2	Swadesh Raj Bhatt	Mped	Lovely professional university	M	54	67
3	Rajinder Kumar	Mped	Lovely professional university	M	46	66
4	Kamlesh Giri	Bpe	Lovely professional university	M	38	62
5	Gaurav Singar	Mped(Ist year)	Lovely professional university	M	59	66
6	Gaurav Gaur	Bpe	Lovely professional university	M	49	59
7	Ashish	Mped	Lovely professional university	M	50	67
8	Lalet Singh Bajetha	Mped	Lovely professional university	M	51	65
9	Avisa Chase	Mped	Lovely professional university	M	49	61
10	Royan Lama	Mped	Lovely professional university	M	51	76
11	Jasbir Singh	Mped	Lovely professional university	M	49	63
12	Rakesh khajuria	Mped	Lovely professional university	M	41	58
13	Nitin	Mped	Lovely professional	M	54	61

	yadav		university			
14	Devdeep	Mped	Lovely professional university	M	43	61
15	Ajay kumar	Mped	Lovely professional university	M	56	63
16	Madhvi Sharma	Mped	Lovely professional university	F	56	72
17	Banita Sharma	Mped	Lovely professional university	F	57	51
18	Harpreet Kaur	Mped	Lovely professional university	F	55	63
19	Kulwinder Kaur	Mped(F	Lovely professional university	F	63	75
20	Amandeep Kaur	MA.Punjabi	Lovely professional university	F	51	72
21	Veerpal Kaur	Mped(Ist year)	Lovely professional university	F	43	64
22	Amandeep Kaur	Bped	Lovely professional university	F	50	67
23	Gurinderjit kaur	Mped	Lovely professional university	F	51	69
24	Kuldeep kaur	Mped	Lovely professional university	F	53	68
25	Khushpreet kaur	Mped	Lovely professional university	F	42	66
26	Aradhana khughal	Mped	Lovely professional university	F	43	56

27	Aarti Sen	Mped	Lovely professional university	F	50	55
28	Arti Abrol	Mp.ed	Lovely professional university	F	51	67
29	Mahak	Mped	Lovely professional university	F	46	70
30	Sarvjit kaur	Mped	Lovely professional university	F	39	48

APPENDICES-B(NON SPORTS PERSON)

Sr.No.	Name	Class	University	Gender	Sensation seeking	Anxiety
1	Pramod Maurya	MBA	Lovely Professional University	M	50	61
2	Pankaj Rana	B.Tech	Lovely Professional University	M	49	62
3	Anil Kumar	B.Sc	Lovely Professional University	M	47	57
4	Hardeep Kumar	CSE	Lovely Professional University	M	31	56
5	Gurpreet Singh	B.Tech(Civil)	Lovely Professional University	M	52	72
6	Sahil	B.Tech	Lovely Professional University	M	43	59
7	Gagandeep	B.Sc(Honr)	Lovely Professional University	M	47	62
8	Samvir Singh	M.Sc(Botany)	Lovely Professional University	M	44	62
9	Parvinder Singh	B.Tech(Mec-dep)	Lovely Professional University	M	52	70
10	Neeraj	Hotel Management	Lovely Professional University	M	59	59
11	Arashdeep Singh	B.Tech(Mec-Engg)	Lovely Professional University	M	63	65
12	Dharmender Sharma	Ph.d(Chemistry)	Lovely Professional University	M	38	71

13	Parveen Sharma	B.Sc	Lovely Professional University	M	52	73
14	Mudit nath	Hotel Management	Lovely Professional University	M	52	66
15	Gulshen Sharma	M.sc(phy)	Lovely Professional University	M	48	62
16	Neha	M.sc physics	Lovely Professional University	F	46	69
17	Anushree Dixit	B.Tech CSE	Lovely Professional University	F	46	66
18	Ch. Sridevi	B.Tech	Lovely Professional University	F	45	62
19	Divya Revathi	B.Tech ECE	Lovely Professional University	F	36	49
20	Lakshmi Ramya	B.Tech ECE	Lovely Professional University	F	48	59
21	J.Adilaxmi Bhavani	Ag. Bsc (hons)	Lovely Professional University	F	40	62
22	T.Kalyani Reddy	Ag.Bsc	Lovely Professional University	F	49	64
23	Shivani Gupta	B.tech(cse hon)	Lovely Professional University	F	45	67
24	Jugjeevan kaur	M.sc physics	Lovely Professional University	F	52	72
25	Pawanjot kaur	M.sc physics	Lovely Professional University	F	39	66
26	Mehvish Naseem	B.Tech	Lovely Professional University	F	52	58

			University			
27	Sonam Chavhan	M.sc(h)physics	Lovely Professional University	F	46	56
28	Himani Verma	Bachelor in fine art	Lovely Professional University	F	40	54
29	Shree Deepthi kathi	B.Tech	Lovely Professional University	F	44	52
30	Ashima	M.sc physics	Lovely Professional University	F	46	67

APPENDIX C

SENSATION SEEKING AND ANXIETY STATE QUESTIONNAIRE

1. I feel interested.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

2. I feel elated.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

3. I feel Adventurous.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

4. I feel pleased.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

5. I feel Lucky.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

6. I feel daring.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

7. I feel enthusiastic.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

8. I feel amused.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

9. I feel imaginative.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

10. I feel confident.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

11. I feel zany.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

12. I feel curious.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

13. I feel cooperative.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

14. I feel joyful.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

15. I feel playful.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

ANXIETY STATE

16. I feel afraid.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

17. I feel thoughtful.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

18. I feel Secure.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

19. I feel desperate.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

20. I feel steady.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

21. I feel upset.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

22. I feel loving.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

23. I feel contented.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

24. I feel nervous.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

25. I feel frightened.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

26. I feel tense.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

27. I feel shaky.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

28. I feel pleasant.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

29. I feel calm.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

30. I feel fearful.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

31. I feel cheerful.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

32. I feel terrified.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

33. I feel mischievous.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

34. I feel panicky.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

35. I feel happy.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much

36. I feel worried.

i. Not at all ii. Slightly iii. Somewhat iv. Definitely v. Very much