

A Comparative Study of Sports Competitive Anxiety Level among Male and Female Collegiate Level Athletes of Ponda City

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Abstract : The aim of the study was to compare sports competition anxiety levels between male and female college athletes of Ponda City. A total number of 50 athletes were selected as a subject for this research, where 25 male athletes and 25 female athletes of age between 18 to 22 years were selected. The purposive method was used for the selection of samples from Ponda city. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990, was used for data collection. For comparing Sports Competitive Anxiety between male and female college athletes independent "t" test was applied at a 0.05 level of significance. The result of the study indicates that the p-value is .013178, and the result is significant at $p < .05$, which means there was a significant difference found in sports competitive anxiety between male athletes and female athletes who are taking part in various intercollegiate sports competitions.

Keywords : competitive anxiety, athlete, male, female

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