

# Comparative Study of Anxiety between Power Lifting and Weight Lifting, Manipur

Kshetrimayum Birbal Singh

Department of Physical Education, Health Education & Sports, D.M. College of Science, Manipur, India

**Abstract:** *The purpose of the study was “Comparative study of anxiety between power lifting and weight lifting, Manipur”. 20/20 each male player between 17 to 25 years of power lifting and weight lifting state level sportsperson, Manipur were selected for the study. The degrees of anxieties experienced by both the power lifting and weight lifting players, Manipur at the three different stages of sports such as prior to during the progress of the before, during and after the conclusion of the play. The t-test values between the power lifting and weight lifting players were insignificant different on anxiety. F-ratio value of testing was significant differences on anxiety score for power lifting and weight lifting players before, during and after performance.*

Keywords: Power lifting, Weight lifting, Manipur, Anxiety, Performance

## 1. Introduction

The heart and minds of the nation lies on the most important zeal of sports. Anxiety is a state of psychological and physiological by somatic, responsive, mental, and social components. It may be a normal reaction to a stress or may help someone to deal with a difficult situation by encouraging them to cope with it. The innumerable gradations of anxiety depend on the feeling of happiness and contentment. Anxiety plays the greatest role in the sports arena that preserves the taste of sports. The grounds of anxiety are diverse in nature from incompetency, new spotlights, obstructions, happiness etc. that causes different in breadth. The anxiety level caused by new exposures is comparatively low in comparison with the other causes.

In the field of games and sports, the sportsmen are without anxiety that an important factor affecting the performance in their understanding and challenges at sports. Anxiety may be reduced or increased with environments. It plays a very vital and sensitive role.

### 1.1 Purpose of the study

The main purpose of the study was to find out “Comparative study of anxiety between power lifting and weight lifting, Manipur” at the three different stages of sports such as prior to during the progress of the before, during and after the conclusion of the play over the period of year (2017).

### 1.2 Hypothesis

It was hypothesized that the consequential results of anxiety before the actual play took place, during the process of play and at the end of the play might have a correlative aspects between the power lifting and weight lifting persons, Manipur during the year 2017.

### 1.3 Delimitation

a) The study was delimited to male subjects ranging between the age group of 17 to 25 years.

b) The study was further delimited to 20/20 each male players of power lifting and weight lifting.  
c) The study was delimited to the state level sportsperson, Manipur.

### 1.4 Limitation

a) The study was limited to the anxiety caused to the state level power lifting and weight lifting players, Manipur.  
b) The study was limited to the post-game, during the game and just before/after the game and the consequential anxieties.

### 1.5 Significance of the study

The most disturbing factor to every sports person is anxiety. When the brain function of a sportsperson functions efficiently the problems which are due to the pressure and awkward put a less failing over the sportsperson and thus the anxiety grade unconsciously comes down. It is important to understand the cause of anxiety for every sportsperson. It is, therefore, summarized that this study may make advantageous contribution is in the following manner:

- 1) The results may assist to find out the causes of anxiety to sports persons of Manipur.
- 2) The study may further assist in finding out the degree of anxiety fell by the power lifting and weight lifting players, Manipur.
- 3) The results of this study may assist the power lifting and weight lifting players in coping with anxieties before the final countdown during the challenge and at the aftermath of the challenge.
- 4) The study may give a highlight over the scenario of sports at Manipur with respect to success and failure caused by tensions.
- 5) The results of this study may help the coaches, selectors and experts to know about the anxiety and the imposing factors felt by sportspersons of Manipur.
- 6) The results of this study may also help the coaches and trainees to coach and train the various sportspersons of Manipur in future.
- 7) The results of the study also may help the various power lifting and weight lifting players to minimize the

tensions before the competition, during the competition and after the competition.

## 2. Methodology

The study depends on the accuracy and reliability of the data collected. By the purposive random sampling method, 20/20 each male players of power lifting and weight lifting state level, Manipur were selected for the study of the age group arranging from 17-25 years. The researcher employed tools which was developed by Charles D. Spielberger and known as "Anxiety Test Questionnaire". The Descriptive statistics (mean and standard deviation), Independent 't' test and ANOVA at significance level of 0.05% were employed using SPSS Software to compare the variables.

The gravity of the differentiation between the power lifting and weight lifting players do not depend on their obtained marks or rankings at their choices. The degree of anxiety prior to:

- 1) Actual before participation
- 2) During the participation
- 3) After the participation

## 3. Results

The finding and discussion of findings with regard to the present study had been presented in the Table 1, Table 2 and Figure 1.

From the Table 1, the t-test values between the power lifting and weight lifting players 1) 0.89 for actual before participation, 2) 0.13 for during the participation, 3) 0.06 for after the participation of anxieties were found to be less than the table value. These showed that there were insignificant different between the power lifting and weight lifting players of Manipur on anxiety.

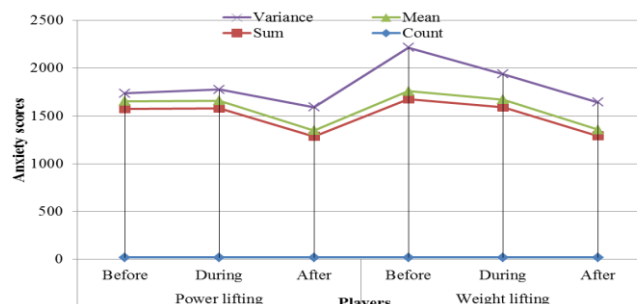
Mean, variance anxiety scores between the power lifting and weight lifting players before, during and after the performance respectively were imagined (Figure 1).

By ANOVA from Table 2 highlighted the F-ratio value of testing showed there were significant differences on anxiety score for power lifting and weight lifting players before, during and after performance.

**Table 1:** Comparison between between the power lifting and weight lifting players, Manipur

Variable	Player	Mean	Standard Deviation	t-test value	p-value
Before	Power lifting	78.3	±9.18	0.89	0.981
	Weight Lifting	82.9	±21.32		
During	Power lifting	78.10	±10.87	0.13	0.901
	Weight Lifting	78.65	±16.37		
After	Power lifting	63.35	±16.96	0.06	0.954
	Weight Lifting	63.65	±15.56		

\*Significant at 0.05 level



**Figure 1:** Comparison of mean, variance of anxieties between the power lifting and weight lifting players of Manipur

**Table 2:** Analysis of variance on anxiety between the power lifting and weight lifting players of Manipur

Players	Sources of variance	Sum of square	df	Mean square	F - ratio	P - value
Power Lifting	Between Groups	2940.7	2	1470.35	9.94	0.0002
	Within Groups	8434.55	57	147.97		
Weight Lifting	Between Groups	4090.83	2	2045.41	6.07	0.004
	Within Groups	19192.9	57	336.72		

Tab. F.05 (2, 57) =3.17

## 4. Conclusion

The effect of anxiety gets the players so tense up in lumps that they were freezing in panic.

## 5. Recommendations

The study may be recommended

- a) A similar study may be conducted on other states of India.

## References

- [1] Anil M. & Singh Ksh.R. (2016). Comparative study on emotional intelligence among general education, physical education and athletes. International Education & Research Journal, 2(10), 74-77t
- [2] Austin D. & Mann B. (2012). Powerlifting. USA: Human Kinetics, 173.ernational Educa
- [3] Autin S. & Graham J. (1992). Relationship between sport achievement orientation and competitive state anxiety. The Sports Psychologist, 6(1), 42
- [4] Brayant. J.C. (1975). Movement behavior and motor learning (London. Lea and Febiger), 228
- [5] Costa (1985). Billio feedback and control of anxiety proceeding athletic competition, International Journal of Sports Psychology, 15, 98- 109
- [6] David W.R. & Herb C. (1988). Competitive trait anxiety in male & female college. Research Quarterly for Exercise & Sport, 59, 244-247
- [7] Graham J.J. & Andrew G. (1989). Pre-competition temporal patterning of anxiety and self-confidence in males and females. Journal of Sports Behaviour, 12(4), 183

- [8] Gustavo R., Mabel L. & Gustavo P. (1990). Relationship between anxiety and performance. *International Journal of Sports Psychology*, 21, 112
- [9] Hoffman J.R., Joshua C., Michael W. & Jie K. (2004). Comparison of olympic vs. traditional power lifting training programs in football players. *Journal of Strength and Conditioning Research*, 18(1), 129–135
- [10] Patel M. (2011). Analyzing anxiety among school players and non-players. *Asian Journal of Physical Education and Computer Science in Sports*, 4(1), 56-57
- [11] Patel S. (2011). Comparison of competitive state anxiety components among individual, dual and team sports. *Asian Journal of Physical Education and Computer Science in Sports*, 4(1), 148-150

