

A STUDY OF HILL AREA B.P.ED. IST & IIIRD SEMESTER STUDENTS ON ANXIETY AND PERSONALITY

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Abstract:

The purpose of the study was to examine the anxiety and personality of B.P.Ed. Ist and IIIrd semester students of Hemwati Nandan Bahuguna Garhwal University in Hill area. 15 subjects taken from each semester and total 30 subject were selected for the students. For collection of the data we used anxiety questionnaire (Dr.V. P. Sharma) and personality questionnaire (Dr. Mahesh Bhargava).The collected data were analyzed statistically through 't' test and the level of significance were observed at 0.05 level of confidence. On the basis of statistical findings it was concluded that the anxiety level of B.P.Ed. Ist semester students was higher than B.P.Ed. IIIrd semester Students. And personality level of B.P.E.d. IIIrd semester Students was found higher than B.P.Ed. Ist semester students.

Key words- Anxiety, Personality, B.P.Ed. Students

INTRODUCTION:

Personality:

In today's time, due to the increasing professionalism, such competition has arisen that revolutionary changes and attitudes have arisen in every sphere of life. One important quality to prepare for this competition personality. From management to administrative services, from the field of sports to politics, everyone needs an important personality. From students to big business politicians take the help of professional for the development of this quality and try to remove the defects of personality. Now the question arises what is personality? Ordinarily people take the meaning of personality with a strong body. Some consider personality to mean good character but both these ideologies are wrong. The person is neither a fit body nor a good character. Behavior according to the beliefs of the society is called character. This behavior can sometimes be aggressive, sometimes defensive, sometimes good and sometimes bad. That is, both the above examples are not appropriate analysis of personality.

Anxiety:

It's normal to feel anxious about moving to a new place, starting a new job, or taking a test. This type of anxiety is unpleasant, but it may motivate you to work harder and to do a better job. Ordinary anxiety is a feeling that comes and goes, but does not interfere with your everyday life. In the case of an anxiety disorder, the feeling of fear may be with you all the time. It is intense and sometimes debilitating. This

type of anxiety may cause you to stop doing things you enjoy. In extreme cases, it may prevent you from entering an elevator, crossing the street, or even leaving your home. If left untreated, the anxiety will keep getting worse. Anxiety disorders are the most common form of emotional disorder and can affect anyone at any age. According to the **American Psychiatric Association**, women are more likely than men to be diagnosed with an anxiety disorder. Physical effects of anxiety can include heart palpitations muscle weakness, chest pain, shortness of breath, abdominal pain, etc.

Limitations :

- The physical health back ground of the subjects is not in the research scholar's control, so it could be treated as the limitation of this study.
- The socio economic background of the subject is another limitation of this study.
- The ages of subjects are also the limitation of this study.

Delimitations:

- The study will be delimited to the following psychological variables -
- Anxiety
- Personality
- All subjects are male and they are studying in B.P.Ed. Ist and IIIrd semester
- 15 subjects selected from B.P.Ed. Ist semester and 15 subjects selected from B.P.Ed. IIIrd semester of hill area University.

Hypothesis:

- There would be no significant difference between B.P.Ed. Ist & IIIrd sem Of hill area university In terms of anxiety
- There would be significant difference between B.P.Ed. Ist & IIIrd sem Of hill area university In terms of anxiety
- There would be no significant difference between B.P.Ed. Ist & IIIrd sem Of hill area university In terms of personality
- There would be significant difference between B.P.Ed. Ist & IIIrd sem Of hill area university In terms of personality

METHDOLGY:

Selection of subject

In this study the data of Hemvati Nandan Bahuguna Garhwal University students of hill region has been collected. The students of B.P.Ed. Ist and IIIrd semester of department of physical education. Whose total number is 30, there are 15 students in the Ist semester and 15 in the IIIrd semester. The students are male only. The data of all these students has been taken by questionnaire.

Dependent variable

- B.P.Ed. Ist semester
- B.P.Ed. IIIrd semester

Independent variable

- Anxiety
- Personality

Purpose of the study

- To assess anxiety and personality in B.P.Ed. Students.

Selection of test

- ‘t’ test was used in this study.

TABLE: I

One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
IsemBPEdAnxiety	15	70.33	10.182	2.629
IIIsemBPEdAnxiety	15	63.13	10.077	2.602
IsemBPEdPersonality	15	58.13	9.242	2.386
IIIsemBPEdPersonality	15	59.40	22.277	5.752

Table: I Showed that B.P.Ed. Ist semester Anxiety and Personality mean was (70.33 ± 58.13) and B.P.Ed. IIIrd semester Anxiety and personality mean was (63.13 ± 59.40) respectively.

TABLE: II

One-Sample Test							
	Test Value = 0						
	t	df	Significance		M.D.	95% Confidence Interval of the Difference	
			One-Sided p	Two-Sided p		Lower	Upper
Isem BPEdAnxiety	26.754	14	<.001	<.001	70.333	64.69	75.97
IIIsem BPEdAnxiety	24.264	14	<.001	<.001	63.133	57.55	68.71
Isem BPEdPersonality	24.362	14	<.001	<.001	58.133	53.02	63.25
IIIsem BPEdPersonality	10.327	14	<.001	<.001	59.400	47.06	71.74

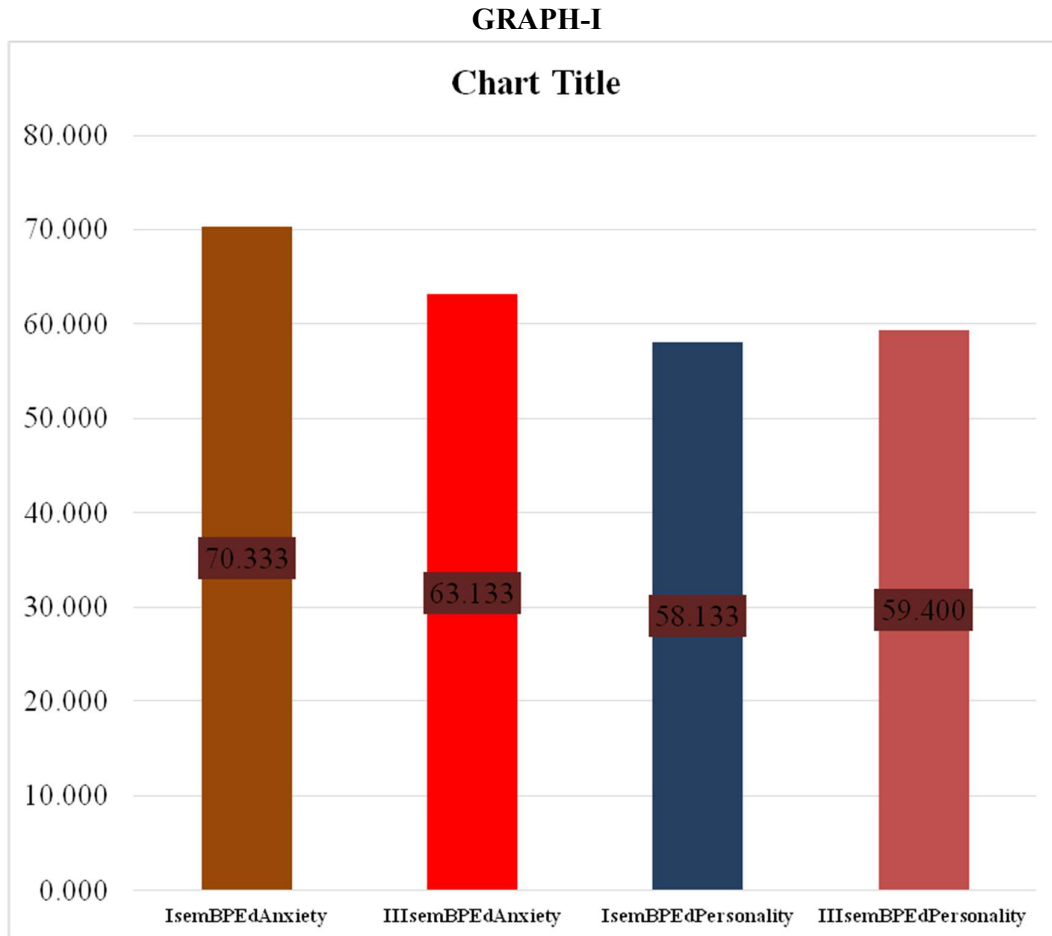
*significant at 0.05 level of significance $t(14)(0.05) = 2.145$

Table: II results was shown that the B.P.Ed. Ist semester anxiety received 't'- value was (26.754) and this value was significantly higher than the tabulated 't' value (2.145) at 0.05 level of significance.

B.P.Ed. Ist semester personality received 't' – value was (24.362) and this value was significantly higher than the tabulated 't' value (2.145) at 0.05 level of significance.

B.P.Ed. IIIrd semester anxiety received 't' – value was (24.264) and this value was significantly higher than the tabulated 't' value (2.145) at 0.05 level of significance.

B.P.Ed. IIIrd semester personality received 't' – value was (10.327) and this value was significantly higher than the tabulated 't' value (2.145) at 0.05 level of significance.



RESULTS:

In this study table I results was clearly shown that the mean of Anxiety level among B.P.Ed. Ist semester students and B.P.Ed. IIIrd semester students were significantly difference. Anxiety level of B.P.Ed. Ist semester students were significantly higher than the B.P.Ed. IIIrd semester students Likewise, the mean of Personality level among B.P.Ed. Ist semester students and B.P.Ed. IIIrd semester students were significantly difference. Personality of B.P.Ed. IIIrd semester students were significantly higher than the B.P.Ed. Ist semester students.

CONCLUSION:

In this research, a study of anxiety and personality was done among the students of B.P.Ed. Ist and B.P.Ed. IIIrd semester students from Hemvati Nandan Bahuguna Garhwal University, Utrakhnad. In which 15 students were selected in B.P.Ed. Ist and 15 students in B.P.Ed. IIIrd semester based on the above result, the students of B.P.Ed Ist semester have got higher anxiety level as compared to the B.P.Ed. IIIrd semester students, as scholar found higher anxiety level in Ist semester students, there could be the reason for higher anxiety that they are studying in there first professional education. The another reason for higher anxiety of Ist semester students could be lower level of confidence in comparison to IIIrd semester students.

Similarly, the personality level of the students of B.P.Ed. IIIrd semester is higher as compared to B.P.Ed. Ist semester students. This may be due to, higher maturity level of B.P.Ed. IIIrd semester students and B.P.Ed. IIIrd semester students have been more participation in academic programs and physical activities & adapted to the university environment as compared to B.P.Ed. Ist semester students.

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