



A Comparative Study of Gender Differences in Anxiety Among Cricket Players

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ABSTRACT

According to table II Male 't' value is 39.135 and Female is 19.691. The 't' value of Male is greater than Female. Mean difference of Male 160.4667 and mean difference of Female is 171.200. The mean difference of Female is higher than Male. That's why the Anxiety of Female is more than that of Male. This study was done to compare the Anxiety of Male Players and Female Players. Independent variable is Anxiety and dependent variables are Male and Female. Total 15 Students of Male and 15 Students of Female were taken. Hence total 30 Students were examined. The conclusion of the study is that the Students of Female are good at Emotional tendency. Hence Students of Male. The reason behind the good Anxiety of Female is their balance diet and socialization. The motive of the study is to provide awareness about Anxiety to Male Players and Male Players..

INTRODUCTION

Gender differences in physical activity refer to the natural variations that may exist between males and females in their physical abilities, participation levels, and performance in sports or exercise. These differences are mainly influenced by biological, physiological, and social factors. Generally, males tend to have greater muscle mass, strength, and higher levels of testosterone, which can contribute to better performance in activities that require power, speed, and endurance. Females, on the other hand, often show better flexibility, balance, and coordination in many activities. In physical education and sports participation, boys are often encouraged more toward competitive and vigorous activities, while girls may participate more in activities that emphasize rhythm, flexibility, or skill. However, these differences do not mean that one gender is superior to the other; both males and females can perform successfully in various physical activities with proper training, opportunities, and motivation. Gender differences simply highlight the diversity in physical capabilities and participation patterns between males and females in the field of physical activity.

Gender differences in cricket refer to the variations between male and female players in terms of physical ability, playing style, and opportunities in the sport. In cricket, male players generally have greater muscle strength and power, which often results in faster bowling speeds and longer hitting distances. Female players, however, usually focus more on technique, accuracy, and strategic play to perform effectively in the game. Both men's and women's cricket require similar skills such as batting, bowling, fielding, concentration, teamwork, and decision-making. The rules and format of the game are mostly the same, but there may be slight differences in match structure and equipment. Over the years, women's cricket has grown rapidly, and many female cricketers have shown outstanding talent and performance at international levels. Therefore, while some physical differences exist, both genders contribute equally to the development and popularity of cricket.

Anxiety is a psychological and emotional state in which a person feels worry, nervousness, or fear about a situation or future event. It often occurs when an individual thinks something difficult, uncertain, or challenging may happen. In physical education and sports, anxiety can appear before competitions, exams, or important performances. A person may experience symptoms such as a fast heartbeat, sweating, restlessness, difficulty concentrating, or feeling tense. A small amount of anxiety can sometimes be helpful because it increases alertness and motivation, but too much anxiety can negatively affect confidence, decision-making, and performance. Therefore, managing anxiety through relaxation, practice, and positive thinking is important for maintaining both mental balance and effective performance. Anxiety is a natural feeling of worry, nervousness, or fear that occurs when a person thinks about a difficult situation or possible problem. It is a normal emotional response that helps the body prepare to deal with challenges or danger. In daily life, people may feel anxiety before exams, competitions, interviews, or important decisions. Anxiety affects both the mind and the body. Mentally, a person may feel restless, tense, or unable to concentrate. Physically, the body may react with symptoms such as sweating, fast heartbeat, trembling, or feeling tired. These reactions happen because the body is preparing itself to respond to stress. In small amounts, anxiety can be helpful. It can motivate people to work harder, prepare better, and stay alert. For example, a student may study more seriously before an exam because of anxiety, or an athlete may practice more before an important match. However, too much anxiety can create problems in a person's life. When anxiety becomes very strong or happens too often, it can make a person feel overwhelmed and uncomfortable. It may disturb sleep, reduce concentration, and affect daily activities.

Anxiety can be caused by many factors. Stressful life situations, academic pressure, family problems, health concerns, and fear of failure can increase anxiety levels. Sometimes past experiences or negative thinking patterns also contribute to anxiety. In sports and physical activities, anxiety is common among athletes before competitions. Many players feel nervous before a match because they want to perform well and win. A moderate level of anxiety can improve performance, but too much anxiety can reduce confidence and affect skills. People express anxiety in different ways. Some may become quiet and worried, while others may feel irritated or restless.

Emotional signs can include fear, worry, or sadness, while physical signs may include headaches, stomach discomfort, or rapid breathing. Managing anxiety is important for maintaining mental health. Simple practices such as regular exercise, proper rest, deep breathing, and positive thinking can help reduce anxiety. Talking to friends, family members, or teachers can also help a person feel supported. In education and sports training, teachers and coaches often help students manage anxiety by encouraging confidence and proper preparation. Guidance, motivation, and practice help students feel more comfortable and reduce unnecessary stress. Overall, anxiety is a common human emotion that everyone experiences at some time. When it is controlled and understood properly, it can help people stay focused and prepared. But when it becomes excessive, it should be managed carefully to maintain good mental and physical well-being. Anxiety is a natural psychological and physical response that occurs when a person feels worried, nervous, or afraid about a situation. It is a normal emotion that everyone experiences at different times in life. Anxiety often appears when a person faces stress, pressure, or uncertainty about future events. It prepares the body to respond to possible challenges or dangers. Anxiety can be described as a feeling of uneasiness or tension in the mind and body. When a person experiences anxiety, the brain becomes more alert and the body may react with symptoms such as faster heartbeat, sweating, or restlessness. These reactions are part of the body's natural defense system. In daily life, anxiety can occur in many situations such as before an exam, during a sports competition, or when facing an important decision. In these moments, a small amount of anxiety can actually help a person stay focused and perform better. However, when anxiety becomes too strong or continues for a long time, it may start affecting a person's normal activities. Excessive anxiety can make it difficult to concentrate, sleep properly, or feel relaxed. In such cases, it may become a problem that needs attention. Anxiety is connected with both the mind and the body. The mind may feel worried or fearful, while the body may show physical signs like trembling, rapid breathing, or muscle tension. These reactions happen because the body releases stress hormones. Many factors can cause anxiety. These may include academic pressure, family problems, financial stress, social expectations, or fear of failure. Sometimes anxiety may also develop due to past negative experiences or traumatic events. Personality also plays an important role in anxiety. Some people are naturally more sensitive or emotional, which can make them more likely to feel anxious in stressful situations. In the field of psychology, anxiety is considered an emotional state that involves feelings of apprehension and tension. It is different from fear because fear is usually related to a clear and immediate danger, while anxiety is often about uncertain or future situations. Students and athletes often experience anxiety before exams or competitions. This type of anxiety is sometimes called performance anxiety. It happens because the person wants to perform well and may worry about the result. Mild anxiety can be useful because it motivates individuals to prepare better and stay alert. For example, a student may study more seriously before an exam due to a little anxiety about the results. On the other hand, high levels of anxiety can reduce performance. When a person becomes too nervous, it may disturb concentration, coordination,

and decision-making abilities. Anxiety can also influence physical health. Continuous stress and anxiety may lead to headaches, fatigue, stomach problems, or weakness in the body. Social situations can also cause anxiety for some people. Speaking in public, meeting new people, or participating in group activities may create nervousness and hesitation. In sports and physical activities, anxiety is a common psychological factor that affects performance. Athletes may feel anxious before a match because they want to win or meet expectations from coaches and teammates. Managing anxiety is important for maintaining mental balance. Techniques such as deep breathing, regular physical exercise, meditation, and positive thinking can help reduce anxiety. Support from family, teachers, and friends also plays a helpful role in controlling anxiety. Talking about worries with someone trustworthy can make a person feel more relaxed. Healthy lifestyle habits such as proper sleep, balanced diet, and regular physical activity can help the body and mind deal with stress more effectively. Learning to control thoughts and emotions is also important in managing anxiety. When people develop confidence and self-control, they are better able to face challenging situations. Psychologists often study anxiety to understand how it affects behaviour, emotions, and performance. This helps in developing methods to support people who struggle with high levels of anxiety. In conclusion, anxiety is a normal emotional experience that everyone faces at some point in life. When it is managed properly, it can motivate individuals and improve performance, but when it becomes excessive, it can negatively affect mental and physical well-being.

METHODOLOGY

In this part the procedure to be adopted for selection of subjects, selection of variables criterion measures, collection of data and statistical technique to be used has been declared.

SELECTION OF SUBJECTS

Selection of the subjects to measure Anxiety in this study 30 Male and Female player are selected 15 Male and 15 Female. And age range of under-19. This study is done on male and female player only.

Independent Variable:

Anxiety

Dependent Variables:

1 Male

2. Femal

SELECTION OF SAMPLING TECHNIQUE

A simple random sampling technique was used to collect the reliable data from the respondents. The Stadium was sampled according to a random number table.

CRITERION MEASURES OF VARIABLES

Anxiety was evaluated with Dimensional Anxiety Inventory (DAI), Bhargava M.(1997)by using questionnaire.

TOOL

Anxiety	Dimensional Anxiety Inventory (DAI),	Bhargava M.(1997)

One-Sample Test

	Test Value = 0					
	t	Df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Male	39.135	14	.000	160.4667	160.179	178.754
Female	19.691	14	.000	171.2000	152.552	189.848

One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
Male	15	160.467	16.7710	4.3303
Female	15	171.200	33.6732	8.6944

STATISTICAL ANALYSIS OF DATA

With regard to purpose of this study Mean and Standard Deviation were evaluated. Technique of independent test ('t' test) was also used to study the significance of difference in selected Male and Female Players. SPSS software was applied to find out Mean Differences among Male and Female Players.. In order to check the significance, level of significance was set at 0.05.

***Significan**

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

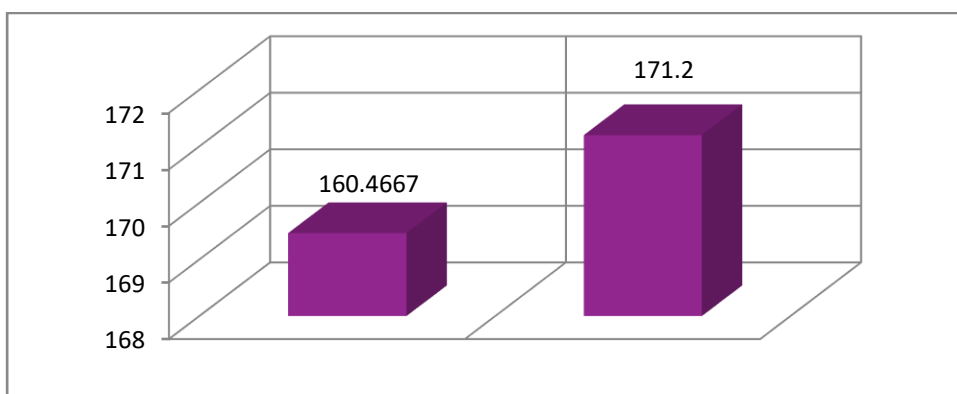
Table: I results show that the Male Anxiety received't'-value is 39.135 and this value is significantly higher than the tabulated 't' value 2.145 at 0.05 level of significance

Female Ananxiety received't'-value is 19.691 and this value is significantly higher than the tabulated't' value 2.145 at 0.05 level of significance

Table : II showed that Male Mean and Std. Deviation is 160.467 ± 16.7710 and Std.Error Mean is 4.3303

Female Mean and Std. Deviation is 171.200 ± 33.6732 and Std Error Mean is 8.694

GRAPHICAL REPRESENTATION



Result:

According to table II Male 't' value is 39.135 and Female is 19.691. The 't' value of Male is greater than Female. Mean difference of Male 160.4667 and mean difference of Female is 171.200. The mean difference of Female is higher than Male. That's why the Anxiety of Female is more than that of Male.

Conclusion

This study was done to compare the Anxiety of Male Players and Female Players. Independent variable is Anxiety and dependent variables are Male and Female. Total 15 Students of Male and 15 Students of Female were taken. Hence total 30 Students were examined. The conclusion of the study is that the Students of Female are good at Emotional tendency. Hence Students of Male. The reason behind the good Anxiety of Female is their balance diet and socialization. The motive of the study is to provide awareness about Anxiety to Male Players and Male Players..

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