

**A STUDY OF SELF CONCEPT, ANXIETY AND INTELLIGENCE BETWEEN
PHYSICAL EDUCATION STUDENTS OF PUNJAB AND
JAMMU KASHMIR STATES**

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ABSTRACT

The purpose of the present study was to determine the Self-concept, Anxiety and Intelligence between Physical Education students of Punjab and Jammu Kashmir states. To obtain data for this study, the investigator had selected two hundred (N=200) subjects, out of which one hundred (N=100) from Punjab state and one hundred (n=100) from Jammu Kashmir state who were studying in SKR college of Physical Education, Bhagoo Majra Kharar, Mohali, Department of Physical Education Punjabi University, Patiala (Punjab), and Government College of Physical Education Ganderbal, Department of Physical Education & Sports, University of Kashmir (J&K). The age of the subjects ranged from 21 to 28 years. To collect the required data for the present study, and to measure the Self-concept Sinha's (1984) Self disclosure inventory was used, to assess the Anxiety level of the subject I.P.A.T Anxiety scale questionnaire developed by Krug, Scheir and Cattell (1992) was used, and Intelligence of the subjects measured by applying the Group test developed by R.K. Tondon's (1975). The scoring was done for the respective questionnaire according to their manuals. "T" test was applied to determine the significance of difference and direction of difference in mean scores of variables between Punjab and Jammu Kashmir states. The level of significance was set at 0.05. The results revealed no significant difference between Physical Education students of Punjab and Jammu Kashmir states on the variables of Self-concept and Intelligence. However, the results with regard to the variable anxiety were found statistically significant between Physical Education students of Punjab and Jammu Kashmir states.