

A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY AMONG KABADDI PLAYERS

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Abstract

The present study was conducted to compare Sports Competition Anxiety of Inter University and National level Male Kabaddi Players. In the present study, a total of 350 kabaddi players of Maharashtra have been selected as a sample of the study by purposive sampling method. In which 175 Inter University level and 175 National level Male Kabaddi players. The selected subjects were between the age group of 20 to 27 years. Sports Competition anxiety would be assessed by questionnaire developed by Reiner Martin was used for measuring the level of Sports Competition Anxiety of University level Kabaddi players. To find out the difference in the level of Sports Competition Anxiety percentage and 't' test was used to analyse the data. The result of the study shows the significant difference in sports competition anxiety of inter university and national level kabaddi players of Maharashtra. The national level kabaddi players have more sports competition anxiety than inter university level kabaddi players.

Keywords: Sports Competition Anxiety, Kabaddi players.

Introduction

Athletes are under pressure to compete in any kind of competition, whether it be formal or informal. This pressure can sometimes have a positive impact on performance and other times have a negative one. Anxiety brought on by mounting pressure from the impending competition might affect sports performance in both directions. Cognitive, physical, emotional, and behavioural aspects are all present in the psychological and physiological state of anxiety. Together, these elements produce an unpleasant sensation that is frequently connected to discomfort, trepidation, dread, or anxiety. Research on the psychological states of athletes before to home and away games has yielded conflicting results.

Anxiety is a generalised mood disorder that frequently manifests itself without a clear trigger. It is therefore different from fear, which happens when a threat is perceived. Furthermore, anxiety is brought on by perceived dangers that are uncontrolled or inescapable, whereas fear is linked to the particular behaviours of escape and avoidance. Numerous studies have shown how psychological issues affect athletic performance. Psychological and physiological aspects are vital in influencing the degree of performance in games and sports.

There are physical, emotional, cognitive, and behavioural aspects to anxiety, which is a psychological and physiological condition. The word anxiety's basic meaning is "to vex or trouble." Anxiety can produce feelings of fear, concern, unease, and dread whether psychological stress is present or not. Anxiety is seen as a typical response to a stressful situation.

By encouraging coping mechanisms, it can assist an individual in managing a challenging circumstance. Anxiety may be classified as an anxiety disorder when it becomes excessive. Anxiety can cause physical symptoms such as heart palpitations, tense and weak muscles, exhaustion, nausea, chest discomfort, shortness of breath, headaches, and stomach and digestive system dysfunction (the fight-or-flight reaction). Anxiety can manifest physically as shaking, sweating, pale complexion, and dilatation of the papillaries. Anxiety can also manifest as a feeling of fear or panic in certain people.

Performance declines as a result of competitive anxiety. A sportsperson can be prepared to perform when they have the ideal amount of anxiety before, during, and after the competition. Excessive anxiety impairs performance by causing shaking, nail biting, increased perspiration, muscular tension, anxiousness, difficulty making judgements, feeling overwhelmed, and out of control. On game day, a lot of athletes who do well in practice or training may have performance anxiety. if your athletic performance is hampered by worry, fear, or nervousness.

Objective of the Study:

1. To analyze the Sports Competition Anxiety of Inter University level Male Kabaddi Players.
2. To analyze the Sports Competition Anxiety of National level Male Kabaddi Players.
3. To compare Sports Competition Anxiety of Inter University level and National level Male Kabaddi Players.

Hypothesis of the study:

1. There will be no significant difference in Sports Competition Anxiety of Inter University and National level Kabaddi players of Maharashtra.

METHODOLOGY:

Selection of Subjects:

The data required for the present study has been collected from the Inter-University level and National level Male Kabaddi players from the places of training and competitions of players like- Stadium, universities, and colleges. In the present study, a total of 350 kabaddi

players of Maharashtra have been selected as a sample of the study by purposive sampling method. In which 175 Inter University level and 175 National level Male Kabaddi players

Criterion measures:

In the present study a following questionnaires for psychological variables has been used for data collection. The details of questionnaire is as follows-

- 1 Sports Competition anxiety would be assessed by questionnaire developed by Reiner Martin.

Statistical analysis of data:

To determine the psychological characteristics of different levels of Kabaddi players percentage and t-test has been calculated.

RESULT AND DISCUSSION OF THE STUDY:

H₀1 – There will be no significant difference in Sports Competition Anxiety of Inter University and National level Kabaddi players of Maharashtra.

Table : 1

Difference in Sports Competition Anxiety of Inter University and National level Kabaddi players of Maharashtra

Group	N	Mean	SD	t-value	Result
Inter University level	175	25.76	4.11	4.30	Significant
National level	175	27.53	3.58		

Significant value at 0.05 level is 1.97

Interpretation

Table 1 illustrates the difference sports competition anxiety of inter university and national level kabaddi players of Maharashtra. It is clear from the observation of the table that the mean scores of sports competition anxiety of inter university level and national level players were found

25.76 and 27.53 and the standard deviation were found 4.11 and 3.58 respectively. On calculation, the t-test the value was found to be 4.30. The table value of the t-test is 1.97 at the degree of freedom 348 and the significance level 0.05, which is less than the calculated value. Therefore, the formulated hypothesis is rejected. It can be concluded that there is found significant difference in sports competition anxiety of inter university and national level kabaddi players of Maharashtra.

The graphical presentation of mean and SD scores of sports competition anxiety of inter university and national level kabaddi players has been given below-

Graph : 1

Difference in Sports Competition Anxiety of Inter University and National level Kabaddi players of Maharashtra

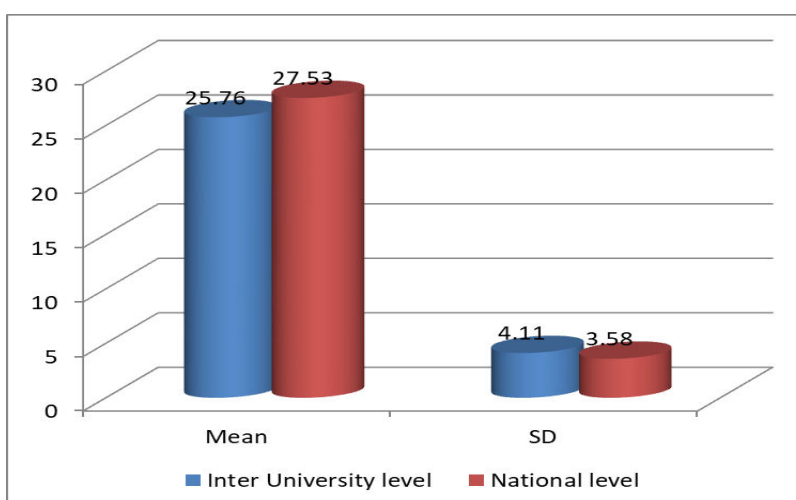


Table : 2

Level of Sports Competition Anxiety of Inter University and National level Kabaddi players of Maharashtra

Classification	Inter University level (N=175)	National level (N=175)
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Low Anxiety	24.00%	17.33%
Moderate Anxiety	42.67%	34.67%
High Anxiety	33.33%	48.00%

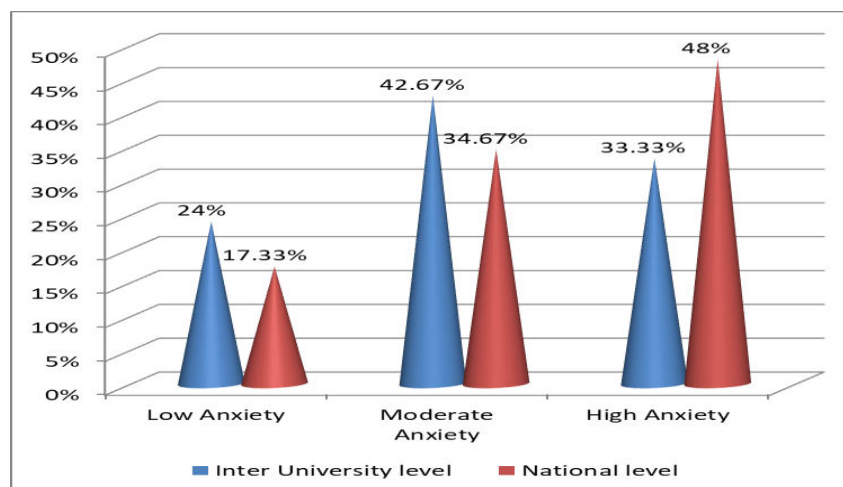
Interpretation

Table 2 illustrates the level of sports competition anxiety of inter university and national level kabaddi players of Maharashtra. It is clear from that, out of 175 inter university level players, 24% have low anxiety, 42.67% have moderate anxiety and 33.33% have high anxiety. Whereas, out of 175 national level players, 17.33% have low anxiety, 34.67% have moderate anxiety and 48% have high anxiety. It can be concluded that national level kabaddi players have more sports competition anxiety than inter university level kabaddi players.

The graphical presentation of level of sports competition anxiety of inter university and national level kabaddi players has been given below-

Graph : 2

Level of Sports Competition Anxiety of Inter University and National level Kabaddi players of Maharashtra



CONCLUSION AND SUGGESTIONS

There is found no significant difference in sports competition anxiety of inter university and national level kabaddi players of Maharashtra. The national level kabaddi players have more sports competition anxiety than inter university level kabaddi players. On the basis of the findings and conclusions of the study the following recommendations are made:

- The government and the private sectors should offer more job opportunities for outstanding kabaddi players.
- It is recommended that special efforts should be made to make Kabaddi more popular.
- Along with cricket, football and kabaddi are also becoming popular and hence opens up scope for India to develop these two sports by identifying talent from Grassroots.
- Initiative taken by Government should now focus on Football and Kabaddi to a greater extend.
- Development of infrastructure is needed to bring up the football and kabaddi at country level.
- Finally kabaddi can exclusively position by India as it is one of the traditional sports which now can be popular at global level.

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