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A Comparative Study of Sports Competitive Anxiety between Kabaddi and Kho-Kho Male Players

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Abstract

Purpose: The purpose of this study was to compare the Sports Competitive Anxiety between Kabaddi and Kho-Kho male players of Bilaspur district.

Methodology: Total 100 male players of Kabaddi (50) and Kho-Kho (50), belonging from the Bilaspur District Chhattisgarh were selected. The variable selected for the present study was Sports Competitive Anxiety. Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used as criterion measure. For comparing Sports Competitive Anxiety between Kabaddi and Kho-Kho male players, descriptive analysis and independent 't' test were applied at 0.05 level of significance.

Results: The psychological variable Sports Competitive Anxiety have no significant difference with the Kabaddi and Kho-Kho male players of Bilaspur District.

Conclusion: On the basis of the findings it was concluded that some other factors may be responsible for the results like: Small Sample Size and insincere response of the subjects.

Keywords: Anxiety, Competitive Anxiety, Questionnaire, Psychological variable.

1. Introduction

Participating in any type of competition, be it a formal or informal competition, gives pressure on athlete. This pressure sometimes improves the performance and sometimes influences the performance negatively. Pressure accumulated due to the upcoming competition may result in anxiety which influences the performance in sports in both ways. Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, fear, or worry. Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an observed threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable. Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002) [3]. In the games and sports, psychological and physiological factors play an important role in determining the performance level (Grange & Kerr, 2010; Schilling & Hyashi, 2001).

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioral components. The root meaning of the word anxiety is 'to vex or trouble'; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness and dread. Anxiety is considered to be a normal reaction to a stressor. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder. Physical effects of anxiety may include heart palpitation, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach ache/ head ache and immune and digestive system function are inhibited (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling and pupillary dilation. Someone who has anxiety might also experience it as a sense of dread or panic.

Competitive anxiety causes performance deterioration. Optimum level of anxiety before, during and after the competition enables the sports person to be ready to perform. Too much of anxiety causes muscle tension, nervousness, inability to make decisions, feeling overwhelmed, feeling out of control, trembling, nail biting, increased sweating, etc., which deteriorates the performance.

Many athletes who perform well during training or practice can suffer from performance anxiety on game day. If feelings of nervousness, anxiety or fear interfere with your sports performance,

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Learning to use a few tips from sports psychology may help you get your anxiety under control and reduce game day nerves.

Athletes cannot perform their best like they usually do because of anxiety. Consequently, their performance is affected during the competition and they seldom achieve victory (Papanikolaou, *et al.* 2008). Several researchers including Singer (1980), Cratty (1979) examine the relationship between anxieties and learning states that “performance improves with increasing levels” where upon further increase in arousal cause performance impairment. The relation between anxiety and performance has been the subject for many researchers (Craft, *et al.* 2003 [4]; Parfitt & Pates, 1999). Studies showed that the high experienced player would show lower levels of anxiety than the low experienced player. As far as Kho-Kho is concerned, Roguli, *et al.* (2006) supported that it is a sport, which includes complex and accurate motor skills, and they suggested that psychological factors play decisive role in a competition, differentiating between successful and less successful teams.

2. Objective of the Study

The purpose of this study was to compare the Sports Competitive Anxiety between Kabaddi and Kho-Kho male players of Bilaspur District.

3. Materials and Methods

3.1 Subjects for the Study

For the present study 100 Male players from Kabaddi (50) and Kho-Kho (50) were taken. Age ranged of the players between 18-25 years. These sports persons were participating in the various state level tournaments of Bilaspur District Chhattisgarh during the year 2014-15.

3.2 Variables

The variable selected for the present study was Sports Competitive Anxiety.

3.2 Criterion Measures

For the purpose of the study Sports Competitive Anxiety Test (SCAT) by R. Martin, 1990 was used. In SCAT questionnaire total 15 questions were there in which 5 lie questions were present. Each question has 3 options like rarely, sometimes and often. For the scoring of each subject we applied the answer key of R. Martin, Sports Competitive Anxiety (SCAT) 1990.

3.3 Statistical Analysis

For comparing Sports Competitive Anxiety between Kabaddi and Kho-Kho male players, descriptive analysis and independent ‘t’ test were applied at 0.05 level of significance. Data analysis was performed using SPSS 16.0 software.

4. Result & Discussion

Table 1: Comparative and Descriptive Table of Kabaddi and Kho-Kho Male Players in Relation to Competitive Anxiety

Players	N	M	SD	t-value
Kabaddi	50	20.40	3.941	1.45
Kho-Kho	50	19.38	3.013	

Tabulated t-value 0.05(98) = 1.98

From table-1, it was revealed that the calculated t- value (1.45) was less than the tabulated t-value (1.98), so there was no significant difference between the mean scores of

Competitive Anxiety of the two groups of Kabaddi and Kho-Kho male players of Bilaspur District.

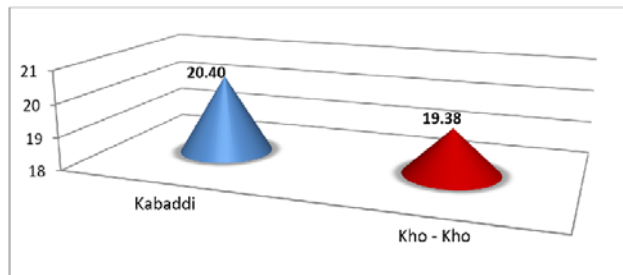


Fig 1: Graphical Representation of Mean scores of Kabaddi and Kho-Kho Male Players In relation to Sports Competitive Anxiety

As the Figure 1, shows that the mean score of Kabaddi male players (20.40) was less than the mean score of Kho-Kho male players (19.38). So it revealed that the Kabaddi male players have more Competitive Anxiety level than the Kho-Kho male players.

5. Conclusion

The following conclusions were drawn on the basis of the analysis of the present data:

- No significant difference was found between the Kabaddi male players and Kho-Kho male player of Bilaspur Chhattisgarh in relation to Sports Competitive Anxiety.
- On the basis of mean scores it can be seen the Kho-Kho male players were having less Sports Competitive Anxiety level than Kabaddi male players.
- During the study investigator was realize that the Competitive Anxiety depends upon player’s experience and number of participation in the different tournaments.

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