



## **Anxiety among different groups of college sportsmen: A comparative study**

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### **Abstract**

Anxiety is an important factor, which affects the performance in sports and games. It is considered as an obstacle to activity. The purpose of this study is to make a comparative analysis of anxiety among college men Judokas, Boxers and Wrestlers from Tripura during Inter-Collegiate Sports Meet. For this, were measured 60 players from Judokas(N=20), Boxers (N=20) and Wrestlers(N=20) from college level players belonging to the age ranged between 18-22 years who were randomly selected from the state of Tripura, India. The responses obtained through a standardized scale to measure the group State-Test Anxiety Inventory (STAI) were subjected to statistical treatment using ANOVA to find out the significance of mean difference. The study revealed that wrestlers were more anxious than boxers but there was no significant difference in anxiety between Judokas and wrestlers as well as between judokas and boxers.

**Keywords:** anxiety, judokas, boxers, wrestlers, Tripura

### **Introduction**

Modern man lives in a mental world in which the important skills of success are based on his psychological activities. For an athlete, it is very important to have proper mental skills so as to enable them to develop the strategies which will facilitate them in entering a competition and be successful. In this modern era of competition, the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games. And for winning the games, it is not only the proficiency in the skills which bring victory but more important is the spirit of the players with which they play and perform their best in the competition. *State anxiety* has been defined as a transitory feeling of tension and apprehension; it may fluctuate over time and can vary in intensity. In contrast, *Trait anxiety* denotes relatively stable individual differences in anxiety proneness and refers to a general tendency to respond with anxiety to perceived threats in the environment (Spielberger *et al.*, 1983) [12]. Combat sports are a high-intensity intermittent activity, characterized by complex skills and tactical key actions with short duration (Layton, 1993; Miarka, Brito, Dal Bello, & Amtmann, 2017; Tabben *et al.*, 2015) [6, 7, 13]. So, competition in elite combat sports such as Boxing, fencing, judo, taekwondo, and wrestling requires task-specific psychological readiness that will enable the performers to act in combats situations that may often change within extremely short periods of time.(e.g., 100 to 200 msec) (Pedro and Durbin, 2001) [9]. Judo is a traditional martial art that was developed in Japan during the 1880s. Boxing is a combat sport in which two people engage in a contest of strength, speed, reflexes, endurance, and will by throwing punches with gloved hands against each other.

Wrestling is combat sports involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. Boxing, wrestling and judo are the great contact sports which involved skills, excitement, endurance, courage, confidence, and aggression, attack and counter attacks with defense. So, anxiety is an essential ingredient of any competitive situation and without certain level of anxiety, there cannot be competitive performance. Neither too high nor too low level of anxiety is conducive to sports performance; adequate level of anxiety produces best results. Due to anxiety, the performance of players in the different types of games and sports varied from time to time.

### **Objectives of the study**

1. To assess the levels of anxiety among Judokas, Boxers and Wrestlers participating in Inter-College level sports at Tripura
2. To compare the level of anxiety among Judokas, Boxers and Wrestlers participating in Inter-college level sports at Tripura

### **Hypothesis**

There is no significance difference in anxiety level among judokas, wrestlers and boxers participating in Inter-College Sports at Tripura

### **Method of the Study**

The present study belongs to the category of 'Descriptive Research' as it aimed at assessing and comparing the Anxiety level of Judokas, Boxers and Wrestlers participating in the Inter-College sports at Tripura.

**Population**

The population for the study consists of all sportsmen participating in the Inter-collegiate sports at Tripura.

**Sample**

The sample consists of sixty (60) Judokas (N=20), Boxers (N=20) and Wrestlers (N=20). All of them were participants in the inter-college sports at Tripura.

**Tools used**

The original STAI consists of two separate scales to measure state and trait anxiety. The S-Anxiety scale (STAI Form Y-1) consists of 20 items (item 1 to item 20) that measure the respondent’s feeling in that moment. The T-Anxiety scale (STAI Form Y-2) also consists of 20 items (item 21 to item 40), and this scale measures how the respondent “generally” feels. All items in both Form Y-1 and Form Y-2 are rated on a 4-point scale, where state anxiety items assess intensity of current feeling (1 = not at all, 2 = somewhat, 3 = moderately so, and 4 = very much so) and trait anxiety items assess frequency of feeling in general (1 = almost never, 2 = sometimes, 3 = often, and 4 = almost always). A high score indicates the presence of high levels of anxiety. The four-factor model of STAI (state anxiety present, state anxiety absent and trait anxiety present, trait

anxiety absent) consists of 10 anxiety-absent items (reversed items) in S-Anxiety scale and 9 anxiety-absent items in T-Anxiety scale. The scoring weights for the anxiety-absent items were reversed on the State Anxiety and Trait Anxiety scale. The reversed score items included: Items 1, 2, 5, 8, 10, 11, 15, 16, 19, and 20 (State Anxiety Scale) and items 21, 23, 26, 27, 30, 33, 34, 36 and 39 (Trait Anxiety Scale). Scores for both the State Anxiety Scale and Trait Anxiety Scale ranged from a minimum of 20 to a maximum of 80.

**Statistical Technique**

The data collected from the subjects were treated statistically. Analysis of variance (ANOVA) was used to find out the difference between Judokas, Boxers and Wrestlers on the selected psychological variables.

**Results and Discussions**

The purpose of this study is to make a comparative analysis of anxiety among college men i.e.judokas, Boxers and wrestlers. Independent randomized research design was used for this study, as the subjects were selected randomly from three independent groups of Judokas, Boxers and Wrestlers. The data obtained through the standardized scale were subjected to statistical treatment and the results are presented in Table I.

**Table 1:** Computation of Analysis of Variance of Anxiety (Scores in Numbers)

Mean Values For			Source of Variance	Sum of Squares	df	Mean Square	F	Level of Significance
Judokas	Hand-ball	Foot-ball						
43.30	47.50	41.55	Between	374.03	2	187.02	4.47*	<.05
			Within	3642.15	67	41.86		

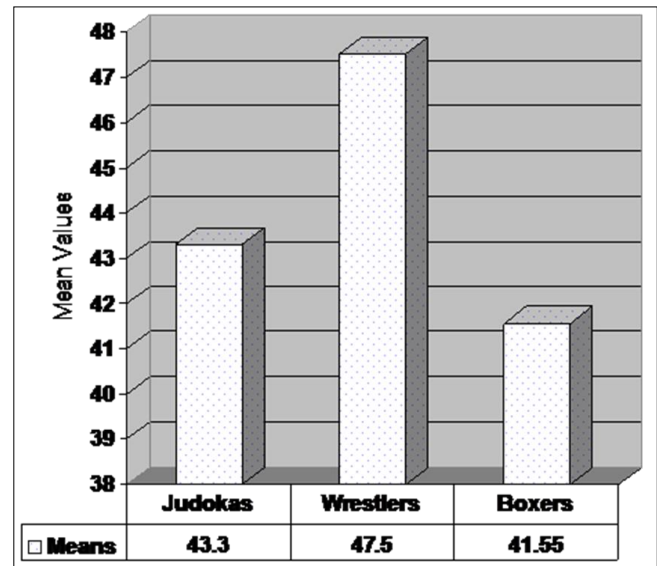
Table F-ratio at 0.05 level of confidence for 2 and 56 (DF) =3.15, 2 and 57(DF) =3.15. \*Significant

Table I shows that the obtained means in anxiety for judokas was 43.30, wrestlers was 47.50 and boxers was 41.55. The obtained F value on the scores 4.47 was greater than the required table value at 3.15, to be significant at 0.05 level This proved that significant differences existed among judokas, wrestlers and boxers in their anxiety level. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe’s Confidence Interval test. The results were presented in Table II.

**Table 2:** Scheffe’s Confidence Interval Test Scores on Anxiety (Scores in Numbers)

Means			Mean Difference	Required df	Level of Significance
Judokas	Wrestlers	Boxers			
43.30	47.50		4.20	5.09	< .05
43.30		41.55	1.75	5.09	
	47.50	41.55	5.95*	5.09	

Table II shows the comparisons between judokas and wrestlers, judokas and boxers as well as wrestlers and boxers in their anxiety level. The differences between wrestlers and boxers were significant and the other comparisons were not significant. The mean values of anxiety among judokas, wrestlers and boxers were presented through a bar diagram in Figure I, for better understanding of the results.



**Fig 1:** Bar Diagram Showing the Mean Scores in Anxiety among Judokas, Wrestlers and Boxers

The results presented in Table I proved that there was significant difference among judokas, wrestlers and boxers, as the obtained F value 4.47 was greater than the required table of 3.15 to be significant at 0.05 level of confidence.

The post hoc analysis results were presented in Table II. From the table II it can be seen that there is significant difference in anxiety between wrestlers and boxers. The other comparisons, namely anxiety between judokas and wrestlers as well as anxiety between judokas and boxers were not significant. Thus, it was proved that wrestlers were more anxious than boxers but judokas and boxers as well as judokas and wrestlers have equal anxiety.

### Major Findings of the Study

1. The obtained result indicates that all players had high level of anxiety.
2. There was a significant difference among Judokas, Boxers and Wrestlers.
3. There was significant difference between Wrestlers and Boxers.
4. There was no significant difference between Judokas and Wrestlers.
5. There was no significant difference between Judokas and Boxers.
6. The Wrestlers were significantly more anxious than Boxers.

### Conclusion

The study revealed that all the players had high anxiety. It was found that there was significant difference between wrestlers and boxers but other comparisons were not significant. There were no significant difference between judokas and wrestlers and between judokas and boxers. The Wrestlers were more anxious than Boxers

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