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A comparative study of anxiety and aggression level between lawn-tennis and badminton male players at university level

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Abstract

In the present study, an attempt has been made to compare the Anxiety and Aggression level between Lawn-Tennis and Badminton male players at university level. The study was carried out on 48 male players (24 each). The data was collected by different coaching camps. The age of the selected subjects ranged from 17 to 24 years. Only those players were selected who had attended the inter-college competition at K.U.K university. Only Anxiety and Aggression level were selected for the study. The data was collected through (Sinha's comprehensive anxiety test (1999) to measure Anxiety and Dr. (Mrs.) G.P Mathur and Dr. (M.rs.) R.K. Bhatnagar's) Aggression test to measure Aggression level. The data was analyzed by t-test. The Investigator observed that Badminton male players having more anxiety and aggression level then the Lawn-Tennis male players at university level.

Keywords: Physical fitness, Anxiety, Aggression, Lawn Tennis, Badminton.

1. Introduction

Anxiety in sport is most common in competitive sports environment and could also be termed competitive stress. A lack of consensus makes in difficult to clearly difine anxiety and stress in sport, but one definition, proposed by sport psychology consultant Dr. Grahan Johan in the book "sports psychology: A self-Help Guide" is that it's "the result of an interaction between the individual and the environment an emotional response to the dimands placed upon the individual by the environment. The aggressive constructs is a complex one, that there are individual differences in the invate, potential to aggression and that the aggression can also be learned or stimulated by specific situations. When aggressive energies are expressed within the rules of a sport and channeled intointo skill by a mature athlete, then one may witness a paserful and inspiring performance. Aggression for aggression sake should not be sanctioned. It is self-defeating and debilitating to others. The outstanding athletes entirs competition with control and not with implose. The aggressive althelte will be more active, eager, strong, highly motivated and likely to seek to vanquish any opponent.

2. Purpose of the Study

A comparative study of anxiety and aggression level between lawn-tennis and badminton male players at university level.ss

3. Methodology

In the present study, an attempt has been made to compare the Anxiety and Aggression level between Lawn-Tennis and Badminton male players at university level. The study was carried out on 48 male players (24 each). The data was collected by different coaching camps. The age of the selected subjects ranged from 17 to 24 years. Only those players were selected who had attended the inter college competition at K.U.K university. Only Anxiety and aggression level were selected for the study. The data was collected through Sinha's comprehensive anxiety test (1999) to measure Anxiety and Dr. (Mrs.) G.P Mathur and Dr. (M.rs.) R.K. Bhatnagar's aggression test to measure Agression level. The Researcher found that Badminton male players having more anxiety and aggression level than the Lawn-Tennis male players at university level.

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4. Result and Discussion

Table 1: To compare the Badminton and Lawn tennis male players on anxiety level at University level

Game	No.	Mean	S.D.	SED	t-value
Badminton	24	2.22	19.20	3.91	0.96
Lawn tennis	24	2.20	18.35	3.74	

Significant at 0.05 level

The mean value in the case of anxiety between Badminton and Lawn – tennis male players is 2.22 and 2.20 respectively and S.D is 19.20 and 18.35 and their SED is 3.91 and 3.74. The ‘t’ value obtain was 0.96, there is no significant at 0.05

level. This table shows that Badminton male Players having more Anxiety level than the Lawn-Tennis male players at the university level.

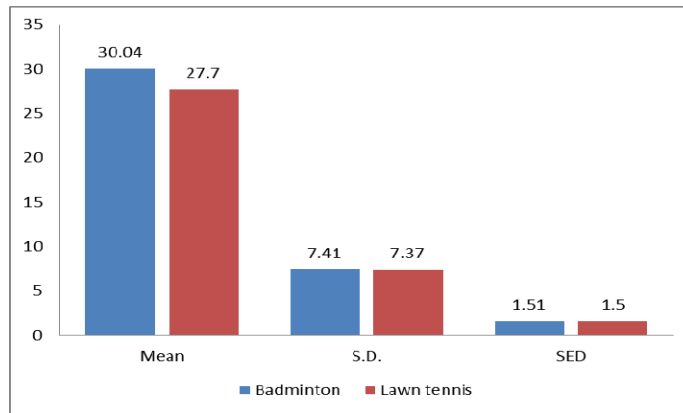


Fig 1: Graphical presentation of Badminton and Lawn tennis male players on anxiety level at university level

Table 4.2: To compare the badminton and lawn tennis male players on aggression level at university level

Game	No.	Mean	S.D.	SED	t
Badminton	24	30.04	7.41	1.51	7.80
Lawn tennis	24	27.70	7.37	1.50	

Significant at 0.05 level

The mean value in the case of aggression level between Badminton and Lawn – tennis male players is 30.04 and 27.70 respectively and S.D is 7.41 and 7.37 and their SED is 1.51 and 1.50. The ‘t’ value obtain was 7.80, there is no

significant at 0.05 level. The table shows that Badminton male players having more aggression level than the Lawn-Tennis male players at university level.

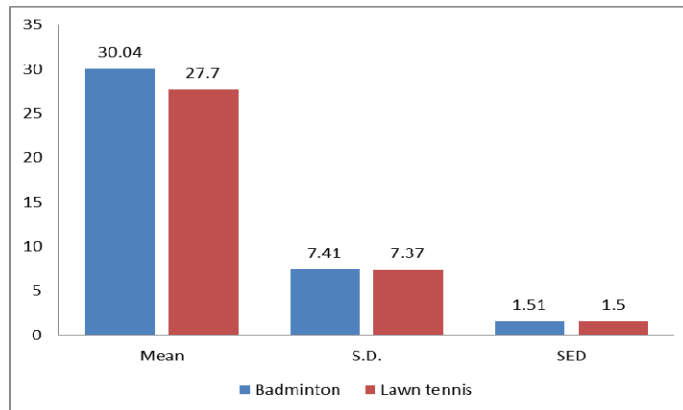


Fig 1: Graphical presentation of Badminton and Lawn tennis male players on anxiety level at university level

5. Conclusion

It is evident from the table that Badminton male players having more anxiety and aggression level than the Lawn-Tennis male players.

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