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Comparison of competitive anxiety level of male kho-kho players at different levels of achievement

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Abstract

The purpose of present study was to compare sports competitive anxiety level of male Kho- Kho players. Ten male Kho-Kho players were selected from Chaudhary charan university, Meerut (U.P.) and affiliated colleges by simple random sampling. The sample consisted of ten male state inter-collegiate and north zone inter university Kho - Kho players. The age of the subjects ranged between 18 to 30 years. The psychological variable competitive anxiety was assessed by administrating (SCAT) Sport competitive anxiety test questionnaire. The data was computed and analyzed using descriptive statistics and 't' test in order to compare the significant difference between inter collegiate and interuniversity male Kho-Kho players. The level of significance was set at 0.05. The result indicated that there were no significant differences among Kho-Kho players as the obtained 't' value (0.45) was less than the tabulated 't' value (2.00). it was concluded that there was no significance found on the anxiety level of male Kho-Kho players at different levels of achievement.

Keywords: Competitive anxiety, kho-kho player, achievement level

Introduction

The research reports on the role of anxiety in sports are conflicting as well confusing due to inconsistent dimension and technique of assessment but within the past few years, coaches and physical education are interested to finding the level of anxiety of players [1]. Anxiety is both an affective and a pleasurable emotional reaction within which involuntary nervous system and organ system play a vital role [2].

The Role of Psychology in selection training, materials and rehabilitations would definitely help in achieving sports excellence. The emphasis has been laid on pointing out that psychology and sports coverage at the same point and excellence in sports can be optimally obtained by developing appropriate strategies [3].

Review of research literature stated that the threshold of elective anxiety level differs from athlete to athlete and situations to situation. "Cratty"1989 adds "Conditions within the athlete combined with his or her psychological evaluation of the threat of competition and with the objective nature of competition itself work organized to produce anxiety in athletes" [4].

Psychologists believed that some psychological factors like fear and anxiety have a vital role in competition and in competitive sports, every athlete experience fear before, during and after events (Lizuka, 2005) [5]. Anxiety is a specific pleasurable quality, efferent or discharge phenomenon and perception of these (Frued1949) [6]. Anxiety is a negative emotional state with feelings of nervousness, worry and apprehension associated with activation of the body

¹ Movement, H.(2018). An assessment on level of sports competition anxiety among intercollegiate female kho- kho players. 3(1), 1162–1163.

² Khan, A.H., Ahmad, S., & Pathak, M.K.(2019). A comparative study of pre-competitive anxiety level among selected team games and individual sports. 4(2), 561–563.

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⁴Cratty,B.J.(1973)Psychology in Contemporary Sports- Guide lines for Coaches and Athletes Englewood Cliffs, N. J. Prentice Hall Inc.

⁵ Lizuka P. Anxiety and Performance in Young Table Tennis Players. Sports Science Research. 2005;26 (3):73- 75.

⁶ Frued S. Inhibition, Symptom and Anxiety. London: Hogarth Press, 1949.

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(Weinberg & Gould 1995) (cited from Jarvis 2006) [7]. From last few decades, sports Coaches and Athletes from different sports have started to recognize the value of the psychological side of performance. Weinberg and Jackson (1983) [7] point out that the fact that the interest shown by Coaches and Athletes to enhance their teams' psychological skills proves the above statement true. This is also true with in the world athletic sashay athletics coaches and athletes have become more interested in enhancing their athletes' psychological skills [8].

Now on a daily basis interest encompasses both 'some degree of activation associates degreed an unpleasant emotional state. Anxiety is recognized the main factor that reduces athlete's performance in sports [8]. It's a negative emotion that affects perception in sports competitions and this cause majority of athletes to contemplate anxiety as enervating toward performances, which may lead to decrease in a performance and even drop-out athletes from sport [9]. Coaches and physical educator focused on strategies for managing anxiety by numerous techniques however before managing strategies its need-to-know level of anxiety of their players [4].

Psychology

Kamlesh says "psychology is the science of the activities of an individual in relation to their environment." The activity of the soul or the mind in other words [10]. The internal behavior is manifested through the physical or the outer, for thinking and 'doing' are points or the same stretch are in separable for the struggle of survival." Sport psychology, an applied subdivision of general psychology, is unique because of the athletic settings in which efforts are concentrated and because of the type of stresses placed can competitors and coaches in this environment. These stresses include the marked visibility of efforts, operations and results [11].

The complexity of competition in the modern life has heightened the anxiety in these days. In light of this the twentieth century is termed as the 'Age of Anxiety' [12]. In modern competitive sports also the anxiety in Sportsmen has affected their performance [13]. As the physical load during training of sports men for international competition is being increased day by day, the psychics tress during competition is also in testified. The players and athletes like other human beings apparently are anxiety-prone while participating in competitive sports [14].

⁷ Jarvis M. Sport Psychology a Student's Handbook. Routledge 27 Church Road, Hove, East Sussex, BN3 2FA, 2006.

⁸ Ganesh, P., & Vishwakarma, S. (2017). A comparative study of pre-competitive anxiety level among the selected team games. 2(2), 775-777.

⁹ Jack, Lewellyn HR, Blucker Judy A. Psychology of Coaching Theory and Application, Emburg: Henry Lipton Ltd., 1974, 35-36.

¹⁰ Kamlesh, M.L. (1990) Construction & Standardization of Sports Achievement Motivation Test N.I.S. Scientific Journal 13 (3).

¹¹ Singh, Agyajit. Psychology of Coaching. New Delhi: Friends Publications, 2004, 51-56.

¹² Shiva, R. K., Nageshwaran, A. J. and Kalidasan, R. (1999) Analysis of Competitive Trait and State Anxiety among South west Zone University Women Volleyball Players SAI Scientific Journal 22 (3).

¹³ Singh, N. and Sharma, S. N. (1987) Motives for Participating in Sports Wing and Competitive Sports Activity Proceedings of III National Conference of Physical Education and Sports Sciences Kalyani University, Kolkata.

¹⁴ Muhammed Jam shad K C. Mohammed Sameer C. Comparative Study Selected of Psychological Skill Variables between National

Kho-Kho

Kho-Kho is a popular team game invented in Maharashtra, India [15]. The origin of Kho-Kho is very difficult to trace, but many historians believe that it is a modified form of 'Tag/Catch', which in its simplest form in chasing and touching a person. Originating in Maharashtra, Kho-Kho in ancient times was played on 'raths' or chariots and was known as RATHERA [15]. It is played by two teams of 12 players out of fifteen, of which nine enter in the field who sit on their knees (Chasing Team), and 3 extra (Defending Team) who try to avoid being touched by members of the other opposing team [15].

The purpose of this study was to compare the sports competitive anxiety of inter-collegiate and inter-university male Kho-Kho players.

Methodology

By applying simple random sampling, a total 10 male Kho-Kho players (inter collegiate and North zone inter university) were selected from Chaudhary Charan university, Meerut (U.P.) and affiliated colleges at districts of Ghaziabad. The age of the subjects ranged from 18 to 30 years and average 2 years training experience. The SCAT questionnaire developed by Rainer Martens was used.

Results and Discussion

The statistical analysis of data pertaining to the study on two level so inter-collegiate and inter university players was computed by mean, standard deviation, mean difference, standard error and analyzed by applying 't' test. The level of significant was set at 0.05. The statistical analysis of competitive anxiety of Kho-Kho players at different levels of achievement has been presented in Table 1.

Table 1: Comparison of Means of Competitive Anxiety between Inter Collegiate and Inter University Level Male Kho - Kho Players

Levels of achievements	Mean	Standard deviation	Mean difference	Standard Error	't' Ratio
Inter-collegiate Kho- Kho Players	18.2	3.77	1.6	0.97	0.45
Inter-university Kho-Kho Players	16.6	2.30			

*Not Significant at 0.05 Level tab_t0.05 (58)=2.00

Table-1 shows that the calculated 't' value of 0.45 was less than the tabulated 't' value of

2.00. It means there is no significant difference in the level of competitive anxiety between inter-collegiate and inter-university male Kho-Kho players.

Conclusion

It was concluded that there was no significance difference found in the level of competitive anxiety between inter-collegiate and inter-university male Kho-Kho players at different level of achievement.

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¹⁵ https://en.wikipedia.org/wiki/Kho_kho

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