



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2016; 3(1): 219-222
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www.kheljournal.com
Received: 12-11-2015
Accepted: 15-12-2015

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International Journal of Physical Education, Sports and Health

A study of anxiety in female Kho-Kho, kabaddi and softball intercollegiate players

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Abstract

The present paper focuses on comparing the anxiety level among female intercollegiate Kho-Kho, Kabaddi and Softball players. Anxiety is one of the greatest problems of modern trends in scientific knowledge. Cultural conflicts, economic and industrialization add to the problem of woman, thus increasing the anxiety level. Anxiety is one of the most common deterrents to good performance. At worst, the effects of anxiety gets the individual so tied up in knots and at its best anxiety subtly improves performance by making the individual alert. The over anxious individual has a high level of cerebral and emotional activity with neuromuscular tension that many eventually lead the individual to the exhaustion stage and perhaps to psychosomatic disorders. The lowering of anxiety may be caused due to regular participation in games and sports, the success, the increase in physical fitness, motor fitness, skills and tactics. The analysis is made with the help of both primary sources through structured questionnaire and secondary sources through books, journals and internet and interpreting collected data through ANOVA technique. Further, this paper also covers types of anxiety, role of sports in maintaining mental health and techniques to reduce anxiety level among female players. Finally, it gives affordable solution and conclusion for maintaining physical fitness.

Keywords: Anxiety, Emotional Activity, Physical Fitness, Psychology etc.

Introduction

Today sports have become the prestigious concept of every nation and sports have been subjected to various scientific investigations. Human beings are by nature competitive and aspire for excellence in athletic performances. Every woman is in a race to show their supremacy by challenging others. Thus this challenge stimulates, inspires and motivates all the athletes to sweat and strive, to run faster, jump higher, throw further and exhibit greater strength, endurance and skill in the present competitive world of sports. Excellence is only possible by channelizing their talents into appropriate games and sports, and through scientific, systematic and planned sports training.

Ever since the first modern Olympic games, human performance has captured the attention of a wide segment of the population. In addition the athlete, there is a growing scientific awareness among coaches and investigators Athletic records are followed by more and more people, and data are meticulously kept by officials of various sports and by the media as well. For an athlete, achieving peak performance is one of the factors that make competition go self-sustaining. The growth in size, complexity and number of research laboratories has provided an impetus for the study of the athletic performer. Data are now available about all the sports, and the elite athlete has been described in a variety of scientific journals. Ultimately it will benefit the performer to have information on which to base the performance factors and training methods, as well as to help to explain the achievements of certain competitive standards.

With the reference to the Olympic levels of performance, Tanner observed that lack of proper physique may make it almost impossible for an athlete to reach that degree of success. In general the most productive studies have been of high level performers at national and international levels. Theoretically we would expect those who are most successful to have the appropriate structures commensurate with their performance task; therefore, examination of differences between these structures and tasks will increase our understanding of the importance of aspects of physique and mind.

Anxiety

Anxiety is one of the greatest problems of modern trends in scientific knowledge. Cultural conflicts, economic and industrialization add to the problem of woman, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear for something unknown which creates tension and disturbance.

Laboratory, field and clinical evidence demonstrates that athletic and skill performance can suffer if anxiety becomes too high and many youngsters report that various worries prevent them from playing their best when they compete. Competitive anxiety can affect youngster's health by disrupting normal sleeping and creating gastrointestinal problems cognitive approach and environmental approaches are widely used in reducing anxiety.

Anxiety is an ever increasing problem today, which is not surprising given the demands of the fast moving society in which we live. When you consider how difficult it is just to get by, it is understandable why Anxiety troubles so many people with long range forecast containing "A chance of shower's" It seems impossible not to worry about the timing and severity of the rain the might be on the way.

Anxiety in one of the most common deterrents to good performance. At worst, the effect of anxiety get the individual so tied up in knots. At best anxiety subtly empies performance by distracting the individual. That is not to say that you cannot produce superlative performances when nervous. In fact, most athletes experience same anxiety before producing their top performances. By its nature, anxiety tends to interfere with athlete performance.

Statement of the problem

The purpose of this study was to compare the anxiety of female sports women participation its inter collegiate Kho – Kho, Kabaddi and Softball games.

Hypothesis

The Anxiety of female Kho-Kho, Kabaddi and Softball player's will differ significantly.

Types of Anxiety

Anxiety is a concept that is widely discussed by performers and coaches. Practitioners involved in sports performance need to be aware of anxiety related symptoms. Once awareness is built it would be prudent to deal with anxiety related issues.

There are two distinct aspects of anxiety. One aspect emanates towards trait anxiety. Trait anxiety relates to innate characteristics that humans are born with. For example, having a tendency to throw up before important competition. A second form of anxiety is related to the state, which is situational specific. For example, a performer may feel anxious when free-throwing in basketball. Related to these aspects there are also two mechanisms that are identified as somatic (physical feelings) and cognitive (mental) anxiety. Performers can suffer with both types of mechanisms or predominately from one over the other.

Benefits of Physical Activity in Reducing Anxiety

Exercise helps prevent and improve a number of health problems, including high blood pressure, diabetes and arthritis. Research on anxiety, depression and exercise shows that the psychological and physical benefits of exercise can also help reduce anxiety and improve mood. The links between anxiety, depression and exercise aren't entirely clear — but working

out can definitely help you relax and make you feel better. Exercise may also help keep anxiety and depression from coming back once you're feeling better.

Exercise has many psychological and emotional benefits too. It helps to

Gain confidence: Meeting exercise goals or challenges, even small ones, can boost your self-confidence. Getting in shape can also make you feel better about your appearance.

Take your mind off worries: Exercise is a distraction that can get you away from the cycle of negative thoughts that feed anxiety and depression.

Get more social interaction: Exercise may give you the chance to meet or socialize with others. Just exchanging a friendly smile or greeting as you walk around your neighborhood can help your mood.

Cope in a healthy way: Doing something positive to manage anxiety or depression is a healthy coping strategy. Trying to feel better by drinking alcohol, dwelling on how badly you feel, or hoping anxiety or depression will go away on its own can lead to worsening symptoms.

Methodology

The purpose of the study was to compare the anxiety role in the performance of Kho-Kho, Kabaddi and Softball players.

Selection of the subjects

The subject for the study was 75 female players in 25 Kho-Kho 25 Kabaddi and 25 softball women players. Who was represented in Kuvempu University Inter collegiate held at Koppa during 2006-2007. Simple random sampling technique was used to select the subject.

Orientation of Subject

The data was collected by using standardized questionnaire, SCAT prepared by Martin. This questionnaire contains 15 question was handed over to the subjects and asked them to answer all the questions which players was taking the questionnaires earlier have to check the question were it answered or not. The sport competition anxiety test was administered to the players before two hours of the match.

Analysis and Interpretation of Data

The test of significance, level of significance, results, discussion on findings and dissuasion on hypothesis were analyzed. This was designed to compare the level of anxiety among Kuvempu University Inter collegiate Kho-Kho, Kabaddi and soft ball women players. To achieve this purpose seventy-five women players were selected from Kho-Kho, Kabaddi and Soft ball games in equal numbers.

Test of Significance

This is the crucial portion of the thesis in arriving at the conclusion by examining the hypothesis. The procedure of testing the hypothesis was ended either by accepting the hypothesis or by rejecting the hypothesis. In accordance with the results obtained in relation to the level of confidence. The level of confidence was fixed at 0.05 level which was considered sufficient for this study. The test was usually called the test of significance. To test whether there is a difference between two factors and interaction was significant or not in the present study. The test was usually called the test of

significance. To test whether there is a difference between two factors and interaction was significant or not in the present study. If the obtained value was accepted. If the obtained value was less than the table value 0.05 level, then the hypothesis was rejected to the effect.

Level of Significance

The probability level below which we reject the hypothesis was termed or the level of significance. The data collected from the subjects were statistically analyzed and interpreted to find out the significant difference in sports competitive anxiety among Kuvempu University, Kho-Kho, Kabaddi and softball women players. One way analysis of variance was used.

Presentation of data

One way analysis of variance for anxiety among Kuvempu University. Women Kho-Kho, Kabaddi and Softball Players.

ANOVA : Single Factor				
Summary				
Groups	Count	Sum	Average	Variance
Kho-Kho	25	371	14.84	6.056667
Kabaddi	25	355	14.2	6.25
Softball	25	377	15.08	5.826667

ANOVA					
Source of Variation	SS	df	MS	F	F critical
Between Groups	10.34667	2	5.173333	0.855882	3.123901
Within Groups	435.2	72	6.044444		
Total	445.5467	74			

The above table reveals that there is a significant difference in sports competition anxiety (F=0.855882) among Kho-Kho, Kabaddi and Soft ball women players of Kuvempu University inter Collegiate level as the calculated F value is more than the tabulated F Value 3.07.

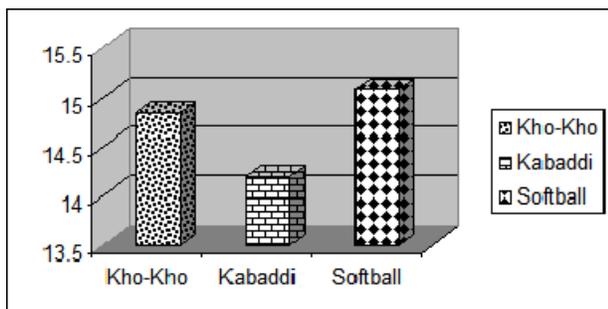


Fig 1: Graphical representation of mean value of Kho-Kho, Kabaddi & Softball players

Kho-Kho	Kabaddi	Softball
14.84	14.2	15.08

Discussion of finding on psychological variables

The result of the study showed that there is a significant difference in sports competition anxiety among Kho-Kho, Kabaddi and Soft Ball women players of Kuvempu University.

Discussion on Hypothesis

At the beginning of the study, the investigator had formulated the hypothesis that there will be a significant difference in the sports competition anxiety among Kuvempu University Intercollegiate Kho-Kho, Kabaddi and Softball women players. The results showed that there was no significant difference in

sports competition anxiety among the above said players. From the above findings. The investigator's was hypothesis was accepted.

Findings of the Study

The propose of the study was to compare the sports competition anxiety among Kuvempu University Intercollegiate Kho-Kho, Kabaddi and Softball women players.

To achieve the purpose 25 Kho-Kho, 25 Kabaddi, and 25 Softball women players were selected during the Kuvempu University intercollegiate womens meet held at Koppa during 2006-2007.

The data was collected by using standardized questionnaire, SCAT prepared by Martin. One way ANOVA was used to find out whether any significant difference exist in sports competition anxiety among Kuvempu University Intercollegiate Kho-Kho, Kabaddi and Softball women players. Hypothesis was tested at 0.05 level of confidence.

Conclusion

Within the limitation of present study, the following conclusion was drawn. There is a significant difference is sports competition Anxiety among Kuvempu University Intercollegiate Kho-Kho, Kabaddi and Softball women players.

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