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A survey study on anxiety among men and women Kho-Kho players of Meerut District

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Abstract

The aim of the present study was to find out the anxiety differentials between men and women Kho-Kho players of Meerut District. To achieve this purpose, 20 men intercollegiate Kho-Kho players and 20 women intercollegiate Kho-Kho players were selected from intercollegiate tournaments at age limit of a subject which were 18–22 years. Sports Competition Anxiety Test (SCAT) questionnaire prepared by Rainer Martens was used in the study. This questionnaire of a series of 15 statements in which the individual must respond by answering either “hardly ever” “sometimes” or “often” which includes 5 spurious items, 8 positive items, and 2 negative items. After the test, it is concluded that there was a slightly significant difference between the men and women Kho-Kho player’s anxiety level.

Keywords: Anxiety, Kho-Kho, Players, SCAT

Introduction

Psychology is an academic and applied field involving the study of the human mind, brain, and behaviour. Psychology also refers to the application of such knowledge to various spheres of human activity, including problems in individuals’ daily lives and the treatment of mental illness.

Psychology differs from anthropology, economics, political science, and sociology in seeking to capture explanatory generalizations about the mental function and overt behaviour of individuals, while the other disciplines rely more heavily on field studies and historical methods for extracting descriptive generalizations. In practice, however, there is quite a lot of cross-fertilization that takes place among the various fields.

Psychology differs from biology and in that it is primarily concerned with the interaction of mental processes and behaviour, and of the overall processes of a system, and not simply the biological or neural processes themselves, though the subfield neuropsychology combines the study of the actual neural processes with the study of the mental effects they have subjectively produced.

Competitors are under immense physical and emotional stress. They feel the pressure of coaches and their teams and the pressure they put on themselves. This kind of chronic stress can distract competitors from their goals. And, if left untreated, it can lead to harmful mental and physical health issues.

Sports psychologists take a holistic approach to each client's health. They consider an individual's physical abilities alongside their mental roadblocks. They then look for ways to improve mental toughness and athletic performance simultaneously.

Sports psychology benefits the whole person by encompassing both psychology and physical performance.

Some benefits of sports psychology include:

- Reduced anxiety
- Effective stress-management techniques
- Increased drive
- A healthier perspective of self and one's abilities
- Improved athletic performance

Anxiety

Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder. Anxiety disorders form a category of mental health diagnoses that lead to excessive nervousness, fear, apprehension, and worry. Anxiety plays an important role acquisition of motor skill as well as anxiety can either enhance or inhibit performance. Anxiety is considered a psychological manifestation involving all dimensions of athletes such as physiological behaviour and psychological processes.

A moderate level of anxiety sums best for the acquisition and performance of motor skill level of anxiety either too high or too low tend to inhibit learning and performance "anxiety is uneasiness and feeling of foreboding is after when a person is about embarking or hazardous ventured it is after accompanied by a strong drive to excel." Marten (1977) defines competitive trait anxiety as a tendency to perceive situation and respond with feeling of apprehension or tension or, on the other hand, the anxiety reaction triggered by a particular competitive situation is called competitive state anxiety.

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioural components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence 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 an individual to deal with a demanding situation by prompting them to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Definitions

1. Anxiety defines as an emotional reaction evoked by a stimulus that is perceived as threatening (Spilberg, 1972)
2. A negative emotional state with feelings of nervousness, worry and apprehension associated with activation or arousal of the body. (Weinberg & Gould)
3. According to one dictionary definition, anxiety can be defined as a strong and unpleasant feeling of nervousness or distress in response to a feared situation, often accompanied by physiological effects such as nausea, trembling, breathlessness, sweating, and rapid heartbeat.

Effect of anxiety

The physical effects of anxiety may include heart palpitations, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, or headaches. As the body prepares to deal with a threat, blood pressure, heart rate, perspiration, and blood flow to the major muscle groups are increased, while immune and digestive functions are inhibited (the fight or flight response). External signs of anxiety may include, sweating, trembling, and pupillary dilation. Someone who has anxiety might also experience it subjectively as a sense of dread or panic.

The emotional effects of anxiety may include "feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) of danger, and, feeling like mind's gone blank" as well as "nightmares/bad dreams, obsessions about sensations.

The cognitive effects of anxiety may include thoughts about

suspected dangers, such as fear of dying. "one may fear that the chest pains are a deadly heart attack. The behavioral effects of anxiety may include withdrawal from situations which have provoked anxiety in the past. Anxiety can also be experienced in ways which include changes in sleeping patterns, nervous habits, and increased motor tension like foot tapping.

Anxiety can be defined as an unpleasant state of mental uneasiness or concern that causes physical and psychological discomfort. Extreme anxiety disrupts and unsettles behaviour by lowering the individual's concentration and affecting their muscular control. Any sporting game or contest can give rise to anxiety when one's perceived ability does not measure up to the demands of the task.

Trait anxiety

Trait anxiety refers to a general level of stress that is characteristic of an individual, that is, a trait related to personality. Trait anxiety varies according to how individuals have conditioned themselves to respond to and manage stress. What may cause anxiety and stress in one person may not generate any emotion in another. People with high levels of trait anxiety are often quite easily stressed and anxious.

State anxiety

State anxiety is characterised by a state of heightened emotions that develop in response to a fear or danger of a particular situation. State anxiety can contribute to a degree of physical and mental paralysis, preventing performance of a task or where performance is severely affected, such as forgetting movements during a dance or gymnastic routine, to breaking in sprint or swim starts or missing relatively easy shots at goal i.e. pressure situations.

For some athletes sports anxiety can be a valuable motivator, e.g., contact sports such as rugby, whereas other sports require a very low level of anxiety for successful performances, e.g. archery, pistol shooting.

Athletes can learn to manage anxiety using techniques such as relaxation, hypnotherapy, cognitive behaviour therapy and positive thinking. For state anxiety, therapies focus on the specific situations causing stress to the athlete whereas Trait anxiety requires a broader approach.

Sports and performance anxiety often go hand-in-hand. Have you ever "choked" during an important sporting event or felt your nerves get in the way of your athletic performance? While many athletes become "pumped up" during competition, when the rush of adrenaline is interpreted as anxiety and negative thoughts begin to swirl, it can have devastating effects on your ability to perform. Before you learn how to manage the symptoms of anxiety during competitions, it is important to understand the relationship between anxiety and athletic performance.

What is the Relationship between Anxiety and Athletic Performance?

Anxiety before or during athletic competitions can hinder your performance as an athlete. The coordinated movement required by athletic events becomes increasingly difficult when your body is in a tense state. A certain level of physical arousal is helpful and prepares us for competition. But when the physical symptoms of anxiety are too great, they may seriously interfere with your ability to compete. Similarly, a certain amount of worry about how you perform can be helpful in competition, but severe cognitive symptoms of anxiety such as negative thought patterns and expectations of

failure can bring about a self-fulfilling prophecy. If there is a substantial difference between how you perform during practice and how you do during competitions, anxiety may be affecting your performance.

What Factors Influence the Effect of Anxiety on Athletic Performance?

Some types of athletes are more prone to feeling the effects of anxiety on performance. Amateur athletes are more likely than seasoned professionals to experience anxiety that interferes with their ability to perform in competition -- this makes sense due to their relative lack of experience both in competition and in managing arousal. Athletes who participate in individual sports have also been found to experience more anxiety than those who play team sports. Common sense suggests that being part of a team alleviates some of the pressure experienced by those who compete alone. Finally, there is evidence that in team sports, when a team plays at the venue of the opposition (known as an "away" game) anxiety levels tend to be higher than when playing at home. Again, common sense would indicate that having greater fan support and more familiarity with the venue plays a role in anxiety levels during competition.

Significance of study

The significance of the study lies in the fact that if the anxiety differentials of men and women kho-kho players is determined statistically, then the trainers and coaches in the field of physical education and sports would be benefited to a great extent by giving some relaxation training to players to minimize the anxiety level, if it would affect the performance. The different anxiety scores would help the coaches the players on the basis of the level of anxiety.

Table 1: The Comparisons of anxiety Between Men and Women Kho-Kho Players

Group	Mean	SD	MD	t" ratio	Sig.
Men	17.7	2.85	0.1	0.14	2.00
Women	16.2	3.32			

Objective of the study

The aim of the present study was to find out the anxiety differentials between men and women Kho-Kho players of Meerut district.

Hypothesis

There may not be any significant difference between men and women Kho-Kho players of Meerut district in relation to anxiety levels.

Methods and Materials

To achieve this purpose, 20 men intercollegiate Kho-Kho players and 20 women intercollegiate Kho-Kho players were selected from intercollegiate tournaments at an age limit of a subject which was 18–22 years.

Tools used

Sports Competition Anxiety Test (SCAT) questionnaire prepared by Rainer Martens was used in the study. This questionnaire of a series of 15 statements in which the individual must respond by answering either "hardly ever" or "sometimes" or "often" which includes 5 spurious items, 8 positive items, and 2 negative items.

Results and Discussion

The present study consists of variables (independent variable) that are men and women Kho-Kho players. Anxiety was selected as (Dependent variable) for this study. The results obtained were given statistical treatment using "t;" the obtained results are presented in Table 1.

Table 1 shows that the obtained "t" ratio for anxiety levels between individual sports and team sports was 0.14. It was lesser than required in Table 2.00, which has found to be insignificant. Hence, the hypothesis was rejected.

Conclusion

Advanced sports and games techniques have greatly influenced the psychological skills of the standard of players. In the present scenario, sports psychology has been playing a significant role in the creeping performance of the games. By and large, the players exposed to higher levels of competition need to be fit physically, mentally, and technically so that the standards of the big muscle power game will remain at its best all the time at the international level. It is conducted that there was a slight significant difference between the men and women Kho-Kho players' anxiety levels.

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