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Comparison of anxiety between India and Nepal women international kho-kho players

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Abstract

The purpose of the study was Comparison of anxiety between India and Nepal kho-kho players". The subject for this study was 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 30 (Thirty) female Kho-Kho players, 15 players of Indian and 15 player of Nepal were (17-30 years of age) selected. The Sports competition anxiety questionnaire developed by Renier-martin was selected. The selected variables were anxiety. The obtained data were analysed by applying independent 't' test in order to compare the anxiety differential between India and Nepal Kho-Kho players. Further, the level of significance was set at 0.05 level of confidence. The finding of the study reveals that there was significant difference in case of anxiety where Nepal kho-kho players exhibit less anxiety in comparison with the Indian kho-kho players. The significant difference was found may be due to the reason that the Nepal players were very good in positive mood, confidence level higher than Indian kho-kho players because they did not in pressure of winning which must have been a probable cause.

Keywords: Anxiety, India and Nepal kho-kho players

Introduction

The topic of competitive anxiety has enjoyed a large prominence in the sport psychology literature, and is often cited as one of the most studied areas in the discipline (Biddle, 1997; Jones, 1995a; Tenenbaum and Bar-Eli, 1995; Woodman and Hardy, 2001) [4, 5, 6, 7]. Despite acknowledging the importance of the benefits of anxiety in sport, no single body of work has focused upon this area to any great extent. Consequently, we explore in greater detail the mechanisms by which such a negative emotional response might have a positive effect on a performer's psychological state and subsequent athletic performance. To the best of our knowledge this review is the first to focus specifically on this area and discuss recent directions in sport psychology research which examine this phenomenon.

Sport psychology is a scientific field at the crossing between psychology, sport sciences and medicine. The field of sport psychology involves research on basic psychological knowledge, on the psychological processes in sports and on the effects of these processes on the sport. This knowledge is used to derive scientifically grounded training and practice for optimizing behaviour in the specific sport.

Competitive anxiety: a specific negative emotional response to competitive stressors.

A major advance occurred when researchers identified anxiety as a response to specific situations rather than solely a unitary phenomenon across all contexts. Situation-specific measures were subsequently developed in areas such as test anxiety (Mandler and Sarason, 1952) [8], audience anxiety (Pavio and Lambert, 1959) [9], and fear of negative evaluation, social avoidance and distress (Watson and Friend, 1969) [10], and found to be better predictors of behavior than general anxiety scales. In sport psychology, a number of sport-specific instruments such as the Sports Competition Anxiety Test (SCAT; Martens, 1977) [11] and Competitive State Anxiety Inventory (CSAI; Martens, Burton, Rivkin, and Simon, 1980) [12] were also found to be better predictors of competitive anxiety than existing general measures such as the STAI (Martens, Vealey, and Burton, 1990) [13].

Criterion Measures

The sports competition anxiety score of the subject was obtained by using sports competition anxiety questionnaire developed by Renier-Martin.

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The sports competition Anxiety Test measures trait anxiety. It consists of 15 items (e.g., “Before I compete I am calm,” “Before I compete I feel relaxed,” “I am a good sportsman when I compete”). The items are based on three components of anxiety, according to theoretical and empirical information reviewed by. The scoring is performed ranging from rarely to often.

Procedure

Total 30 female Kho-Kho players (17-30 years of age) selected from South Asian Games-2016 which was organised by India in Guwahati (Assam). The selected variable was anxiety. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about the taken the data

Hypothesis

It was hypothesized that there may be significant difference anxiety between India and Nepal women Kho-Kho players.

Statistical Technique

The obtained data were analyzed by applying independent ‘t’ test in order to comparison of anxiety differential between India and Nepal women Kho-Kho players. The level of significant was set at 0.05.

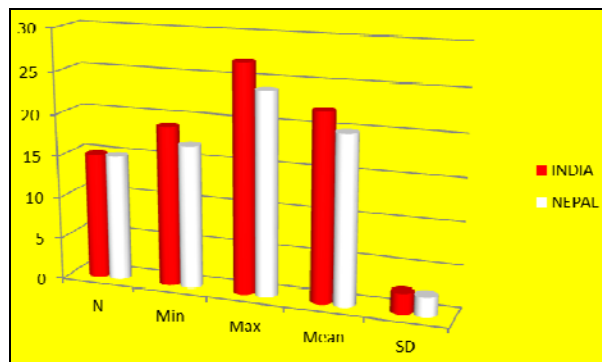
Result

Table 1: Comparison of Anxiety between India and Nepal Kho-Kho Players

Team	N	Min	Max	Mean	SD	‘t’
India	15	19	27	22.13	2.44	
Nepal	15	17	24	19.93	2.31	2.53*

$t'_{(2, 28)} = 2.048$

Graphical representation



Finding

From the above table-1, It is revealed that there was significant difference in case of anxiety test as calculated ‘t’ value [2.53] is greater than tabulated ‘t’ value [2.048] at 0.05 level of significance. Thus it may be concluded that there was significant difference between India and Nepal kho-kho players related to anxiety test, in which mean anxiety test is significantly higher for Indian kho-kho players than Nepal kho-kho players at 0.05 level of significance. The finding of the table1 are presented above in fig. 1

Discussion of Finding

Significant difference was found in case of anxiety where Indian kho-kho players exhibited more anxiety in comparison with the Nepal kho-kho players. It may be due to Nepal

players were in positive mood, good moral and intellectual ability, moreover they did not in the pressure of winning. In addition, Nepal kho-kho players get a different kind of exposure which also must be a contributing factor in the significant difference.

Conclusion

Within the limitation of the study the following conclusion may be drawn.

1. There is significant difference in case of anxiety where Nepal kho-kho players exhibit less anxiety in comparison with the Indian kho-kho players.

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