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## An analytical study among urban and rural Kho-Kho players respect to anxiety

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### Abstract

The purpose of the present study was to investigate that the anxiety among urban and rural Kho-Kho players. Total 100 Kho-Kho players were involved in that study. 50 subjects were urban Kho-Kho players and 50 subjects' rural Kho-Kho players. The age range of subjects were 18 to 16 years ( $M = 22.94$ ,  $SD = 3.48$ ). Hypothesis there will be significant difference between urban and rural Kho-Kho players with respect to anxiety. Anxiety scale was constructed and standardized by A. K. P. Sinha and L. N. K. Sinha.

**Result:** Rural interuniversity Kho-Kho players had significantly high anxiety than the urban Kho-Kho players.

**Keywords:** Anxiety, Kho-Kho players

### Introduction

Hanton (2004) considers cognitive who are able to control their competitive anxiety through anxiety as a constituent of cognitive preparation and mental skills (such as imagination, feeling control), have believes that the emergence of negative thoughts and good motivation and self-confidence, but amateur athletes anxiety about performance, competition environment and with high anxiety experience weak performance in competition results in athletes are of important indications competitions. In their investigations concerning the of cognitive anxiety. Somatic anxiety appears in the form effects of competitive anxiety on performance and of pale skin, an increase in heartbeat and turmoil that motivation of football players reported that elite football makes athletes to show negative reactions. Eventually, players due to familiarity with competitive anxiety control self-confidence is the rate of athletes' ability to have strategies posses optimum motivation and self-excellent performance and suitable behaviors. The relation between anxiety and performance has been the subject of many thorough research. Cognitive anxiety is characterised by negative concerns and worries about performance, inability to concentrate, and disrupted attention. Somatic anxiety consists of an individual's perceptions, which are characterised by indications such as sweaty palms, butterflies, and shakiness. Research has also been done on the gender differences concerning state anxiety levels. Self-confidence tends to decrease in females on the day a competitive event is to occur. Male young athletes typically display lower levels of anxiety and higher self-confidence than female athletes. Krane and Williams (1994) <sup>[4]</sup> found no gender differences for cognitive anxiety. They also demonstrated that the more experienced college player would show lower levels of cognitive and somatic anxiety than the less experienced player. As far as handball is concerned, Roguli, Nazor, Srhoj and Bozin (2006) supported that it is a sport, which includes complex and accurate motor skills, and they suggested that psychological factors play an even more decisive role in a competition, differentiating between successful and less successful teams.

### Objective of the study

To investigate the anxiety among urban and rural Kho-Kho players.

### Hypothesis

There will be significant difference between urban and rural Kho-Kho players with respect to

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anxiety.

## Method

### Sample

Total 100 Kho-Kho players were involved in that study. 50 subjects were urban Kho-Kho players and 50 subjects' rural Kho-Kho players. The age range of subjects were 18 to 16 years ( $M = 22.94$ ,  $SD = 3.48$ ).

### Tool

Sinha's Comprehensive Anxiety Test (SCAT-SS):

This scale was constructed and standardized by A. K. P. Sinha and L. N. K. Sinha. It consists of 90 sentences and each item provides two alternatives. The inventory can be scored accurately by hand and no scoring key or stencil is provided so far. For any response indicated as 'YES' the testee should be awarded the score of one, and zero for 'NO'. The sum of the entire positive or yes responses would be the total anxiety score of the individual. The coefficient of reliability was determined by using the two methods. First the test-retest method ( $N=100$ ) was employed to determine the temporal stability of the test. The product moment correlation between the test and retest scores was 0.85. Second method is the internal consistency reliability was ascertained by adopting odd-even procedure ( $N=100$ ). Using the Spearman Brown formula, the reliability coefficient of the test was found to be 0.92.

### Procedures of data collection

For data collection first permission has been taken from respective sources than the despondence has been selected for data collection. Personal data sheet (PDS) has been given to collect the preliminary information with respect to subject's related variables then standardized test administered to the subjects. Before that rapport was established with subjects. And they have been told that their responses were kept confidential and the information is used for research purpose only.

### Variable

Independent variable-Area of Residence

- a) Urban
- b) Rural

### Dependent variable

- 1) Anxiety

## Data Analysis and Discussion

**Table 1:** Urban and Rural Kho-Kho Players have shows Mean, S.D. and "t" Value Dimension of Anxiety

Residence	Mean	S.D	SE	N	df	"t"
Urban	30.58	6.48	.91	50		
					98	6.79**
Rural	38.94	5.80	.82	50		

Mean of urban Kho-Kho players was 30.58 and second mean of rural Kho-Kho players was 38.94. And the difference between the two mean is highly significant 't' ( $98$ ) = 6.79,  $P < 0.01$ ). It was found that the rural interuniversity Kho-Kho players had significantly high anxiety than the urban Kho-Kho players.

Opposite result found that Bappa Maske (2012) competition Anxiety of urban Kho-Kho players is slightly greater than that of rural players.

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