



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2023; 10(2): 154-155
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www.kheljournal.com
Received: 15-12-2022
Accepted: 18-1-2023

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International Journal of Physical Education, Sports and Health

A comparative study of anxiety in Females Players Kabaddi, Kho-Kho and Volleyball

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Abstract

The purpose of this research study was to make a comparative study of anxiety among females players Kabaddi, Kho-Kho and Volleyball. This research study was carried out by College was confined to surat city Gujarat. A total of inter college team game 180 women players in the age group of 18 to 25 years including 60 Kabaddi players, 60 Kho-Kho players and 60 volleyball players were selected as subjects in this research study. The Sports Competition Anxiety Test (S.C.A.T) questionnaire was chosen as the measurement for the study of anxiety. Statistical analysis was done using Analysis of Variance to find out the level of anxiety between the game groups and LSD test was used to find out the differences between the means. The conclusion of which was seen as follows. A difference was observed in the anxiety of female players of kabaddi, kho-kho and volleyball. Looking at the mean differences, it was proved that the level of anxiety was higher in kabaddi and volleyball sports groups than in kho-kho sports group.

Keywords: Females, anxiety, Kabaddi, Kho-Kho and volleyball

Introduction

In today's fast growing era, modern man has to face competition, competition, depression, failure, depression, anxiety etc. directly or indirectly. Some individuals break down and suffer mental breakdowns. So many spheres in life like family, education, organization, friend circle and profession provide opportunities for adjustment and when one fails to adjust, he experiences dissatisfaction, depression, anxiety, conflict and mental stress.

Psychology is the science of human behavior. One aspect of the human being is considered physical. And others are considered mental. In common life it is believed that both aspects of behavior are different from each other. There is no relation between the two. So some of our behavior is physical. Some are believed to be psychic. Such divisions of behavior are not correct in the eyes of scientists.

Anxiety is the most widespread disorder. At the core of mental health is some form of anxiety. Know any cause for general concern. For example; It is natural to feel anxious if the papers have not gone well in the exam and there is a suspicion of failing the exam. If we are trapped alone in a dangerous forest and are afraid of wild animals, then we get worried. The transactions of human life are not easy. Every now and then some kind of anxiety bothers him. Today's age is an age of anxiety. No one in the world today is free from conflict and stress. It is natural to be worried in such a dire situation. General concern is reason enough. When the cause of anxiety is gone from one's life one automatically becomes free from anxiety, but distorted anxiety is different from this. Whether or not there is a reason for the person, on any occasion an anxiety haunts the mind and does not get rid of it despite the desire to be freed; Can't get out.

There is hardly a person living in the twenty-first century who does not have a burden of anxiety. Rushing from morning to night, thinking about what to do next day when night falls, anxiety increases. Whether male or female, young or old, educated or uneducated, everyone experiences this. The farmer is worried about what will happen if the rains do not come on time. A businessman is worried about when the government's trade policy will change. Bureaucrats occupying high positions are under such intense pressure of work that twenty-four hours are not enough for them, hence they live in constant worry.

A common housewife worries about running a household in the face of ever-increasing inflation. Students worry about not being able to adjust to any environment due to study load.

The Purpose of the Study

The purpose of this research study was to make a comparative study of anxiety among females players Kabaddi, Kho-Kho and Volleyball.

Selection of the subject

This research study was carried out by College was confined to Surat city Gujarat. A total of inter college team game 180 women players in the age group of 18 to 25 years including 60 Kabaddi players, 60 Kho-Kho players and 60 volleyball

players were selected as subjects in this research study.

Criterion Measurement

The Sports Competition Anxiety Test (S.C.A.T) questionnaire was chosen as the measurement for the study of anxiety.

Statistical Process

Statistical analysis was done using Analysis of Variance to find out the level of anxiety between the game groups and LSD test was used to find out the differences between the means.

Result of the Study

Table 1: Variance Analysis of Anxiety in Female Sports Players of Kabaddi, Kho-Kho and Volleyball

Test	Group		Variation covariance analysis			
	Mean	Subject	Sum of square (SS)	Degree freedom (df)	Mean sum of square (MSS)	'F'
Kabaddi	19.633	60	117.233	2	58.617	9.249*
Kho-Kho	18.050	60				
Volleyball	19.866	60	1411.717	177	7.976	

*Standard of significance at 0.05 level $F' = 0.05 (2,177) = 3.047$

In Table-1 College was confined to Surat city Gujarat. Kabaddi female players had an anxiety median of 19.633, Kho-Kho female athletes had an anxiety median of 18.050, Volleyball female athletes had an anxiety median of 19.866. The sum of classes across all groups was found to be 117.233 and the sum of classes between all scores was found to be 1411.717. The mean deviation of all groups was found to be 58.617 and the mean deviation of all scores was found to be 7.976. While 'F' ratio was found to be 9.249. Which was found to be significant at 0.05 level when compared with the table value (2, 177).

Table 2: Table showing the revolutionary difference between the mean of anxiety of female players of kabaddi, kho-kho and volleyball players

Kabaddi	Kho-Kho	Volleyball	Mean Different	Critical Different
19.633	18.050		1.583*	0.90
19.633		19.866	0.233	
	18.050	19.866	1.816*	

Significance level at 0.05 level

As shown in Table-2 above, the difference between the corrected medians of the three sports groups in anxiety test performance can be clearly seen. The mean difference of kabaddi-kho-kho was 1.583, the mean difference of kabaddi-volleyball was 0.233 and the mean difference of kho-kho-volleyball was 1.816 and the revolutionary difference was 0.90. Compared to the mean difference at 0.05 level, the highest difference was found in the kho-kho-volleyball game group (1.816).

Conclusion

A difference was observed in the anxiety of female players of kabaddi, kho-kho and volleyball. Looking at the mean differences, it was proved that the level of anxiety was higher in kabaddi and volleyball sports groups than in kho-kho sports group.

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