



## Evaluation of Anxiety and Aggression among School Level Kho – Kho and Ball Badminton Players

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### Abstract

*The purpose of the study was to determine the evaluation of anxiety and aggression among school level kho – kho and ball badminton players. To achieve the purpose thirty kho-kho and ball badminton players each and they were selected from Sri Ramamoorthy high school, Vasanthapuram, Paramathi-velur, Namakkal. The subject's age ranged from 12-16 years. The selected subjects were considered as only one group. The following criterion variables were selected for the study such as anxiety and aggression. The questionnaires were selected for collection data about the anxiety and aggression. The collected data were statistically analyzed by using 't' ratio. It was found that there was no significant difference between kho kho and ball badminton players on aggression. It was also found that there was no significant difference between kho-kho and ball badminton players on anxiety.*

**Keywords:** Anxiety, Aggression, Ball Badminton, Kho – Kho.

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### Introduction

Sport in all forms of usually competitive physical activity which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators. Hundreds of sports exist, for those requiring only two participants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. Kho-kho ranks as one of the most popular traditional sports in India. The origin of kho-kho is difficult to trace, but many historians believe, that it is a modified form of 'Run chase', which in its simplest form involves chasing and touching a person. With its origins in Maharashtra, kho-kho in ancient times, was played on 'rats or chariots, and was known as Rather a like all Indian games, it is simple, inexpensive and enjoyable. Ball badminton originated in Tanjore, in Tamil Nadu. It became popular, commanding the interest of the Maharaja of Tanjore. The game attracted many players from southern India. Ball badminton is a sport native to India. It is a racket game, played with a yellow ball made of wool, on a court of fixed dimensions (12 by 24 meters) divided by a net. The game was played as early as 1856 by the royal family in Tanjore, the capital of Thanjavur district in Tamil Nadu, India. The use of word "aggression" is somewhat confusing. The term aggression is employed to describe angry, violent with

intent to hurt a person or cause damage to property "aggression" behavior is also used to depict a strong and somewhat adventurous effort. "Anxiety is one of the psychological factors. Anxiety differs from around in tar if encompassed both some of activation and an unpleasant emotional state. Thus the term anxiety is used to describe the combination.

### Methodology

The purpose of the study was to determine the evaluation of anxiety and aggression among school level kho – kho and ball badminton players. It was hypothesized that there would not be any significant differences in aggression and anxiety among school level kho-kho and ball badminton players. To achieve the purpose thirty kho-kho and ball badminton players each and they were selected from Sri Ramamoorthy high school, Vasanthapuram, Paramathi-velur, Namakkal. The subject's age ranged from 12-16 years. The selected subjects were considered as only one group. The following criterion variables were selected for the study such as anxiety and aggression. The questionnaires were selected for collection data about the anxiety and aggression. The study was restricted to two psychological variables, namely, Aggression and Anxiety. The primary concern of the study was the evaluate of anxiety and aggression among school level kho-kho and ball badminton players. As per the available literature, the following standardized questionnaire was used to collect the relevant data on the selected variables and are presented in table-I.

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**Table I.** List of Questionnaires

Variables	Name of the Test	Unit of measurement
Anxiety	Questionnaire	Points
Aggression	Questionnaire	Points

**Statistical Technique**

The following statistical procedure was employed to estimate the evaluate of anxiety and aggression among school level kho-kho and ball badminton players 't' ratio was calculated to find out the significant of the difference between the mean of pre

and post test of the group.

**Results**

The data obtained on the aggression of the group have been analyzed using the analysis of variables are presented in table II.

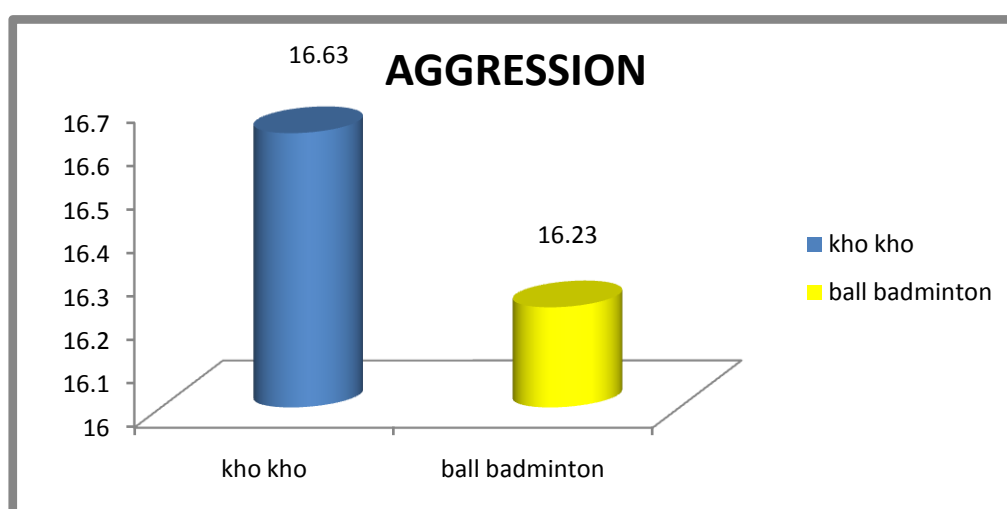
**Table II.** Table showing the mean difference, standard deviation and 't' value of aggression between kho -kho and ball badminton players

Variables	Group	Mean	Std. Deviation	dt	t	Table Value
Aggression	Kho- kho	16.63	1.35	53.59	1.30	2.04
	Ball Badminton	16.23	1			

\*Significant at 0.05 level of confidence

To find out the significant difference between kho- kho and ball badminton on aggression 't' ratio was employed and the level of significance was set at 0.05. The aggression of kho- kho players was 16.63 and aggression of ball badminton players was 16.23 respectively. The obtained 't' ratio on aggression was

1.3 lesser than the table value 2.04. The results of the study reveal that there is no significant difference between kho-kho and ball badminton players on aggression. A mean difference of aggression between kho-kho and ball, badminton players was shown in figure I.

**Figure I.** Showing the mean difference of aggression between kho -kho and ball badminton players

The data obtained on the anxiety of the group have been analyzed using the analysis of variables are

presented in table III.

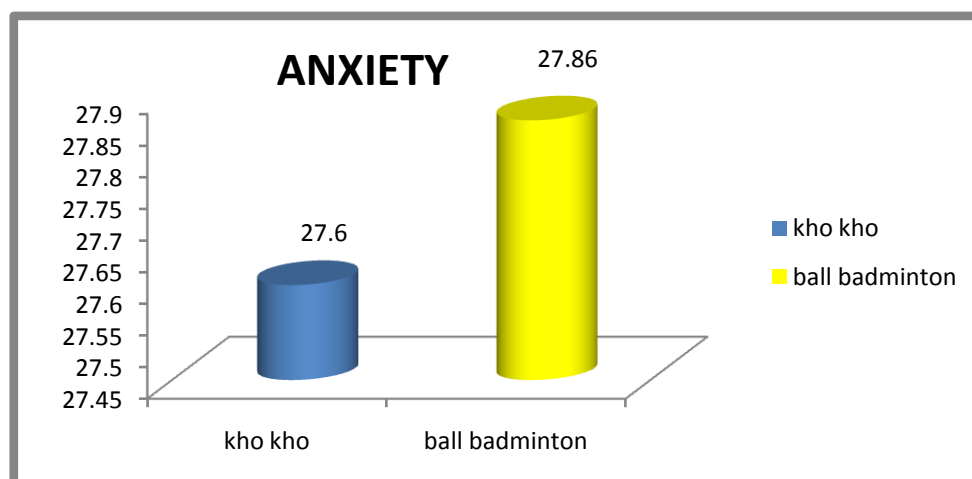
**Table III.** Table showing the mean difference, standard deviation and 't' value of anxiety between kho-kho and ball badminton players

Variables	Group	Mean	Std. Deviation	df	t	Table Value
Anxiety	Kho- kho	27.6	0.96	58	1.08	2.04
	ball badminton	27.86	0.93			

\*Significant at 0.05 level of confidence

To find out the significant difference between kho- kho and ball badminton on anxiety 't' ratio was employed and the level of significance was set at 0.05. The anxiety of ball badminton players was 27.86 and anxiety of kho- kho players was 27.60 respectively. The anxiety obtained 't' ratio on anxiety was 1.08 lesser than

the table value 2.04. The result of the study reveals that there is no significant difference between kho-kho and ballbadminton players on anxiety. A mean difference of anxiety amongkho-kho and ball, badminton players was shown in figure II.

**Figure II.** Showing the Mean Difference of Anxiety between Kho- Kho and Ball Badminton Players

### Conclusions

1. It was concluded that there was no significant difference between kho kho and ball badminton players on aggression.
2. It was concluded that there was no significant difference between kho-kho and ball badminton players on anxiety.

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