



A Study on Psychological Variables Among Anxiety of Female Kho-Kho and kabaddi intercollegiate Women's players

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Abstract

The present paper focuses on comparing the anxiety level among female intercollegiate Kho-Kho and Kabaddi players. Anxiety is one of the greatest problems of modern trends in scientific knowledge. Cultural conflicts, economic and industrialization add to the problem of woman, thus increasing the anxiety level. Anxiety is one of the most common deterrents to good performance. At worst, the effects of anxiety gets the individual so tied up in knots and at its best anxiety subtly improves performance by making the individual alert. The over anxious individual has a high level of cerebral and emotional activity with neuromuscular tension that many eventually lead the individual to the exhaustion stage and perhaps to psychosomatic disorders. The lowering of anxiety may be caused due to regular participation in games and sports, the success, the increase in physical fitness, motor fitness, skills and tactics. The analysis is made with the help of both primary sources through structured questionnaire and secondary sources through books, journals and internet and interpreting collected data through ANOVA technique. Further, this paper also covers types of anxiety, role of sports in maintaining mental health and techniques to reduce anxiety level among female players. Finally, it gives affordable solution and conclusion for maintaining physical fitness.

Keywords: Psychological Variables among Anxiety of female Kho-Kho and kabaddi women's players.

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Introduction

Today sports have become the prestigious concept of every nation and sports have been subjected to various scientific investigations. Human beings are by nature competitive and aspire for excellence in athletic performances. Every woman is in a race to show their supremacy by challenging others. Thus this challenge stimulates, inspires and motivates all the athletes to sweat and strive, to run faster, jump higher, throw further and exhibit greater strength, endurance and skill in the present competitive world of sports. Excellence is only possible by channelizing their talents into appropriate games and sports, and through scientific, systematic and planned sports training.

Ever since the first modern Olympic games, human performance has captured the attention of a wide segment of the population. In addition the athlete, there is a growing scientific awareness among coaches and investigators Athletic records are followed by more and more people, and data are meticulously kept by officials of various sports and by the media as well. For an athlete,

achieving peak performance is one of the factors that make competition go self-sustaining. The growth in size, complexity and number of research laboratories has provided an impetus for the study of the athletic performer. Data are now available about all the sports, and the elite athlete has been described in a variety of scientific journals. Ultimately it will benefit the performer to have information on which to base the performance factors and training methods, as well as to help to explain the achievements of certain competitive standards. With the reference to the Olympic levels of performance, Tanner observed that lack of proper physique may make it almost impossible for an athlete to reach that degree of success. In general the most productive studies have been of high level performers at national and international levels.

Anxiety

Anxiety is one of the greatest problems of modern trends in scientific knowledge. Cultural conflicts, economic and industrialization add to the problem of woman, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear for something unknown which creates tension and disturbance.

Anxiety in one of the most common deterrents to good performance. At worst, the effect of anxiety gets the individuals tied up in knots. At best anxiety subtly improves performance by distracting the individual. That

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is not to say that you cannot produce superlative performances when nervous. In fact, most athletes experience same anxiety before producing their top performances. By its nature, anxiety tends to interfere with athlete performance.

Types of Anxiety

Anxiety is a concept that is widely discussed by performers and coaches. Practitioners involved in sports performance need to be aware of anxiety related symptoms. Once awareness is built it would be prudent to deal with anxiety related issues. There are two distinct aspects of anxiety. One aspect emanates towards trait anxiety. Trait anxiety relates to innate characteristics that humans are born with. For example, having a tendency to throw up before important competition. A second form of anxiety is related to the state, which is situational specific. For example, a performer may feel anxious when free-throwing in basketball. Related to these aspects there are also two mechanisms that are identified as somatic (physical feelings) and cognitive (mental) anxiety. Performers can suffer with both types of mechanisms or predominately from one over the other.

Benefits of Physical Activity in Reducing Anxiety

Exercise helps prevent and improve a number of health problems, including high blood pressure, diabetes and arthritis. Research on anxiety, depression and exercise shows that the psychological and physical benefits of exercise can also help reduce anxiety and improve mood. The links between anxiety, depression and exercise aren't entirely clear — but working out can definitely help you relax and make you feel better. Exercise may also help keep anxiety and depression from coming back once you're feeling better. Exercise has many psychological and emotional benefits too.

Gain confidence: Meeting exercise goals or challenges, even small ones, can boost your self-confidence. Getting in shape can also make you feel better about your appearance.

Take your mind off worries: Exercise is a distraction that can get you away from the cycle of negative thoughts that feed anxiety and depression.

Get more social interaction: Exercise may give you the chance to meet or socialize with others. Just exchanging friendly smile or greeting as you walk around your neighborhood can help your mood.

Analysis and Interpretation of Data

The test of significance, level of significance, results, discussion on findings and dissuasion on hypothesis were analyzed. This was designed to compare the level of anxiety among Davanagere University Shivagangothri Davanagere Inter collegiate Kho-Kho and Kabaddi players. To achieve this purpose seventy-five women's sports were selected from Kho-Kho and Kabaddi games in equal numbers.

Test of Significance

This is the crucial portion of the thesis in arriving at the conclusion by examining the hypothesis. The procedure of testing the hypothesis was ended either by accepting the hypothesis or by rejecting the hypothesis. In accordance with the results obtained in relation to the level of confidence. The level of confidence was fixed at 0.05 level which was considered sufficient for this study. The test was usually called the test of significance. To test whether there is a difference between two factors and interaction was significant or not in the present study. The test was usually called the test of significance. To test whether there is a difference between two factors and interaction was significant or not in the present study. If the obtained value was accepted. If the obtained value was less than the table value 0.05 level, then the hypothesis was rejected to the effect.

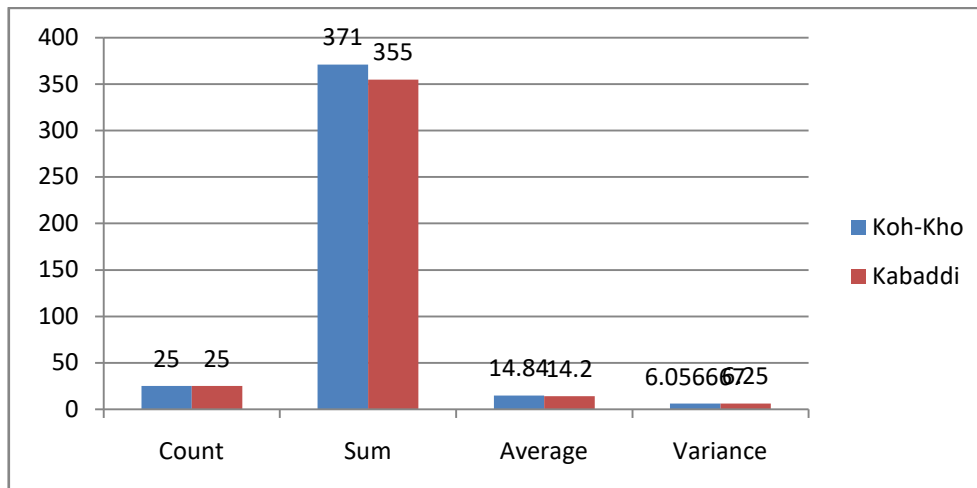
Level of Significance

The probability level below which we reject the hypothesis was termed or the level of significance. The data collected from the subjects were statistically analyzed and interpreted to find out the significant difference in sports competitive anxiety among Davanagere University Shivagangothri Davanagere, Kho-Kho, and Kabaddi women players. One way analysis of variance was used.

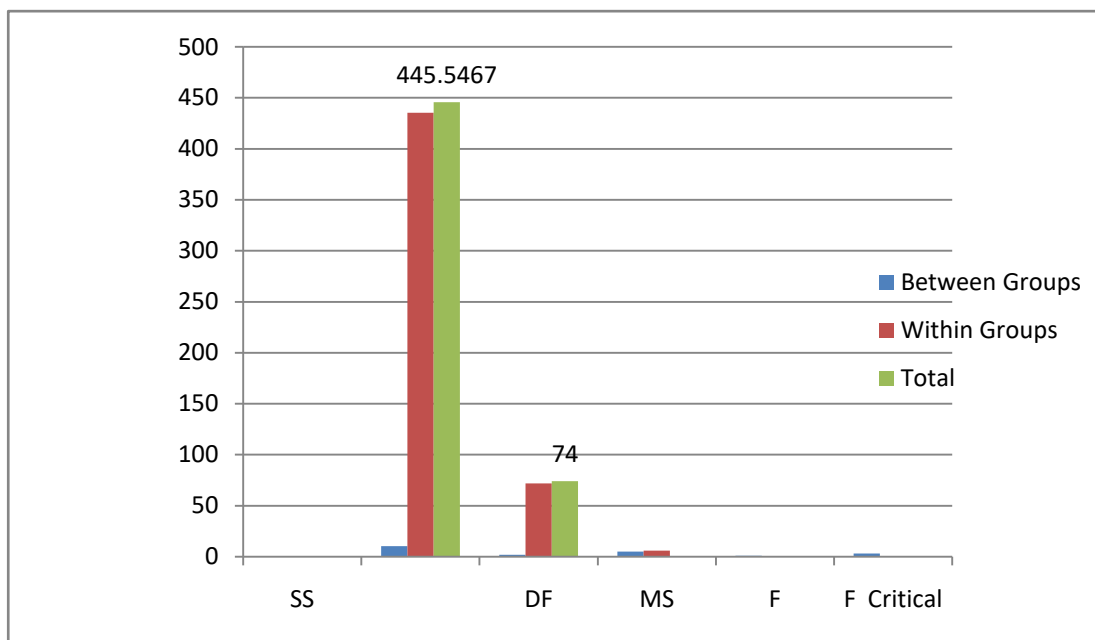
Presentation of data

One way analysis of variance for anxiety among Davanagere University Shivagangothri Davanagere Women Kho-Kho, and Kabaddi Players.

ANOVA : Single Factor				
Summary				
Groups	Count	Sum	Average	Variance
Koh-Kho	25	371	14.84	6.056667
Kabaddi	25	355	14.2	6.25



ANOVA					
Source of Variation	SS	DF	MS	F	F Critical
Between Groups	10.34667	2	5.173333	0.855882	3.123901
Within Groups	435.2	72	6.04444		
Total	445.5467	74			



The above table reveals that there is a significant difference in sports competition anxiety ($F=0.855882$) among Kho-Kh and Kabaddi women players of Davangere University Shivagangothri Davangere inter Collegiate level as the calculated F value is more than the tabulated F Value 3.07

Discussion of finding on psychological variables

The result of the study showed that there is a significant difference in sports competition anxiety among Kho-Kho and Kabaddi women players of Davangere University Shivagangothri Davangere.

Discussion on Hypothesis

At the beginning of the study, the investigator had formulated the hypothesis that there will be a significant difference in the sports competition anxiety among Davangere University Shivagangothri Davangere Intercollegiate Kho-Kho and Kabaddi women players. The results showed that there was no significant difference in sports competition anxiety among the above said players. From the above findings. The investigator's was hypothesis was accepted.

Conclusion

Within the limitation of present study, the following

conclusion was drawn. There is a significant difference in sports competition Anxiety Among Davangere University Shivagangothri Davangere Intercollegiate Kho-Kho, and Kabaddi women players.

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