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A study on state: Trait anxiety of rural and urban Kabaddi players of Gadchiroli district

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Abstract

The objective of this study was to compare the state and trait anxiety of rural and urban Kabaddi players of Gadchiroli district. For the purpose of the study 70 male Kabaddi players from rural areas and 70 Kabaddi players from urban areas of Gadchiroli District of Maharashtra were selected from various talukas and Region Kabaddi Competitions. The age ranged from 18 to 25 years. For comparing the state-trait anxiety a (STAI) state trait anxiety inventory questionnaire developed by Spielberger (1970) was used. Z-test was used on gathered data for comparing means of Rural and Urban Kabaddi players of Gadchiroli district. Results of the study revealed that state- trait anxiety of Urban Kabaddi players was greater than Rural Kabaddi players of Gadchiroli district of Maharashtra.

Keywords: State-trait anxiety, rural, urban Kabaddi players

Introduction

The preparation of an athlete today for achievement is a complex dynamic matter, characterized by a high level of physical and physiological efficiency and the degree of perfection of necessary skill and knowledge and proper teaching and tactics. An athlete arrives at this state only as a result of corresponding training sports activity in this respect is an activity directed at steadily enhancing the preparation of an athlete and grooming him for a higher level achievement. Many other factors are also brought in to action in his preparation such as special nutrition; organization of a general region in accordance with conditions of sports activity rehabilitation after injury etc., thus athletes training today is a multisided process of expedient use of aggregate factors so as to influence the development of an athlete (Matveyer, 1981) [1].

Kabaddi is a combative team game, played on a rectangular court, either out-doors or indoors with seven players on the ground for each side. Each side takes interchange chances of offence and defense. The basic idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath. During play, the players on the defensive side are called "Antis" while the player of the offense is called the "Raider". Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defense is a group effort. The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching, the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider.

Sport is as old as human society and it has achieved as unusual following in the modern time, it has now become an integral part of educational process and social activities, many participate in sports for fun, adventure health, physical fitness and financial benefits like a high degree of polarity (Elizbeth and Ken 1978) [2]. The last decade has seen a growing interest in physical fitness and its relationship to good health, recent significant developments seem to indicate that a new era may be drawing for physical education as the public slowly becomes aware of the damages of physical deterioration.

Feelings of unease, worry, tension, and stress can be defined as anxiety (Nolen-Hoeksema, S., 2011) [3]. It is usually accompanied by a situation that causes these feelings for example, a big test or interview.

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It can also be caused by anxiety disorders such as obsessive compulsive disorder or generalized anxiety disorder. The STAI tests two different types of anxiety, state and trait anxiety.

The State-Trait Anxiety Inventory (STAI) is a psychological inventory based on a 4-point Likert scale and consists of 40 questions on a self-report basis. The STAI measures two types of anxiety - state anxiety, or anxiety about an event, and trait anxiety, or anxiety level as a personal characteristic. Higher scores are positively correlated with higher levels of anxiety. Its most current revision is Form Y and it is offered in 12 languages (Tilton, 2008) [4].

Anxiety plays an important role in the acquisition of motor skills as well as in athletic performance. Anxiety can either enhance or inhibit performance. Whether its effect is positive or negative depends on how an individual athlete perceives the situation (Jack H. Lewellyn and Judy A. Blucker, 1974) [5]. Anxiety is a natural reaction to threats in the environment and part of the preparation for the 'fight or flight' response. This is our body's primitive and automatic response that prepares it to 'fight' or 'flee' from perceived harm or attack. It is a 'hardwired' response that ensures survival of the human species. Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem. Essentially, when the demands of training or competition exceed one's perceived ability, anxiety is the inevitable outcome.

An optimal level of anxiety is conducive to athletic performance but this "optimal level" differs from individual to individual. The threshold level of anxiety cannot be generalized. Inter sport and intra sport anxiety differences do exist. Coping strategies adopted by athletes range from Jacobson's muscular relaxation techniques to behavioral modification and oriental modification techniques.

Spielberger also created other questionnaires, like the STAI, that assessed other emotions. These are the State-Trait Anger Scale (STAS), State-Trait Anger Expression Inventory (STAXI), and the State-Trait Anxiety Inventory for Children (STAIC). The STAI can be utilized across a range of socio-economic statuses and requires a sixth grade reading level. It is used in diagnoses, in both clinical and other medical settings, as well as in research and differentiating between anxiety and depression.

Siva, Nagesh, Kali (1999) [6] compared the competitive Trait and State Anxiety levels among university women volleyball players. To achieve the purpose of the study, 168 Volleyball players participated in the south-west zone inter university tournament held at Manon - maniam Sundaranar university responded to Sports Competition Anxiety test (SCAT) and competition State Anxiety Inventory (CSAI- 2). The obtained data was Analised using two way factorial design, with South and West zones as first factor and the six states with various university as the second factor. The following Conclusions were made: -1) There was no significant difference in somatic anxiety between south and west zone and universities of various states. 2) South and West zone showed no significant difference in self confidence between them but there existed significant difference between universities of various states in self confidence. 3) The analysis indicated significant difference in cognitive anxiety between South and West zone universities of various states, 4) There was no significant difference in state anxiety prior to competition between South and West zone universities. There was significant difference in state anxiety between universities of Kerala and Universities of Karnataka, Gujrath and Maharashtra.

The objective of this study was to compare the state and trait anxiety of rural and urban Kabaddi players of Gadchiroli district.

Selection of Subjects: For the purpose of the study 70 male Kabaddi players from rural areas and 70 Kabaddi players from urban areas of Gadchiroli District of Maharashtra were selected from various talukas and Region Kabaddi Competitions. The age ranged from 18 to 25 years.

Design of the Study

For the purpose of this study, both the samples were considered the true representative of the entire Kabaddi population of Gadchiroli District at the time their assessment of the state – trait anxiety was done. The present study was a status study, which did not require the investigator basically to manipulate any of the variables included in it. Rather the collection of data became instrumental in providing correct insight into the sports competition anxiety, which cannot otherwise be assessed. It was not intended to study the interaction among various variables.

Instrument and data collection

For comparing the state –trait anxiety a (STAI) state trait anxiety inventory questionnaire developed by Spielberger (1970) was used.

State and Trait Anxiety Inventory (STAI)

Spielberger (1970) along with Gorsuch and Lushane developed a test of state-trait anxiety to measure a person's level of anxiety in specific situations which might fluctuate from one movement to the next and a test of a person's level of anxiety on a more permanent basis as indicated by personality trait.

The test is self-evaluation questionnaire and comprises of two forms i.e. Y¹ and Y² the former being a measure of situational anxiety and the later that of trait anxiety.

In responding to the STAI anxiety scale examinees blacken the number on the standard test from to the right of each ten statement that best describe the intensity of their feelings: (1) not at all (2) some what (3) moderately so (4) very much so. In responding to the T-anxiety scale examinees are instructed to indicate how they generally feel by rating the frequency of their feeling of anxiety on the following four point scale. (1) Almost never (2) Some times (3) often (4) almost always.

The questionnaire contain a number of statements from 1 to 20 are related to state-anxiety and indicate how one feel right now, that is at this moment. The statement from 20 to 40 accesses the level of trait anxiety and indicates how a person generally feels.

Each STAI item is given a weighted score of 1 to 4. A rating of 4 indicates the presence of a high level of anxiety for ten state anxiety items and eleven trait anxiety item e.g. "I feel frightened", "I feel upset". A high rating indicates the absence of anxiety for the remaining ten state anxiety items and nine trait anxiety items i.e. "I feel calm", "I feel relaxed". The scoring weights for the anxiety present items are the same as the blackened numbers on the test form. The scoring weights for the anxiety absent items are reserved i.e. responses marked 1, 2, 3, 4 are score 4, 3, 2 or 1 respectively. The anxiety absent items for which the scoring weights are reversed on the state anxiety trait anxiety scales are:

State Anxiety: 1, 2, 5, 8, 10, 11, 15, 16, 19 and 20

Trait Anxiety: 21, 23, 26, 27, 30, 33, 34, 36 and 39

To obtain scores for the state anxiety and trait anxiety scales, simply add the weighted scores for the inventory items that make up each scale taking in the account the fact that the scores are reversed for the above items. Scores for both the state-anxiety and trait anxiety scales can vary from minimum of 20 to a maximum of 80.

Statistical procedure

Reiterating the objective of the study, we have to point out that we intend to comparison of state – trait anxiety among

rural and urban Kabaddi players of Gadchiroli district of Maharashtra. Thus we had used Z-Test to found out the significant difference of state – trait anxiety among Rural and Urban Kabaddi players. Where the difference was significant, we had used percentage calculation for mean difference.

Level of significance

The differences in various variables of Rural and Urban Kabaddi players of Gadchiroli district of Maharashtra was tested at 0.05 level of Significance.

Table 1: State Trait Anxiety in 'Score' of Rural and Urban Kabaddi Players of Gadchiroli district of Maharashtra

Variable	Mean State – Trait Anxiety	Standard Deviation	Z- Value
Rural Kabaddi players	41.6	7.637436401	4.890421
Urban Kabaddi players	45.82857143	4.053881406	
The mean State – Trait anxiety of Urban Kabaddi Player's is > than mean State Trait anxiety of Rural Kabaddi players by 9.226933%.			

* Significant at 0.05 level

** Z value for one tail test to be significant at 0.05 level 1.64

Table 1 Shows significant obtained Z value for one tail test, which leads us to conclude that the mean State – Trait anxiety of Urban Kabaddi players of Gadchiroli district, is significantly greater (9.226%), than the mean state trait anxiety of rural kabaddi players of Gadchiroli district.

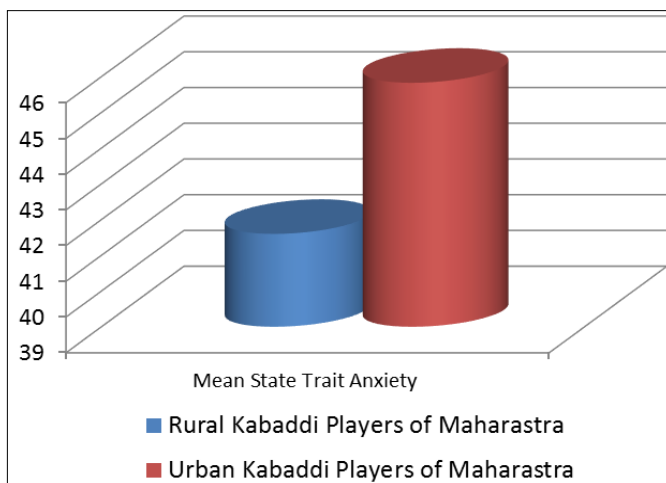


Fig 1: Mean state and trait anxiety of rural and Urban Kabaddi players of Maharashtra

Discussion of Findings

The mean State – Trait anxiety of Urban Kabaddi players of Gadchiroli district of Maharashtra, is significantly greater (9.226%), than the mean state trait anxiety of rural kabaddi players of Maharashtra.

This may be due to the fact that in individual sports, athletes may become more anxious about their performances and judgments made by others while in team sports their performances are affected by their team members. This finding is partially corroborated by the findings of Erdogan, Kolayis & Fonseca (2010) which suggested that individual athletes were significantly higher on trait anxiety than team athletes. Findings also showed that individual athletes significantly differ in concern over mistakes, perceived parental and coach pressure than their team counterparts. In team sports the accountability of a player is less than an individual sports because spectators will evaluate the performance of a team not a single player and consequently individual athletes as well as their coaches are much more worried about their mistakes than team athletes. The relationships between trait anxiety and concern over mistakes,

perceived parental pressure and perceived coach pressure are negative and significant for both the groups. Interesting this negative relationship is more prominent in case of individual athletes. This may suggest that in individual sports, the athlete is more engaged in their own skills and abilities and is always under tremendous pressure of parents and coach so that he/she can perform in perfect way without making any mistakes. This constant pressure from parents and coach is not that much evident in case of team players as they are performing in a team where all players are responsible for success of the team. The relationship between personal standard and trait anxiety is found to be negative and significant only in case of individual athlete where as it is not significant for team athletes. The probable reason is that personal standard, a dimension of positive perfectionism (Ram, 2005), reflects setting standards by an individual which allows individuals to perform sports skills more effectively by keeping their usual anxieties and worries to a controllable point. This explanation is more applicable to individual sports than team sports because in individual sports athletes have to set their personal standards in order to achieve goal while in team sports, goal is achieved through collective effort.

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