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A correlative study on anxiety level among college and school level kabaddi player in Punjab

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Abstract

Anxiety involves both physical and mental factors. According to various studies, there is a close relationship between anxiety and performance. The current study was conducted to examine the level of anxiety among school-level and college-level kabaddi players in Punjab. These male Kabaddi players were recruited from different schools (n=25) and colleges (n=25) of Punjab. These selected kabaddi players participated in school level competitions such as zone, district and state level kabaddi competitions and college players participated in intercollegiate and intervarsity competitions. Players were randomly selected as subjects. The age of the selected Kabaddi players was between 14 to 27 years. The records were measured with great accuracy and care to make the research standard and efficient. In the research Sports Competitive Anxiety Test (SCAT- Martens 1977) was used to measure the anxiety level of Kabaddi players. (t-test) was used to compare anxiety school-level and college-level kabaddi players, with the level of significance set at 0.05. The results of the research found that there was no significant difference in the level of anxiety between school-level and college-level kabaddi players regarding sports competition, as the p-value obtained was higher than the selected significance level of 0.05 ($p>0.05$). After examining the collected sample, it was concluded that there was no significant difference in the level of anxiety about sports competition between school level and college level kabaddi players.

Keywords: Anxiety, sports competition, male kabaddi players, school & college

1. Introduction

Anxiety is a mental state that affects the functioning of the body including emotional, cognitive, physical and behavioral aspects. The basic meaning of anxiety is mental disturbance. Mental stress, in the presence or absence, can cause feelings of anxiety, fear, panic, restlessness, and restlessness. Today, anxiety is considered a normal response to mental distress. Even in normal life, the level of stress has increased significantly. Similarly, there are many causes of stress in sports such as fear of failure, anxiety about good performance, social fear. When the level of anxiety becomes high, it is known as anxiety disorder. Mental and physical symptoms due to anxiety are common, such as irregular heartbeat, muscle stiffness, weakness, chronic fatigue, nausea, sweating, chest tightness, shortness of breath, stomach pain, lightheadedness, mood swings, and digestive disorder etc. Physically outward symptoms of anxiety include excessive sweating, shortness of breath, pale skin, nervousness, tremor and an increased heart rate. After reading many studies, it is found that the psychological component of anxiety affects a player's performance. Anxiety can derail or negatively affect a player's performance, if it is too high. Popularity of innovative sports, which empower players financially, also bring It is observe that the level of anxiety in athletes during sports competition, before and after the competition is not consistent; hence a proper assessment is needed to understand and determine the level of anxiety. Pre-competition anxiety is high and as the event approaches, anxiety levels decrease as confidence rises and stabilizes.

2. Review of Literature

Khan Asim (2016) [2] conducted a case study that aimed to analyze and compare sports competition anxiety among Jimma University athletes. For this study, 50 players from Jimma University Ethiopia involved in various sports such as football, basketball, table tennis, athletics and gymnastics were selected as subjects.

All these selected players represented Jimma University at the 9th Ethiopian Government Higher Institutions Sports Fair in 2016. The Research Competition Anxiety Test (SCAT, Martens *et al.*, 1990) [9] questionnaire was used to measure sport competition anxiety. Independent t-test was used to visualize the level of anxiety. The significance level was set at 0.05. After analyzing the collected data, it was found that there was a significant difference in the level of anxiety during competition among male athletes involved in different sports in Jimma University.

Binu A (2023) [4] designed a study that aimed to measure the level of anxiety during competition among school and college volleyball players in Kerala. According to various research studies, there is a close relationship between anxiety and performance. Data for research only male volleyball players from different schools (n=24) and colleges (n=24) of Kerala who participated in state-level volleyball championships were selected as subjects. The age of the players selected for the research was between 14 to 23 years. The Sports Competitive Anxiety Test Questionnaire (SCAT- Martens 1977) was used to measure the level of anxiety of the athletes. Independent t-test was used to evaluate the collected data. The level of significance was set at 0.05. The results of the study found that there was no significant difference in sports competition anxiety between school and college-level Kerala state volleyball players.

3. Methodology

3.1 Sampling

For the present study male Kabaddi players participating in state level, district level competitions from various schools and colleges of Punjab were selected as sample. 25 players at school level and 25 at college level were selected by random sampling. The age of the players selected for the research was between 14 to 27 years.

3.2 Instrumentation

| variable | Tools used | Norms |
|---|---|--------|
| S.C.A.T (Sports competition anxiety test) | Rainer Marten, Sports Competition Anxiety Test (SCAT, 1977) | Scores |

3.3 Data Collection

To assess relevant research, a standardized questionnaire has been used to collect data at school level and college level. To collect relevant information from the Kabaddi players in the related study, the researcher mainly used a questionnaire designed by Rainer Martin 1977 [10] (S. C. A. T) as a test to measure sports competition anxiety. This support competency test is conducted when a pilot test shows that it has a high reliability index.

3.4 Index and Procedure

In order to keep the selected players comfortable and at ease, a standard questionnaire was asked through a Google form regarding anxiety related questions during the competition. In order to maintain the confidentiality of the test related to the research, the phone numbers of the students were sent from the phone number of the physical education teacher. What's App and e-mail were used to collect data for the research. The researcher tried to get full cooperation from the players by outlining the objective of the test. All instructions were printed on the front page of the Google Form listing. The questionnaire was made simple and understandable to collect

the research standard and accurate information. In order to get the correct response from the Kabaddi players in the questionnaire three options were given to the player for each statement which was clarified in the feedback (rarely, sometimes and often). The player was asked to choose the options that suited them. The selected players were given the assurance and confidence that their views would remain confidential. On completion of the test, each player used to submit their correct information to the researcher through submission.

3.5 Authenticity and Validity

A used inventory is a type of checklist that is customized after ensuring that it is a valid and reliable measure at face value. It was adapted as such, except for some modifications made at the language level. The reliability of the questionnaire was found to be about 0.89. This validity coefficient makes the test or questionnaire highly consistent and valid for use in this new setting or environment.

3.6 Statistical Technique

The collected data has been graded according to the (SCAT) Brain Mac online software from the correct answers given by the players in the questionnaire using the statistical technique descriptive statistical analysis. The use of independent sample t-test was used for statistical analysis. The level of significance was set at 0.05.

4. Results

The following results were obtained based on the data collected and the statistical method used for the research.

Table 1: Comparison of scores between school and college kabaddi players on level of sports competition anxiety

| Level | N | Mean | SD | Df | 't' value | P value |
|---------|----|-------|------|----|-----------|---------|
| School | 25 | 19.68 | 3.57 | 48 | 0.737 | 2.009 |
| College | 25 | 17.4 | 2.96 | | | |

Descriptive data presented in this related research indicates that the mean sports competition anxiety score of school level Kabaddi players was 19.68 with a standard deviation of 3.57. College-level data revealed that the mean sports competition anxiety score of Kabaddi players was 17.4 with a standard deviation of 2.96. The result clearly indicates that there was no significant difference between school-level and college-level state kabaddi players in sports competition anxiety, as the p-value obtained was (2.009) at the chosen significance level of 0.05. Was more ($p > 0.05$).

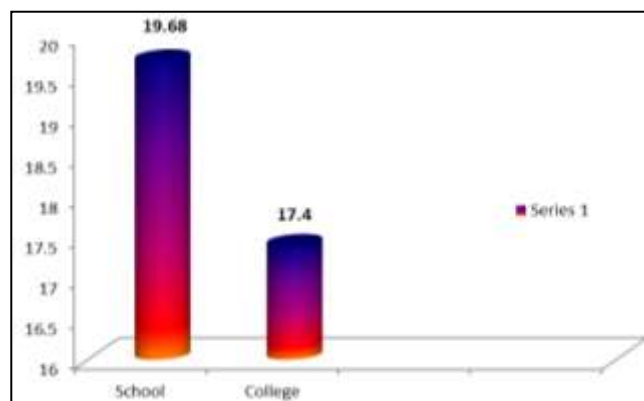


Fig 1: The bar chart shows the level of competitive anxiety among kabaddi players of Punjab comparing the mean scores at school and college level.

4.1 Discussion of findings

From the results of this related research study it is clear that there was no significant difference in the level of anxiety of school level players like district level, state level, national level and college level players like inter college, intervarsity men's Kabaddi competitions.

5. Conclusion

After analyzing the relevant research statistics, it was clearly concluded that there is no significant difference between school and college level male Kabaddi players in the level of anxiety during, after or before the game competition. This may be because school and college level male Kabaddi players keep their morale high in different situations and also participate in many strategic actions. Male Kabaddi players keep themselves psychologically prepared and full of confidence. Kabaddi players of Punjab work hard to maintain team cohesion during the game.

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