

A COMPARATIVE STUDY OF SPORTS COMPETITION ANXIETY ON MALE KABADDI PLAYERS IN MANIPUR

Moirangthem Sunderchand

Research Scholar

Bir Tikendrajit University, Canchipur

Dr Nameirakpam Chetana

Faculty

Manipur Institute of Management Studies

Manipur University

Tensubam Umesh Singh

Assistant Professor

Pole Star College, Hiyanglam Wabagai

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Abstract

Sport is a psycho-social activity. Sports has many dimensions such as physiological, technical, physical, psychological and social dimensions. Amongst the dimensions mentioned, psychological set up of the players is one of the important parameter that contributes to the overall performance of the players. The objective of the players is not only limited to play the games but also to win the games. Winning the games involves psychological and mental preparedness of the players. The purpose of the study was to analyze and compare the Sports Competition Anxiety of male Kabaddi players of Manipur. For the purpose of this study 40 Kabaddi players who played at National level and State level were selected from Manipur as the subject. For this study sports competition anxiety test (SCAT, Martens et al., 1990) questionnaire was used to measure sports competition anxiety. Descriptive Statistic (Mean, Standard Deviation), Independent t-test was applied to analyze and compare the degree of Sports Competitive Anxiety between the male players. The level of Significance was set at 0.05. Results indicated that there are significant differences found between the National and State players in their Sports Competition Anxiety.

Keywords: Competition, Anxiety, Kabaddi, Sports Psychology

1. Introduction

The role of sports in the society cannot be under looked. Sports not only brings discipline but also bring fame and pride in the country. Due to the massive value of sports inherited in human society steps must be taken to inculcate the sporting spirit to everyone. There are numerous factors that affect the performance of players such as psychological, physical, mental ability, etc. Sports psychology has emerged as an important field of scientific studies of understanding the factors affecting the individual performance of players.

Various studies have found that in spite of providing the right techniques, form, practice, right equipment, the performance of players fluctuate. It was felt that psychological factors are important aspect for the players to perform in any pressure conditions. The players go through psychological pressure thereby the anxiety level increases prior to any competition.

Anxiety is an emotional state that is characterised by elevated autonomic nervous system activation and subjective, consciously felt sensations of tension, anxiety, nervousness, and worry (Hackfort & Spielberger, 1989).

2. Literature Review

Khan & Sorate (2016) analysed and compare the Sports Competition level in male players of Jimma University, Ethiopia. A significant difference was found in the players of football, Basketball, Table Tennis, Athletics & Gymnastics.

Alam et al. (2016) compares sports competition anxiety amongst the District, State and National level male football players of Uttarakhand. Significance difference do exist in the players in terms of anxiety level.

Khan (2017) explored the effect of psychological characteristics on performance of Kabaddi players, Anxiety & Aggressiveness were the main indicators of psychological factors affecting performance.

Chauhan & Das (2018) conducted a comparative study between basketball players and volleyball players in terms of Sports Competition Anxiety. No significant difference was found between both the players.

Yallapa (2019) identified physical and psychological variables effecting the performance of Kabaddi players. Physical fitness, speed and endurance were the key physical indicators that impact performance. Aggression was found to be the main factor affecting performance.

Singh & Choudhary (2020) identified that a significant difference exists between the three levels of Kabaddi players. Three levels taken for the study were National level, Under Nineteen level and All India Inter University level.

Yallapa (2020) examined the importance of Yoga with Kabaddi players. Yoga training helps to improve the mental health and fighting spirit of the players.

Hemlata & Kumar (2021) found that anxiety act as a major hindrance to player's performance. Sports Competition anxiety level was higher in Kabaddi players than in Kho-Kho players.

Sunny & Sayeedudin (2023) found that aggression have a strong positive relationship with player's performance.

Binu et al. (2023) investigates the level of anxiety of school & college volleyball players in Kerala using SCAT Martens Scale. No significant difference was found between the school and college level volleyball players.

Milli et al. (2024) compares the anxiety level between sub-junior and junior male pugilists. A significant difference exists where sub junior pugilist shows higher anxiety level than junior pugilist.

Objectives of the study

To find out the significant difference between National and State Kabaddi players on sports competition anxiety.

3. Methodology

In this section, selection of subjects, selection of variables, collection of data, criterion measures, reliability of data, procedure of administration of test and statistical technique for the analysis of data has been described.

3.1 Sample

Total forty Kabaddi players were selected as subjects for this study. The Kabaddi players for this study were selected from two levels i.e. National level, and State level. 20 Kabaddi players from each level have been selected for the study. Sports Competition Anxiety has been chosen as the variable of the study. The final sample was comprised of the following:

- National level – 20
- State level - 20

3.2 Sampling technique

Convenient Sampling was used for the collection of data. Samples were taken from the Kabaddi players in Manipur.

3.3 Criterion Measures

In this study Sports Competition Anxiety Test (SCAT Martens, 1990) was used to measure Sports Competition Anxiety. The SCAT questionnaire consist of 15 questions out of which 5 questions i.e. 1, 4, 7, 10, 13 are spurious and they are not scored. Every statement has their three possible answers i.e. Rarely, Sometimes and Never. Ten test items which were taken for scoring purpose were - 2,3,5,6,8,9,11,12,14 and 15. The score sequence was 1, 2, 3, for test items which were taken for the scoring purpose were 2, 3, 5, 8, 9, 12, 14,15 and 6 and 11 score reverse was carried according to the following key score (1) Response hardly ever (2) sometime (3) often however.

3.4 Statistical Technique

For the purpose of the study Descriptive Statistic, Mean, Standard Deviation and Independent t-test was applied to compare the Sports Competitive Anxiety between National and State Kabaddi players. The level of Significance was set at 0.05

3.5 SCAT scoring

| Score | Level of Sports Competition Anxiety |
|--------------|-------------------------------------|
| Less than 17 | Low |
| 17-24 | Average |
| More than 24 | High |

4. Findings

This section contains results of the tabulation and statistical processing of data. The analysis of the statistical treatment is also discussed in this section along with testing of hypothesis. The data pertaining to different levels of Kabaddi players in relation to psychological variable SCAT is given in the following tables.

Table 1 clearly shows that the average SCAT score of the National Level Kabaddi players 17.35 was considerably lower than that of State Level Kabaddi players which is 22.35.

Table 1: Descriptive statistics of Sports Competition Anxiety

| | Level of players | N | Mean | Std. Deviation | Std. Error Mean |
|------------|------------------|----|-------|----------------|-----------------|
| SCAT Score | NATIONAL LEVEL | 20 | 17.35 | 2.852 | .638 |
| | STATE LEVEL | 20 | 22.25 | 3.477 | .778 |

The SCAT score also shows that the state anxiety level of both the groups are “average” because scores of both the groups are lay between 17 to 24 SCAT score.

The statistical difference between the mean scores of National and State Level Kabaddi players were analysed using independent sample t test, whichever results is discussed as under.

Table 2: Independent t test of Sports Competition Anxiety among Kabaddi players

| | | t-test for Equality of Means | | | | | | |
|------------|-----------------------------|------------------------------|--------|-----------------|-----------------|-----------------------|---|--------|
| | | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | Lower | Upper |
| SCAT Score | Equal variances assumed | -4.873 | 38 | .000 | -4.900 | 1.006 | -6.936 | -2.864 |
| | Equal variances not assumed | -4.873 | 36.599 | .000 | -4.900 | 1.006 | -6.938 | -2.862 |

Table 2 clearly indicate that after comparing the anxiety level of both the groups, the p-value was smaller than 0.05 level of significance, therefore it implies that there was a significant difference in SCAT score between National and State Level Kabaddi players. It can also be expressed that the difference between the anxiety level of both the groups is statistically significant.

5. Discussions and Conclusions

The study concluded that a significant difference exists between the national and state level Kabaddi players. The success or quality of the performance will depend on the psychological mind-set of the players. Though some level of anxiety is natural, but prolonged and intensive anxiety level creates negative impact on the player performance.

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