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A study on the anxiety and aggression level of inter-collegiate male Kabaddi players in Mangalore University

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Abstract

The purpose of the study was to find out the A Study on the Anxiety and Aggression Level of Intercollegiate Male Kabaddi players in Mangalore University. The study has been conducted on totally 30 male Kabaddi players subjects were selected from Mangalore University. Among the selected subjects, who have represented their college team and have participated in the inter-collegiate level competition were selected. The age of the subjects ranged from 18 to 25 years. The study was conducted on the Anxiety and Aggression. The data was collected psychological parameters namely state anxiety, trait anxiety, and aggressions were selected as dependent variables. The data were collected prior to the competition by using standard questionnaire by using the statically 'z' test on the selected variables. In the obtained 'z' ratio for interaction of Mangalore University male kabaddi player's effect was found to be significant. Since, two groups and two different levels of test were compared. In all the cases, statistical significance was fixed at 0.05 levels. After the statistical analysis study discovers that there is no significant difference in the level of anxiety and aggression among male kabaddi players in Mangalore University.

Keywords: Anxiety, aggression, intercollegiate, Mangalore University, Kabaddi

Introduction

Sport psychology studies how psychological factors influence sports, sports performance, training and physical performance. Sports psychologists study how participating in sports can improve health and well-being. They also help athletes use psychology to improve their athletic performance and mental well-being. For example, a sports psychologist who works with Michael Jordan, Shaquille; Neal and Kobe Bryant helps these athletes perform better on the basketball court by teaching them psychological techniques to "stay in the flow (Effron L. Michael Jordan).

A sports psychologist doesn't just work with elite and professional athletes either. This type of professional also helps non-athletes and everyday exercisers learn how to enjoy sports and stick to an exercise program. They utilize exercise and athletics to enhance people's lives and mental well-being. (Association)

History of Sports Psychology: Sports psychology is a relatively young discipline in psychology; the first research lab devoted to the topic opened in 1925.3 The first U.S. lab closed a short while later (In the early 1930s) and American research did not resume in this area until the late 1960s when there was a revival of interest. In 1965, the International Society of Sport Psychology (ISSP) was established. (International Society of Sports Psychology, ISSP mission) By the 1970s, sports psychology had been introduced as a university course offered at educational institutions throughout North America. By the 1980s, sports psychology became the subject of a more rigorous scientific focus. Researchers began to explore how psychology could be used to improve athletic performance. They also looked at how exercise could be utilized to improve mood and lower stress levels. (Michigan.)

Types of Sports Psychologists

Just as there are different types of psychologists-such as clinical psychologists, developmental psychologists, and forensic psychologists-there are also different types of sports psychologists (Association.).

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Educational Sports Psychologists

An educational sports psychologist uses psychological methods to help athletes improve sports performance. This includes teaching them how to use certain techniques such as imagery, goal setting, or self-talk to perform better on the court or field.

Clinical Sports Psychologists

Clinical sports psychologists work with athletes who have mental health conditions such as depression or anxiety. This work involves using strategies from both sports psychology and psychotherapy. A clinical sports psychologist helps athletes improve their mental health and sports performance at the same time.

Exercise Psychologists

An exercise psychologist works with non-athlete clients or everyday exercisers to help them learn how to make working out a habit. This work can include some of the same techniques used by other sports psychologists, such as goal setting, practicing mindfulness, and the use of motivational techniques.

Uses of Sports Psychology

Contemporary sports psychology is a diverse field and there are a number of different topics that are of special interest to sports psychologists. Here are a few areas of sports psychology and how they are utilized.

Anxiety

Anxiety is a negative emotional state in which feelings of nervousness, worry, and apprehension are associated with activation or arousal of the body (Weinberg & Gould, 1999)^[10]. It is a feeling of fear, worry, and uneasiness usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue, and problems in concentration. Anxiety can be appropriate, but when it is too much and continues too long, the individual may suffer from an anxiety disorder (American Psychiatric Association, 2013)

Professional sports psychologist's help athletes cope with the intense pressure that comes from competition. This often involves finding ways to reduce performance anxiety and combat burnout. It is common for athletes to get nervous before a game, performance, or competition. But these nerves can have a negative impact on performance. So, learning tactics to stay calm is important for helping athletes perform their best. Tactics that might be the focus of this area of sports psychology include things like relaxation techniques, changing negative thoughts, building self-confidence, and finding distractions to reduce the focus on anxiety. Burnout can also happen to athletes who frequently experience pressure, anxiety, and intense practice schedules. Helping athletes restore their sense of balance, learn to relax, and keep up their motivation can help combat feelings of burnout.

How to Handle Performance Anxiety as an Athlete Rehabilitation

Another important focus of sports psychology is on helping athletes recover and return to their sport after an injury. A sports injury can lead to emotional reactions in addition to physical injury, which can include feelings of anger; frustration, hopelessness, and fear. Sports psychologists' work with these athletes to help them mentally cope with the

recovery process and to restore their confidence once they are ready to return to their sport.

Impact of Sports Psychology

Research indicates that using various sports psychology techniques can help improve the performance of all types of athletes, from very young gymnasts (Aged 8 to 13) to some of the top Olympians. Sports psychology also has impacts that extend into other areas of wellness.

Aggression

Aggression, in its broadest sense, is behaviour, or a disposition, that is forceful, hostile or attacking. It may occur either in retaliation or without provocation. In narrower definitions that are used in social sciences and behavioural sciences, aggression is an intention to cause harm or an act intended to increase relative social dominance. Predatory or defensive behaviour between members of different species may not be considered aggression in the same sense. Aggression can take a variety of forms and can be physical or be communicated verbally or non-verbally. Aggression differs from what is commonly called assertiveness, although the terms are often used interchangeably among laypeople.

Two types of aggression have been defined in sport research, hostile and instrumental. Hostile or reactive aggression is behaviour performed with the sole intention of inflicting harm on a person. Instrumental aggression in sport is behaviour that intentionally causes injury or harm to an opponent in pursuit of another non-aggressive goal such as scoring or winning. Assertiveness is distinct from aggressiveness in that it is the no hostile, no coercive tendency to behave with intense and energetic behaviour to accomplish one's goal. In the sport realm, these types of behaviour are often within the rules of competition. It is hard to distinguish the relationship between aggression and assertion because they have often been conceptually confused in the literature (Silva, 1978)^[11] and can usually only be differentiated by a person's intention, which remains dependent on self-report.

Objective of the study

The purpose of the study is to find out the A Study on the Anxiety and Aggression Level of Intercollegiate Male Kabaddi players in Mangalore University.

The delimitations of the study

1. The study was delimited to only two psychological variables such as aggression and anxieties were assessed among intercollegiate male Kabaddi players in Mangalore University.
2. The age group of the subjects ranged between 18 to 25 years.
3. The study was total strength of the subjects 30 intercollegiate male Kabaddi players in Mangalore University.

The limitations of the study

1. Number of years of participation in the game at various levels which might influence the psychological status of players was not taken into consideration.
2. Socio economic status, life style and the status of the intercollegiate represented by the players which might influence the psychological variables were also not considered in the study.

Hypotheses

It was hypothesized that there would be significant difference in the level of aggression and anxiety among intercollegiate male kabaddi players in Mangalore university.

Materials and Methods

The purpose of the study is to measure the Anxiety and Aggression Level of Intercollegiate Male Kabaddi players in Mangalore University.

Subjects: The sample for the present study was total strength of the subjects 30 intercollegiate male kabaddi players in Mangalore University.

Variables selected for the study

- Anxiety questionnaire developed by Martens. R (1977) ^[12] was used to assess the anxiety level of intercollegiate male Kabaddi Players in Mangalore University.
- Aggression questionnaire developed by Anand Kumar & Prem Shankar Shukla was used to assess the anxiety level of intercollegiate male Kabaddi Players in Mangalore University.

Data collection

The scores were in numerical form

The analysis s of the data

The data were collected prior to the competition by using standard questionnaire by using the statically ‘z’ test on the selected variables. Since, two groups and two different levels of test were compared. In all the cases, statistical significance was fixed at 0.05 levels.

Results

Table 1: Mean and Standard Deviation Of intercollegiate Male Kabaddi Players in Mangalore University

Variables	Anxiety	Aggression
Mean	103.79	10.5
SD	5.163	4.925

Above the table represent that the mean and standard deviation values on anxiety and aggression level in intercollegiate male kabaddi players of Mangalore University.



Fig 1: Mean and Standard Deviation Of intercollegiate Male Kabaddi in Mangalore University

Above the figure represent the mean and standard deviation values of anxiety and aggression level of Mangalore University intercollegiate male Kabaddi players.

Table 2: ‘Z’ Test For intercollegiate Male Kabaddi Players in Mangalore University

z-Test: Two Sample for Means		
	Anxiety	Aggression
Mean	10.37931	10.48275862
Known Variance	26.65402	24.25862
Observations	30	30
Hypothesized Mean Difference	0	
z	-0.0780745	
P (Z<=z) one-tail	0.4688844	
z Critical one-tail	1.6448536	
P (Z<=z) two-tail	0.9377688	
z Critical two-tail	1.959964	

The 3.2 table show the comparison of anxiety and aggression among the intercollegiate male kabaddi players in Mangalore University. It calculated that values of ‘z’ is smaller than the

critical value. Then we are accepting the hypothesis and conclude that there is no significant difference between the anxiety and aggression.

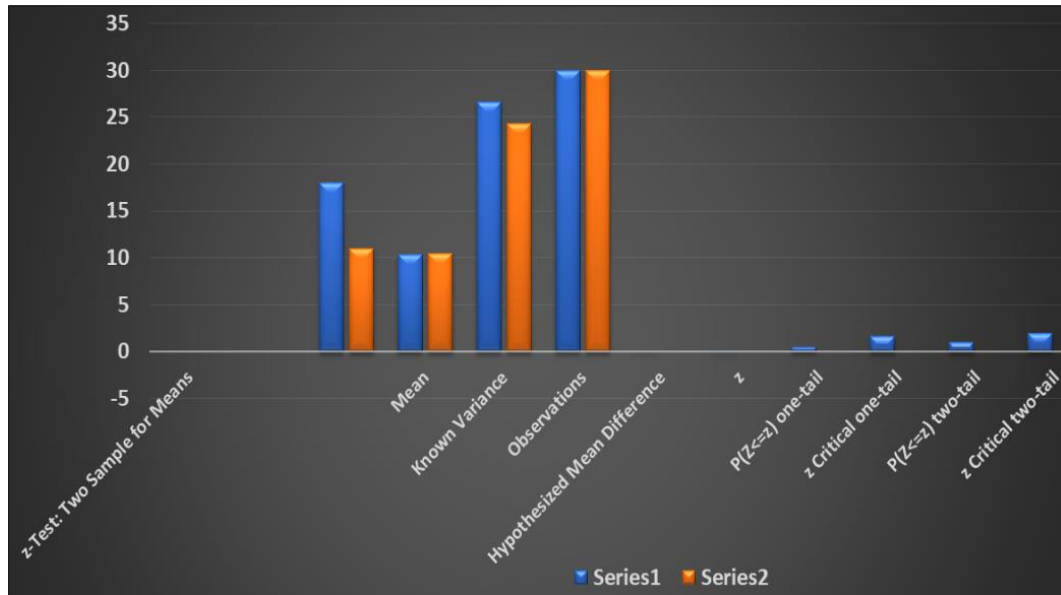


Fig 2: 'Z' Test For intercollegiate Male Kabaddi Players of Mangalore University

The 3.2 figure show the comparison of anxiety and aggression among the intercollegiate male kabaddi players In Mangalore University. It calculated that values of 'z' is smaller than the critical value then we are accepting the hypothesis and conclude that there is no significant difference between the anxiety and aggression.

Conclusion

- Hypothesis 1 stated that there will be significant difference in the level of aggression and anxiety among intercollegiate male kabaddi players in Mangalore University.
- The result of the study revealed that there is no significant difference in anxiety and aggression level among male kabaddi players in Mangalore University. Hence null hypothesis 1 is rejected.
- The comparison of anxiety and aggression among intercollegiate male kabaddi players in Mangalore University. It calculated that a value of 'z' is smaller than the critical value. Then we are accepting the hypothesis and conclude that there is no significant difference between the anxiety and aggression. The mean and standard deviation values on anxiety and aggression of intercollegiate male kabaddi players of Mangalore University value of mean is 10.379 and 10.5, value of standard deviation is 5.163 and 4.925.

Recommendation

The following recommendations may be suggested on the basis of the result of this study for further research.

- It is further recommended that all the psychological variables undertaken in the studies are to be given due consideration while training the male and female kabaddi players.
- On the basis of psychological variables, a coach or a Physical Education teacher can design the specific sports event for a particular category of kabaddi players.
- The similar study helps the all sports organization to select the players for different level of competition by observing these psychological variables.
- This type of Psychological research may be conducted on National-International level of different games like wrestling, football, Volleyball, kho-kho, Judo, Boxing etc.

- The similar study may be conducted on female kabaddi players on different level of competition.
- The research may helpful for the similar study on sub-junior, junior, senior national and international level kabaddi players.

After the statistical analysis study discovers that there is no significant difference in the level of anxiety and aggression among male kabaddi players in Mangalore University.

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