

Before A Match Analysis of Anxiety Male and Female Kabaddi Players

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Abstract

The aim of the present study was to evaluate the anxiety between male and female Kabaddi players prior to competition and to evaluate any possible differences. For this study, 48 Kabaddi players (24 males and 24 females) were consisted who participated in the Inter- College tournaments. The age range of the Kabaddi players used in this study was between 18 to 25 years. For the present study, the data were collected according to the Sports Competition Anxiety Test (SCAT) developed by Martens *et al.* (1990). This test consisted of 15 items to be answered by the players. For comparison of the level of Before Match anxiety t- test was used. Results in the present study revealed that difference in prior to competition anxiety between males and females Kabaddi players was found statistically insignificant. No significant difference in Before Match anxiety in Kabaddi may be due to similar level of training were obtained by the male and female players.

Keywords: Anxiety, Kabaddi.

1. Introduction

Competitive sport can make even the world's most successful player feel nervous. There are many factors such as expectations, perfectionism, fear of failure; lack of confidence can induce feelings of anxiety in players.¹ In sport psychology, anxiety means to an unpleasant emotion that can be identify by vague but persistent feelings of apprehension and dread.² Anxiety plays an important role and can either increase or decrease performance of any player. Moreover, Precompetitive anxiety is a state of arousal that is uncomfortable or negative and occurs during the 24 hour span prior to competition.³ For many years, it has been recognized that psychological factors, particularly anxiety, play an important role in competition.⁴ Before Match anxiety is the mental component that recognized by negative expectations about success or self evaluation, negative self-talk, tense about the performance, fear of failure, inability to concentrate and disrupted attention.⁵ Kabaddi is a sport that includes accurate motor skills and psychological factors to a player for a decisive role in a competition. There are many studies has been done on the basis of gender differences concerning anxiety state levels.⁶ The studies also show that male players display low level of anxiety than females.⁷ Besides this, few studies also show that there was no significant difference of precompetitive anxiety between men and women.⁸ The purpose of the present study was to investigate the Before Match state anxiety between males and females Kabaddi players prior to competition and to evaluate any possible differences between them.⁹

2. Materials and methods

The sample of the study consisted of 48 Kabaddi players (24 males and 24 females), that was participat-

ed in the Inter- College tournaments. The sample age ranges was between 18 to 25 years. For the data collection, the Sports Competition Anxiety Test (SCAT) model developed by Martens *et al.*³ Was used. The test consists of fifteen items which include five spurious items, eight positive items and two negative items to be answered by making a mark of 'X'. The players made a cross mark (X) on any one of the response that fitted according to them. Every statement consisted of three responses, i.e., hardly ever, sometimes and often. Before the game, the purpose and procedure of the test were making clear to the players for better understanding. For the purpose, list of students of males and females players that represented Inter- College tournaments Government Arts College, Vav and Department of Physical Education, H.N.G.U., Patan was prepared and from these players (24 males and 24 females) were selected. For the statistical analysis of the data, mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the male and female players. To compare the data 't' test was used and for testing significance of the values ($t=0.05$), for males and females players.

Table 1: Comparison of Before Match anxiety between males and females Kabaddi players of Government Arts College, Vav.

Group	No. of player (N)	Mean	Variance	Degree of freedom	't'-value
Male players	12	20.833	6.697	22	0.213*
Female players	12	22.417	11.538		

Table 2: Comparison of Before Match anxiety between males and females Kabaddi players of Department of Physical Education, H.N.G.U., Patan

Group	No. of player (N)	Mean	Variance	Degree of freedom	't'-value
Male players	12	21.33	8.060	22	0.128*
Female players	12	23.00	5.272		

Before Match anxiety between males and females Kabaddi players mean scores comparisons are also graphically presented in the figures 1 and 2.

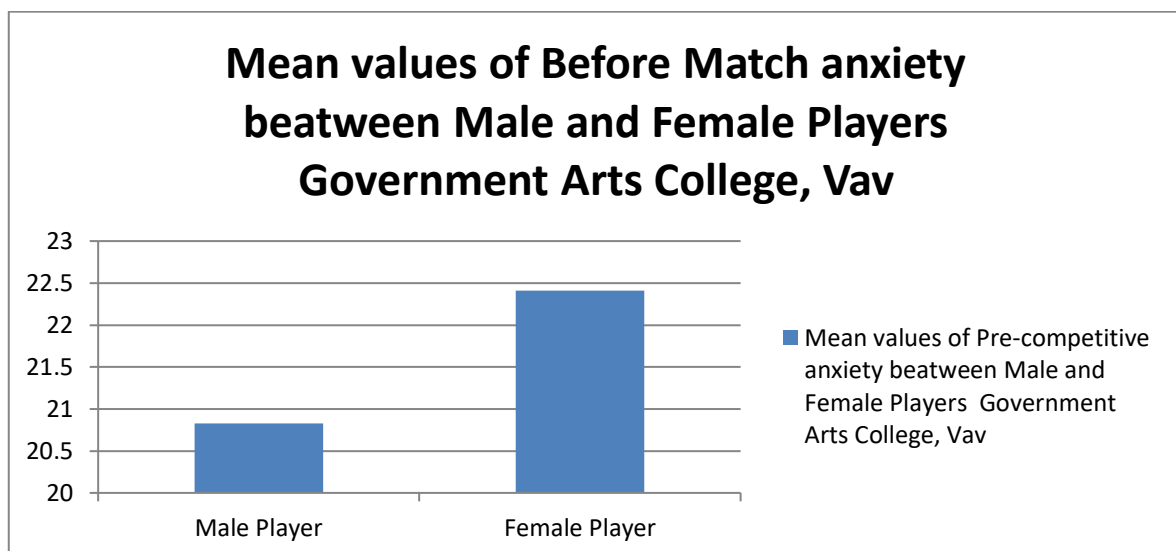


Fig 1: Bar diagram representing comparison of the mean values of before match anxiety between males and females Kabaddi players of Government Arts College, Vav.

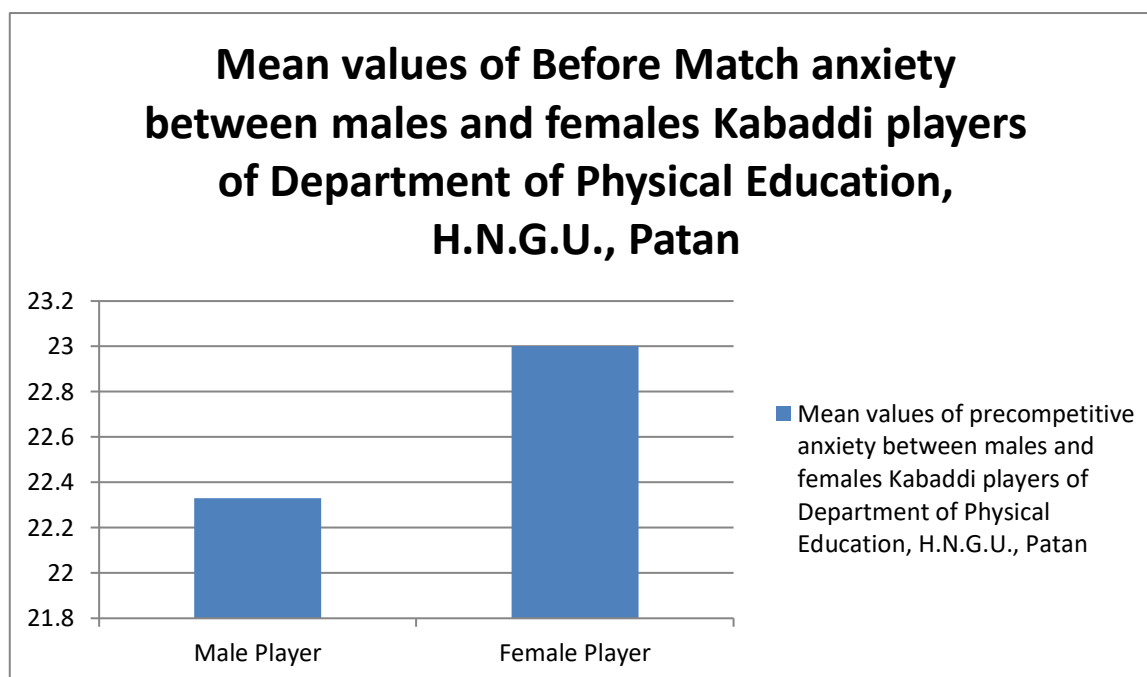


Fig 2: Bar diagram representing comparison of the mean values of before match anxiety between males and females Kabaddi players of Department of Physical Education, H.N.G.U., Patan

3. Results & Discussion

In this study, the data analysis revealed that the mean of scores of males and females Kabaddi players were 20.833 and 22.417 respectively for Government Arts College, Vav and 21.33 and 23 for Department of Physical Education, H.N.G.U., Patan. The significant difference ('t' ratio) of before match anxiety between Kabaddi player's males and females Government Arts College, Vav and Department of Physical Education, H.N.G.U., Patan is 0.213 and 0.128 respectively that is found to be less than the required value at 0.05 level of significance. The results show that there is no significant difference between the performance of males and females Kabaddi players. The data are given in the table 1 and 2. Before Match anxiety plays a vital role in sports. It is the challenge for a sportsperson to handle the anxiety. Sometimes, it may be positive or can interfere with successful performance in sports events. Besides this, the extent of precompetitive anxiety also varies in different conditions. It is revealed from the above study that between the performance of males and females Kabaddi players there is no significant difference was found.

Therefore, this study highlighted the Before Match anxiety levels of males and female's Kabaddi players are more or less same.

4. Conclusions

Thus, it can be supposed that players are having the same level of anxiety utilized by both psychological and physiological measures while they go to play in any game event.

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