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## Analysis of sports competition anxiety among kho-kho players in relation to their performance

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### Abstract

The aim of present study was to assess the degree of sports competition anxiety between medalist and non-medalist kho-kho players. This study included 72 kho-kho players of All India Inter-University, including medalists (N=36) and non-medalists (N=36). Sports competition anxiety was measured by Sports Competition Anxiety Test (SCAT). The independent 't' test was used to analysis the data. Results indicated that medalist kho kho players were less prone to sports competition anxiety (18.47) than non-medalist players (20.94). There was a significant difference between medalists and non-medalist kho-kho players on sports competition anxiety.

**Keywords:** Sports Competition Anxiety, Medalist, Non-medalist, Kho-Kho Players

### 1. Introduction

In the 21<sup>st</sup> century, sport and physical activity have earned a great importance in society. With this enhanced awareness, physical, technical and psychological improvements have become priority in sport teams with the intent of making the most of the athlete's potentiality. In this regard, the known sport sciences such as physiology, biochemistry, medicine, biomechanics, anthropometry, sociology and psychology have been improved, researched and applied in competitive sport (Weinberg, 2007) [7].

Kho-kho is one of the greatest admired indigenous sports in India. It is very difficult to trace the origin of kho-kho, but many experts accept that it is a transformed form of 'Run and Chase'. In simple it includes pursue and touching a person. It is an extremely complicated and tactical sport, in which performance is depends upon many factors, such as fitness, training, technique, skill, tactic etc. It is well understood that player's success in any sports is an appropriate combination of different sports sciences, namely Anthropometry, Biomechanics, Physiology, Sports Medicine, Sports training and Psychology.

Anxiety plays a commanding role in sports. It may interfere in the performance or may act as positive motivating force in sports events. The different sports competition conditions define the degree of anxiety level. It is generally more in high level sports competition than in relatively low level competition, as well as in non-competitive sports. In competitive sports the participants have a pressure to win or succeed. According to Weinberg and Gould (1999) [8] "Anxiety is a negative emotional state in which feeling of nervousness; worry and apprehension are associated with activation or arousal of the body". Mental state of an athlete plays a very crucial role to perform better in sport-specific tasks. Covassin (2004) [1] has reported that psychological skills help the players to gain an advantage over their opponents when they are matched in physical skills.

The result of various research study showed if the player has low level of anxiety, then he can concentrate effectively on situation of competition and his performance will be excellent. Dureha (1986) [2] and Shiva *et al.* (1999) [5] also concluded that high performer has less level of anxiety than those performing in groups. The above stated facts showed that in modern competitive sports, psychological variables of the player always play important role in training and in competitions to achieve high level. The information collected on All India Inter-university medalist and non-medalist kho kho players can be used for monitoring the training programs as well as counseling, providing information about the choice for a particular sport.

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**2. Material and Methods**

**2.1 Subjects**

To achieve the purpose of this study, 72 kho-kho players (medalist: n=36 and non-medalist: n=36) of All India Inter University level were selected to serve as subjects. They all were tested during the All India Inter-university competition held at Lovely Professional University, Phagwara (Punjab), from 25-01-2013 to 31-01-2013. The subjects selected were of the age group 18 to 25 years.

**2.2 Measurements of Sports Competition Anxiety**

In order to measure the sports competition anxiety, Sports Competition Anxiety Test developed by Martens et al., (1990) was used. The test was administered one hour prior to the competition in order to collect the relevant information. Before administering the test, the purpose and procedure of the test were making clear for better understanding of test items to the subjects.

**2.3 Statistical Analysis**

For the purpose of analysis of data, Independent t-test was applied to compare the sports competition anxiety between medalist and non-medalist Kho-Kho Players. The level of significance was set at 0.05 level (p<0.05) and 0.01 level (p<0.01).

**3. Result and Discussion**

**Table 1:** Comparison of Sports Competition anxiety between medalist and non-medalist Kho-Kho players

Levels	N	Mean	S.D	S.EM	t value
Medalist Kho-Kho Players	36	18.47	1.98	.33	4.75**
Non-Medalist Kho-Kho Players	36	20.94	2.41	.40	

\* Significant at .05 level;

\*\* Significant at .01 level

Table-1 depicts the mean and S.D. values of sports competition anxiety between medalist and non-medalist kho-kho players. It has been observed that medalist players were less anxious (18.47) than the non-medalist players (20.94). Further from above table, the t ratio indicated that there has been observed significant difference in the degree of sports competition anxiety, (t=4.75) at .01 level when compared with each other.

From the findings, it has been observed that medalist players were significantly less anxious than non-medalist kho-kho players, which mean medalist players, are less prone to sports competition anxiety in comparison to non-medalist players. The cause certainly could be that medalist players were older and having more experience about contesting in upcoming kho-kho contest and feel less anxious. The result of the present study coincided with the result of Ikulayo (1990) [4]. He found that it is difficult for anxious athletes to stay on track for task at hand, and as a result of pre-competition anxiety tension in the muscle increases. Krane (1994) [6] also found that pre-competition anxiety put powerful influence on sports performance.

**4. Conclusion**

There was a significant difference between medalists and non-medalist kho-kho players on sports competition anxiety. Medalist players were less prone to sports competition anxiety as compared to non-medalist players.

**5. Recommendations**

Some new research should be carried out on the kho-kho players at different levels of performance. The results of present investigation may also be useful in future for searching the players, talent identification and development of training program for kho-kho players.

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